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# The Metabolism and its Effects On The Body\_

# Metabolism and its Effects On The Body

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Metabolism is something that will be referenced time and again when discussing weight loss, diets, exercise, and more. People, whether doctors, nutritionists, or personal trainers will refer to fast metabolisms and slow metabolisms, or they might call these high and low metabolisms depending on their preference.

But what does this all mean? Although you have heard all about metabolism for as long as you can remember, you may not be entirely sure what it refers to. Even if you think you have a decent idea of what metabolism is, there might still be some things you're unsure about or have even misunderstood from the wide range of information available. This article is designed to clear all of that up for you and ensure you understand everything you need to understand about metabolism.

## What is Metabolism?

Metabolism is the body's way of working and burning the energy you have accumulated from eating and drinking. A fast metabolism will consume this energy quicker, burning off fat, whereas slow metabolisms operate at a slower rate, which could make it considerably more difficult to lose weight no matter how hard you try. Your metabolism can be separated into two distinct processes. These are known as the two metabolic processes.

## What are the Metabolic Processes?



### Catabolism

Catabolism is the process of breaking down molecules to provide energy. Without this, you would feel lethargic and not lose weight no matter how much exercise you did. When working out, your catabolism shifts energy around the body, providing heat and keeping muscles in good condition.



### Anabolism

Anabolism, however, works the opposite way. It stores the molecules as energy and will support cell growth and maintain body tissue. This keeps you healthy and prevents you from wasting away, so to speak.

# Metabolism and Your Weight

Many people will associate metabolism with their weight. They see skinny people as the 'lucky' ones with an active metabolism that prevents them from gaining any weight no matter how much they consume. Everyone knows someone like this. They can eat junk food and never visit the gym, but never seem to expand their waistline or lose shape around their face.

Conversely, those without an active metabolism will find it easier to put on weight. This is because the metabolism does not act as quickly. They will often claim their genes are the reason behind this, and although there is some truth to this idea, the actual reasons are far more complex.

While genes can play a factor in your metabolism, it would be ignorant – and outright incorrect – to place all the blame on genes when considering your metabolic rate. In reality, many factors will impact your metabolism.

## What Impacts Metabolism?



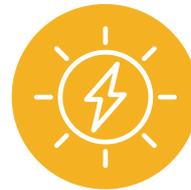
Genetics



Your Sex



Your Age



Thermogenesis



Life Style

### Genetics

Genetic factors do play a significant role in your metabolic rate, which is something that should not come as a surprise. Like your hair colour, height, and even whether you are left- or right-handed, your genes will impact how quickly your metabolism and metabolic processes operate.

If you are tall, chances are you have more muscle mass compared to someone short, at least as a base. Because of this, you require more calories, but you also need to burn off these calories to avoid becoming overweight. As you are tall, you will naturally burn more calories, even when sleeping or sitting still. Despite this, you cannot wholly rely on your body's natural functions to activate your metabolism, you will need to take responsibility for yourself.

Some individuals may find that medical conditions such as Cushing's Syndrome can slow down their metabolism. Often, this involves an underactive thyroid.

# What Impacts Metabolism?

## Your Sex

Men and women have different metabolic rates. Regardless of age, men will have more muscle mass and less body fat compared to their female counterparts. Therefore, men appear to have a faster metabolism, allowing them to maintain their weight with greater ease. Of course, this can vary between individuals. There are other elements that dictate your metabolism, so don't expect that you will be able to consume as much as you please without consequences just because you're male.

## Your Age

Your age will also impact your metabolism, but there are varying opinions on why and how your age will affect the processes. Some believe that your metabolic rate naturally slows down as you age, which is why it is expected that individuals put on weight as they approach middle age and beyond. However, the other side of the coin is that you simply do not have enough time to remain as active as you were in your teens and 20s. Going even further, you lose muscle mass as you get older, especially when you reach retirement, whereas a failure to adjust your diet can also impact your metabolic rate when you get older.

## Thermogenesis

Thermogenesis, more commonly known as food processing, determines how efficiently your body digests, absorbs, transports, stores and converts what you eat and drink within your body. The slower this happens, the harder it will be to get ahead of what you eat and prevent putting on weight. When it comes to weight loss, this can be tricky and even frustrating. The process will still burn calories, with around 10% of calories in any carbs or protein is used to absorb energy and vital nutrients that your body can use.

## Lifestyle

One of the most common ways of achieving your weight loss goal is to increase your activity level. Whether it's a regular activity, such as daily 5K runs, or something less strenuous like walking to the supermarket, you are still activating your metabolism. The more active you are, the more active your metabolism is – this makes it easier to lose weight. Conversely, an individual who does not maintain an active lifestyle will find it more difficult to lose and keep off the weight after consuming calories.

Some activities, such as those that involve a lot of physical exertion, will burn more calories but you do not need to exert such energy every day. Sometimes, a light, casual activity can be enough to maintain a healthy weight.

People with a slow metabolism will regularly search for ways to boost or speed up it up. Although genetics and other factors can impact your metabolism, they can be accelerated. If you want to see genuine changes, consider the following:

## Strength training

Muscles use burns more calories, which is why strength training is an excellent way to boost your metabolism – this can be achieved by adjusting your workout to focus on all the key muscle groups. It is recommended to do this at least three times a week.

## Aerobic Activity

Aerobic activity is perhaps the best approach when you want to boost your metabolism, with doctors recommending at least 150 minutes per week. Unlike strength training, it is much easier to engage in this type of exercise. In combination with a balanced diet, everything from walking to running to swimming can burn calories and help lose weight.

## Overall Activity

It can be challenging to integrate these activities into your existing lifestyle – this can be frustrating and discouraging. However, there are some solutions to consider. Choosing to walk or cycle where possible is a popular approach. Simple activity swaps can benefit your metabolism, such as opting to walk to the shop instead of driving. Furthermore, working out with a friend or personal trainer can motivate you to work harder – whilst holding you accountable that you are in fact exercising!

## Dietary Adjustments

Your diet can have a significant impact on your metabolism – there are an array of foods to inform yourself about that can either speed or slow your metabolism. For example, Protein and mineral-rich foods, as well as some drinks such as coffee, can provide crucial nutrients that will benefit your metabolism. Additionally, you ought to drink more water.

## Metabolism | A Summary

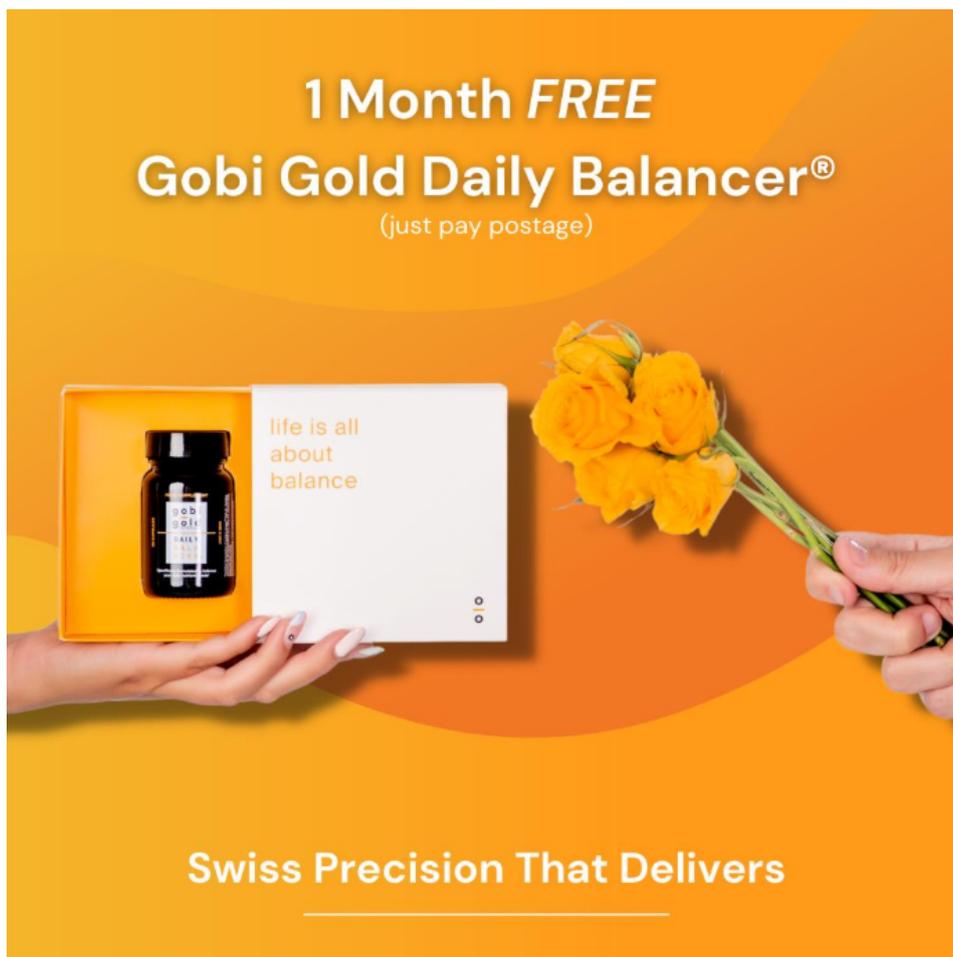
Metabolism is something that affects everybody, and every person has a unique experience. It can have plenty of effects on the body that range from the positive to the negative depending on how active your metabolism is. There are ways to change this, especially if your primary focus is weight loss. Looking at the wide range of factors that affect your metabolism can help you find solutions that work for you and provide the results you want.



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