

The best foods to boost your metabolism

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A highly specific approach to eating the foods that your body wants to perform optimally.

Get off the diet roundabout and jump on the train to lifelong health by consuming only what makes you feel the best. The simple premise of NUTRITIONAL TYPING revolves around listening to your body and becoming food conscious. Every aspect of your health will reach it's peak while speeding up metabolism and slowing down the natural process of aging to make you look and feel the best you ever have.



Have you ever wondered why a certain diet will work for some people and then not work for others, or even make them worse off than before? This is because we are all born with a completely unique biochemistry and metabolism that determines how our body prefers to be fueled. It is in your control how your body performs in terms of how much energy you have, your overall picture of health and how slow or fast your body ages.

“the idea is simple; eat foods that make you feel good, and avoid foods which make you feel bad”

Now let's expand on that. If you eat a meal and you are left feeling heavy, bloated, gassy, windy, lethargic, sleepy, have indigestion or are lacking in concentration, do you think that your body is *thriving* on it's fuel? The answer is obvious; absolutely not! So then, if after a meal you feel light, refreshed, energized, at ease, strong, mindfully aware and firing on all cylinders, it is an excellent sign (in fact the best sign available) that your body has been given the fuel that it is designed for.

In general you will fall into one of three broad categories or types: *Protein*, *Carb* and *Mixed*. The population seems to be spread at around even numbers amongst the three groups. Be aware that this categorisation is actually a continuum where you may fall into a type anywhere along that scale, meaning you may be a 'strong protein type' or you may be slightly closer to a 'mixed type'. Again, it is all very individualised and everyone will require a slightly different ratio of foods that make them perform at their best. Also don't forget to consider overall *portion size* of each meal we eat and also their timing. In general, most people will thrive on several

small meals throughout the day and a larger final meal in the evening. Keep in mind that your portion size during the day should be kept relatively small to avoid activating your night-time nervous system cycle of 'rest and digest', potentially leaving you feeling sleepy/lethargic. And remember that exercise should be performed either before your first meal and/or after your longest period of fasting.

Ok, so how do we find out what type we are? Start like this; take one meal in your day, and focus on it for the next few weeks. Your task is to experiment with different foods and food combinations until you find foods that seem most congruent with your overall well-being. Now remember, you are looking to see how you feel after the meal in terms of energy levels etc up to a period of about 3-5 hrs after the meal. Bare in mind that you already have a lifetime of experience eating! So think about previous food combinations you have eaten that have been best for you.

An important fact to be aware of is that not only will the meal you just consumed be of importance, but actually the previous *two meals*. So that means if you are using breakfast as your experimental meal, you must also consider the types of foods, ratios of fats, protein and carbs and the overall quantity of what was for *dinner also*.



Now that sounds quite simple, and at it's core, it really is, but there are some general guidelines for making healthful choices to make the best personalised diet for yourself.

One of the most important concepts to understand and implement into your own daily health is how to regulate and *optimise the insulin levels in your body*. What you should ultimately be striving for is the absolute *lowest* possible amount of insulin circulating in your blood at any one time.

When we eat a carbohydrate, whether it be a refined calorie-rich choice such as white flour or sugar or if it's a low-glycemic naturally unrefined one like a vegetable or legume, our bodies response is release insulin. It does this for several reasons, the most well-known being that it acts like a gatekeeper to our cells, allowing the carbohydrate (glucose) from food to enter the cells where it will be used. It's role, in evolutionary/survival terms, is to help us store energy in the form of fat, and it does this extremely well.

“the more insulin circulating, the more fat we tend to store”

In truth, insulin actually acts in every single system of our body whether it be directly or indirectly; *there is no biochemical process insulin doesn't influence.*

Now, think about that for a second. This gives great scientific credence to the old adage ‘you are what you eat’ because is everything is affected by the biochemical process that happens as a result of that which we put in our mouths.

More than any other hormone, insulin has the single biggest effect on how long we live. Studies on animals show that *the lower the insulin, the longer the animal lives.* And the studies are showing this very convincingly with humans too.

“In short, if you want to live as long as you can, and you want to come as close as possible to reaching your genetic potential, then keeping your insulin levels low may well be one of the most powerful ways to do it”

When you combine this with a mindful way of eating that brings you as close to possible to your own perfect nutritional type, I believe this will be one of the most potent ways to increase your general health and well-being. Some other general principles for proper eating and health are:

- **Limit fructose, grains and sugars:** you want to get the vast majority of your carbohydrates from non-starchy vegetable sources such as cauliflower, eggplant, broccoli, cabbage, green beans, salad greens, spinach etc, and secondly from legumes such as lentils, chick peas and beans. Starchy vegetables like potato, sweet potato, carrots and peas will raise your insulin more than the others. However, they are always going to be a better choice than grains and sugars. As a guide you'll want to consume around 20% of your diet from carbohydrate.
- **Drink plenty of clean, fresh, filtered water everyday:** around 30 ml per kilogram of weight is about right. Any kind of filter is better than none.
- **Consume plenty of animal-based Omega 3 fatty acids and other good quality fats:** fresh whole-food sources

such as atlantic salmon and tuna are good but most people can't get enough from these so consider a high quality supplement such as krill or fish oil. Other good choices are olive oil, butter, ghee, coconut, raw nuts and seeds and avocados. Stay away from vegetable oils, margarines and butter substitutes, these are highly processed, far from healthy and will throw out your ideal ratio of Omega 3 to Omega 6 in your body.

- **Consume as much of your food raw or as lightly cooked as possible.**
- **Only cook with coconut oil, butter, or ghee:** heat damages oil very easily but coconut oil and butters can withstand much higher temperatures before being damaged. For low-temp cooking you can use a high-quality locally-sourced olive oil that appears green in colour.
- **Don't eat anything made from soy. Exceptions are fermented products such as soy sauce, natto, miso and tempeh:** soy was once considered a health food, unfortunately this was the result of a vigorous marketing campaign and the fact that soy is cheap and calorie-dense. It is *not* a health food and has been shown to be linked to countless health issues.
- **Protein foods are the most satiating:** closely followed by fiber and fat. Consume plenty of these if your body responds well to them. The best sources of protein will vary for everybody, so try different types (e.g. beef, lamb, pork, chicken, fish, eggs, nuts, legumes, etc). High quality *whey protein concentrate* sourced from organic grass-fed cows is the single most nutritionally abundant protein available, and numerous studies indicate it is one of the best foods to help us remain lean and young as we age. It is also extremely useful for those who exercise (which should be everyone!).
Note: *never consume whey protein isolate.*

Don't get too caught up in trying to pigeon-hole yourself into a named type. The idea is essentially to discover your own type independent of any name or categorisation; just work out what your body likes and eat it!

Following the wants and needs of your body will lead to extraordinary positive changes to your health. You can expect to increase your metabolism, feel fantastic, lose weight, and reduce the rate at which you age. So start listening now and find out which foods *your* body wants the most; find out your '*Nutritional Type*'.

The power to improve your health is in your hands. You have the knowledge, now it is just a matter of listening to what your body is trying to tell you about what you're putting into it. Listen closely, it has a lot to say if you chose to hear it. Good luck!

Dr David Pierotti