

THE NUTE (NUTRITION) GURU IMPARTS WISDOM ABOUT THE IMPORTANCE OF NATURAL, WHOLE-FOODS NUTRITION FOR MIND/BODY WELLNESS.



Nute Guru, I've been trying so hard to lose weight and live a healthy life, but I feel that my progress has stalled. Do you have any tips to make my efforts more successful?



Ah...weight loss plateaus. We've all experienced them, but by giving your metabolism a little extra love and attention, you might just be able to break free and turn your body into a fat burning machine for good.

Stalled weight loss can be frustrating. There are a few reasons why you might have a hard time losing weight, and a big one is a metabolism that's off-balance. Chris Powell, a member of Dr. Oz's expert team, has three foolproof rules that will reset your metabolism to make it optimal for weight loss.

**1. Boost metabolism every three hours with a "Power 3" plate.**

One of the best ways to keep your metabolism working is to eat a small meal every three hours. The plate should have three small portions: one protein, one carbohydrate or fat, and unlimited vegetables. Small, frequent meals keep things moving; the simple act of eating stimulates your metabolism by triggering digestion. Every time your body digests food, it ramps up your total metabolic rate.

**2. Turn up your metabolic thermostat.**

Your thyroid acts as a metabolic thermostat. It releases hormones that play a major role in controlling your body's temperature and the rate that your body burns calories. When your thyroid is working at its max, your metabolism will be sky-high. If your thyroid's function is impaired, the metabolic rate slows down and leads to weight gain. The key to keeping your thyroid working hard is in eating good carbs, like whole grains, root vegetables and beans. Believe it or not, studies have shown that cutting out carbs from your diet completely can reduce thyroid function by 50 percent. So, make sure to keep complex carbs in your diet.

**3. Build your metabolic muscle.**

The number-one consumer of calories in your body is muscle. The more muscle mass you have, the more your body works toward burning calories—even when you're asleep. It's extremely important to maintain muscle during any weight-loss endeavor. A great way to build muscle is by doing cardio with light weights. This will keep your heart rate up while sculpting your body to be more lean and muscular.