

WHAT IS METABOLISM?

METABOLISM IS THE AMOUNT OF ENERGY (CALORIES) YOUR BODY BURNS TO MAINTAIN ITSELF. WHETHER YOU ARE EATING, DRINKING, SLEEPING, CLEANING ETC... YOUR BODY IS CONSTANTLY BURNING CALORIES TO KEEP YOU GOING.

HOW DO I KNOW IF I HAVE SLOW METABOLISM?

SYMPTOMS OF SLOW METABOLISM INCLUDE FATIGUE, FEELING COLD, DRY SKIN, CONSTIPATION, A SLOW PULSE AND LOW BLOOD PRESSURE. THESE SYMPTOMS COULD BE THE RESULT OF A MEDICAL CONDITION RATHER THAN LOW METABOLISM - MAKE SURE YOU SEE YOUR DOCTOR TO RULE OUT ANY TYPE OF MEDICAL PROBLEM.