

10 STEPS to Energize Your Metabolism



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Why Your Metabolism Feels Broken

Understanding the Factors Affecting Your Metabolic Health



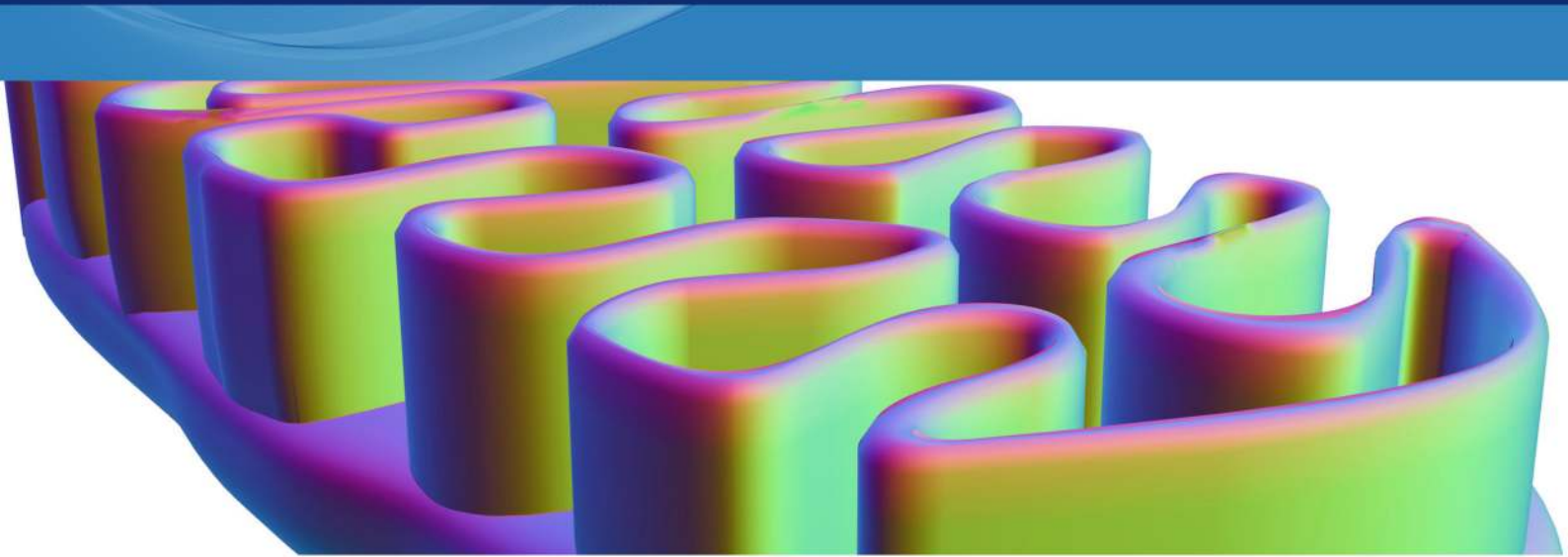
Most people believe metabolism is about how fast they burn calories. However, it's much more complex than that. Metabolism is the system that controls energy production, fat storage, blood sugar, hormones, and recovery. In today's modern life, various factors push your metabolism into storage mode instead of energy mode.

Constant eating, exposure to artificial light, low movement, and poor sleep all contribute to a sluggish metabolic state. The results can be detrimental: low energy levels, increased fat storage, cravings for unhealthy foods, and even brain fog. This is not merely a consequence of age or genetics; rather, it is a response to the lifestyle choices we make daily.

The good news is this: your metabolism is highly trainable. By adopting specific habits and understanding how to signal your body to burn energy instead of storing it, you can effectively reset your metabolism. Embracing these changes not only enhances your overall energy but also promotes a healthier relationship with food and your body's natural processes.

Energy Production

Understanding How Your Body Creates and Uses Energy



Your body runs on **2 essential fuel systems**: sugar and fat. At the heart of your energy production are mitochondria, the microscopic powerhouses within your cells. These cellular factories work tirelessly, converting nutrients and oxygen into ATP, which serves as your body's primary energy currency.

When your metabolism is functioning correctly, the process is straightforward: food is transformed into energy through a series of steps. It begins with the intake of food, which fuels the cells. These cells then send nutrients to the mitochondria, leading to the production of ATP and ultimately providing the energy your body needs to function.

However, when metabolism is disrupted, the process shifts dramatically. Instead of converting food into energy, it often leads to excess blood sugar, elevated insulin levels, and increased fat storage. This disconnection can result in low energy, cravings, and metabolic dysfunction. Understanding these fundamental processes can empower you to take control of your metabolism and optimize your energy production for a healthier life.

Reawakening Your Metabolism

10 Simple Steps to Restore Energy and Support Fat Burning



If your energy has been low, your cravings harder to control, or your body feels like it is working against you, it does not mean you are broken. It means your metabolism has been receiving the wrong signals for too long. The good news is that metabolism is responsive. When you begin giving your body better signals, it can start shifting back toward energy, balance, and resilience.

The next 10 steps were designed to be simple, practical, and easy to apply in real life. You do not need perfection. You do not need to overhaul your entire routine overnight. Small, consistent actions can begin to retrain how your body produces energy, regulates blood sugar, burns fat, recovers, and rests.

These strategies are meant to support and reawaken the systems that modern life often suppresses. They help guide your body out of storage mode and back into a state where it can function the way it was designed to. Taken together, these steps can create profound changes in how you feel, how you perform, and how your body responds each day.

The steps ahead may look simple, but their effects can be powerful. This is where your metabolic reset begins.

STEP 1

Deep Breathing

Activate Your Metabolism with Oxygen's Power



When you wake up, your body needs **oxygen** to begin producing energy. Oxygen fuels your mitochondria, the powerhouses of your cells. Without sufficient oxygen, your energy production can become weak and ineffective. Think of oxygen as the vital spark that initiates your metabolic engine.

To kickstart your day, incorporate thirty deep breaths as soon as you wake up. Do this by sitting on the edge of your bed and breathing in as deeply as you can by expanding your belly. Hold for a few seconds before exhaling fully and starting again.

This simple practice can significantly increase **oxygen delivery**, improve circulation, and activate your nervous system. By focusing on your breath, you help to prime your body for energy production within mere minutes. This metabolic ignition sets the tone for your entire day by signaling your body to burn energy rather than store it.

When you engage in deep breathing, you not only enhance your oxygen intake but also stimulate the parasympathetic nervous system, promoting relaxation and reducing stress. This combination is essential for maintaining metabolic health and ensuring that your body performs at its best.

Start each day with this fundamental practice, and you'll notice a tangible difference in your energy levels and overall well-being. Remember: **Oxygen = metabolic activation.**

STEP 2

The Metabolic Drink

Activate Your Metabolism with Morning Essentials



Warm water combined with **lemon, cayenne, and Shilajit** plays a crucial role in kickstarting your metabolism each morning. Lemon not only adds a refreshing flavor but also stimulates digestion and enhances liver function, aiding in the detoxification process.

After waking, go to the kitchen and mix 8-12 oz of warm filtered water with the juice of 1/2-1 organic lemon, a sprinkle of organic cayenne pepper, and 30 drops of LeafSource® Shilajit Liquid.

Cayenne, known for its spicy kick, increases circulation and thermogenesis, effectively raising your body temperature and igniting metabolic activity. However, the star of this morning drink is Shilajit.

LeafSource® Shilajit is water-extracted and contains an impressive **70% fulvic acid**, the highest available, which works to alkalize your cells. This alkalization is vital for enhancing oxygen utilization, leading to increased ATP production, your body's energy currency.

Fulvic acid acts as a transport system, ensuring that essential minerals are delivered directly into your cells. This powerful combination—better mineral delivery alongside improved oxygen use—results in greater energy production, allowing you to start your day with vigor.

Think of this drink as the ignition key to your metabolism, setting the stage for energy-burning rather than energy-storing throughout the day.

STEP 3

Control Carbs

Lower Carb Intake Early for Optimal Metabolic Function



When you wake up, your body naturally releases **cortisol**, a hormone that increases glucose in your bloodstream to provide you with energy for the day ahead. This increase in glucose levels triggers the release of insulin, a hormone that manages blood sugar levels. Higher cortisol in the morning leads to a **higher release of glucose**, which can result in increased insulin levels.

By abstaining from carbohydrates for the first two-thirds of the day, you allow your body to maintain lower insulin levels, promoting continuous fat burning and ketone production.

Insulin is primarily a **storage hormone**; when its levels are high, fat storage is encouraged. Conversely, low insulin levels support fat burning. Keeping your carbohydrate intake lower during the early part of the day is beneficial because it enables your body to burn stored fat, produce ketones for energy, and stabilize blood sugar levels.

This practice not only enhances your metabolic efficiency but also improves your overall energy throughout the day. By strategically managing carbohydrate intake, you can significantly influence your **metabolic health** and energy levels.

STEP 4

Take Berberine

Activate Your Metabolic Master Switch for Energy and Fat Loss



Berberine is one of the most researched compounds for metabolism, known for its ability to activate **AMPK**, or **AMP-activated protein kinase**. AMPK as your metabolic master switch; when it is turned on, your body becomes a highly efficient energy-burning machine. It promotes the burning of fuel, regulates blood sugar levels, and reduces fat storage, making it essential for anyone looking to enhance their metabolic function.

Take 1 capsule of LeafSource® Real Berberine before each of your meals, starting with one capsule for a few days and working up from there to a maximum of three capsules.

Berberine is most effective when combined with other potent ingredients such as **Ceylon Cinnamon** and **Shilajit (LeafSource® Real Berberine contains all three)**. Ceylon cinnamon is not only a delicious spice but also plays a crucial role in supporting insulin sensitivity, which helps maintain balanced blood sugar levels. Shilajit enhances nutrient delivery throughout the body, ensuring that your cells receive the essential elements they need to function optimally.

Together, these ingredients create a powerful metabolic effect, significantly contributing to improved overall health and well-being. By activating AMPK, you set the stage for a more efficient metabolism, leading to better energy levels and reduced fat accumulation.

STEP 5

Stabilize Blood Sugar

How Apple Cider Vinegar Can Help You



Apple cider vinegar or ACV contains **acetic acid**, a compound that plays a crucial role in regulating blood sugar levels. When consumed, acetic acid slows the rate at which food enters your bloodstream, providing a buffer against rapid spikes in blood sugar. Fast absorption of sugars can lead to energy spikes followed by crashes, leaving you feeling fatigued and craving more food. Instead, a slow absorption rate allows for a more steady release of energy throughout the day.

Take 1 tbsp of ACV after each meal, but make sure to mix it in water and swish your mouth afterwards with fresh water to reduce the excess acidity from the ACV.

Absorbing sugars from carbs too quickly, is like feeding a fire: if you dump fuel all at once, you'll experience an immediate spike followed by a quick burnout. On the other hand, trickling the sugars slowly - which is what ACV helps with - keeps the fire burning steadily.

The benefits of incorporating apple cider vinegar into your daily routine are numerous. You'll experience more stable blood sugar levels, an improved insulin response, and reduced cravings for unhealthy snacks. This simple addition to your diet can have a powerful impact on your overall metabolic health, helping you maintain energy levels and avoid the rollercoaster of blood sugar fluctuations.

STEP 6

Move After Meals

Your Muscles are Key for Metabolic Function



Your muscles are one of the most powerful **metabolic organs** in your body. When muscles contract, they pull glucose out of the bloodstream and use it for energy. Activated muscles can take in **30 times more glucose** independent of insulin, which is why it is so effective to perform a short bout of activity after sitting and eating.

Try to do 25 air squats every hour and within 20 minutes of finishing your meals (or go for a brisk walk after eating), as this will help maintain peak metabolic activity, all-the-while removing excess glucose from your bloodstream.

Think of your muscles like glucose sponges. The more you activate them, the more fuel they absorb. Just 25 air squats can lead to significant benefits, including lower blood sugar, improved insulin sensitivity, and increased circulation. This simple action is not only easy to incorporate into your daily routine, but it is also one of the fastest ways to improve metabolic function.

By integrating movement into your day, especially after meals, you signal your body to prioritize energy use instead of storage. So, take those few minutes to engage your muscles; they are your allies in maintaining a healthy metabolism and achieving your wellness goals.

STEP 7

Take Magnesium in the Evening

Magnesium Powers Over 300 Reactions in Your Body



Magnesium is an essential mineral that plays a critical role in over 300 metabolic processes necessary for optimal health. This powerhouse nutrient is vital for energy production, muscle relaxation, blood sugar regulation, and maintaining sleep quality. When magnesium levels are sufficient, it supports metabolic efficiency and helps to keep your body in balance.

Take 250 mg (1-serving) of LeafSource® Real Magnesium every evening (1-2 hours before bed).

Real Magnesium is a 100% non-buffered elemental magnesium supplement, ensuring that you receive the purest and most effective form. It is derived from four powerful sources: **Bisglycinate**, **Threonate**, **Taurate**, and **Citrate**, each contributing uniquely to your health. Bisglycinate promotes relaxation and improves sleep quality, while Threonate enhances brain function, making it essential for cognitive health. Taurate provides cardiovascular and metabolic support, and Citrate ensures optimal absorption of magnesium in the body.

By incorporating magnesium into your daily routine, you can effectively boost your metabolism. Think of magnesium as the spark plug of your metabolism—it ignites energy production and helps maintain overall bodily function, keeping you energized and healthy throughout your day.

STEP 8

Dim the Lights

How Artificial Light Impacts Your Metabolism and Hormones



Your metabolism follows a **daily rhythm** that is intricately controlled by light exposure. Natural light is essential for regulating your body's internal clock, influencing not just sleep patterns but also metabolic processes. However, the pervasive use of artificial blue light, especially in the evening, disrupts this balance.

Dim all the lights in the evening and if you are exposing your eyes to screens of any kind (television, computer, iPhone, etc.) after 6 PM, invest in high quality red lens glasses or blue blockers. Reducing artificial light exposure in the evening is an effective strategy for signaling your body to shift into recovery mode, allowing you to harness the full benefits of sleep.

When exposed to blue light at night, your brain receives signals that it is still daytime, suppressing the production of melatonin, a hormone crucial for your body's nighttime repair processes. Without adequate melatonin, various functions are hindered, including hormonal balance and metabolic reset.

When melatonin levels rise, your body can effectively repair and rejuvenate itself. A disrupted circadian rhythm can lead to a cascade of negative effects, including poor sleep quality, increased cravings, and heightened stress levels, all of which can sabotage metabolic efficiency.

STEP 9

Stop Eating before Bed

Lower Insulin Overnight for Enhanced Fat Burning



Eating late can significantly impact your metabolism by keeping insulin levels elevated throughout the night. When insulin is high, the body is in a storage mode, which blocks fat burning. This is why it's essential to establish a routine that allows for a few hours of fasting before bedtime. By not eating late at night, you help maintain lower insulin levels, enabling your body to optimize fat burning while you sleep and into the following day.

When insulin levels drop, numerous benefits can occur: fat burning increases, recovery improves, and blood sugar stabilizes. This process is critical for metabolic control and overall health. Think of it like closing the kitchen at night so that the cleaning crew can do its job efficiently without interruptions.

Make sure to stop eating 2-3 hours before bed in order to reduce your blood sugar levels.

Implementing a habit of ceasing food intake a few hours before hitting the pillow can set the stage for better sleep quality and enhanced metabolic functions. Prioritize this simple yet effective strategy in your evening routine to experience the difference in your energy levels and weight management.

STEP 10

Invest in Deep Sleep

Your Body's Essential Reset for Metabolism and Recovery



Sleep is when your metabolism performs its **deepest repair**. During deep sleep, your body releases **growth hormone**, which plays a vital role in several metabolic processes. This hormone supports essential functions such as fat burning, muscle repair, and cellular regeneration, ensuring that your body can recover effectively after daily exertions.

If you have trouble falling asleep, or staying asleep, take a 100% natural non-habit forming sleep aid like LeafSource® Real Sleep about an hour prior to bedtime.

For optimal sleep, focus on creating an environment conducive to rest. Aim for **complete darkness**, as exposure to light can interfere with your natural sleep cycles. Additionally, maintaining a cool room temperature can further enhance your ability to achieve deep, restorative sleep.

Establish a bedtime routine that signals to your body that it's time to wind down. Consider dimming the lights an hour before bed and avoiding screens that emit blue light, which can trick your brain into thinking it's still daytime. By prioritizing sleep, you are not only improving your metabolism but also supporting overall health and well-being. Remember, sleep is your nightly metabolic reset, providing the necessary time for your body to recover and prepare for the challenges of the next day.

YOUR DAILY SUPPLEMENTS

Essential Daily Nutrients to Support Your Metabolism



Daily habits create the foundation for metabolic health, but nutrition and supplementation can help accelerate the process by giving your body the raw materials it needs to perform at a higher level. **Your metabolism depends on a steady supply of key nutrients, minerals, and bioactive compounds to produce energy, regulate blood sugar, support hormones, recover properly, and maintain healthy cellular function.** When those inputs are missing, the body may struggle to keep up, even when lifestyle habits are improving.

This is where the right supplementation can make a meaningful difference. High-quality, well-formulated supplements can help fill nutritional gaps, support essential metabolic pathways, and provide targeted compounds that are difficult to obtain consistently from food alone. Rather than replacing a healthy lifestyle, they work alongside it to reinforce the signals your body needs to burn energy more efficiently, recover more effectively, and stay metabolically resilient.

The key is choosing supplements that are designed with purpose, quality, and absorption in mind. When a formula supports oxygen utilization, mineral transport, blood sugar control, relaxation, or sleep quality, it can help remove some of the hidden obstacles that slow progress. That means better energy, better recovery, and a stronger foundation for fat burning, metabolic balance, and long-term wellness.

When used consistently, the right nutritional support can help you move toward your goals with greater precision and momentum.

LeafSource®
SHILAJIT

Premium Source of Fulvic Acid for Energy Production



LeafSource® Shilajit is a premium, water-extracted shilajit formula renowned for its **exceptionally high levels of fulvic acid (70%)**. Fulvic acid is an essential component that plays a crucial role in **alkalizing cells**, which facilitates improved oxygen transport and utilization for the creation of ATP (adenosine triphosphate), the energy currency of our body. Enhanced ATP production supports cellular energy and vitality, making **LeafSource® Shilajit** an integral part of any wellness regimen.

This powerful supplement not only aids in cellular energy production but also functions as a superior mineral transport system (it contains 77 organically-bound trace minerals). It ensures that essential minerals are effectively delivered directly into your cells, optimizing their availability for various metabolic processes. The benefits of better mineral delivery combined with increased oxygen utilization lead to **more energy production**.

By including **LeafSource® Shilajit** in your daily routine, you can provide your body with targeted support for energy, mineral absorption, and metabolic efficiency. Its unique water-extracted composition and exceptionally high fulvic acid content make it a standout option for those looking to support vitality, endurance, and whole-body wellness.

METABOLISM

Your Habits Shape Your Energy Storage and Usage



Your metabolism is not broken. It is constantly responding to the signals you send it every second of every day. From the moment you wake up, your body begins making decisions based on your habits, your food choices, your movement, your light exposure, and your sleep.

In the morning, cortisol naturally rises to help you wake up, but this also drives a greater release of glucose and therefore insulin. When heavy carbohydrates are introduced too early, that effect can become even stronger, pushing the body more quickly toward storage mode instead of energy burning.

That is why the timing of your habits matters. By keeping carbohydrates lower for the first two-thirds of the day, you give your body a better opportunity to maintain lower insulin levels and continue burning fat and producing ketones. Pair that with simple actions like breathing deeply, moving your muscles, supporting blood sugar control, and improving sleep, and you begin sending a very different message to your metabolism. Instead of telling your body to store, you begin telling it to mobilize, burn, and perform.

The 10 daily steps in this report were designed to do exactly that. They are simple, practical strategies that help reawaken the systems that control energy production, fat burning, recovery, and metabolic balance. When applied consistently, these small daily actions can create meaningful changes in how you feel, how your body responds, and how efficiently your metabolism works.

Start Today!

ENERGIZE YOUR METABOLISM



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