

YOUR DENTIST CAN SAVE YOUR LIFE

The facts on metabolism and weight loss

It is no secret one of the most challenging issues most people face is maintaining a healthy weight. Carrying too much weight is a national health issue, with the CDC reporting that an increasing percentage of the population is clinically obese, which can result in serious health issues from diabetes to heart disease and stroke.

Knowing the consequences of weight gain makes smart life choices even more important. But losing and keeping off unwanted pounds is far from simple. Factors determining the maintenance of a healthy weight are complex making weight loss efforts difficult. But do not stress. This can make matters worse. Let us educate ourselves and do the best we can.

Consider our metabolism. Every activity we do is powered by calories, or the energy we derive from the food we eat — from fighting infection to thinking — to normal bodily functions. Even at rest, we burn calories.

The question many ask is does a slower metabolism cause weight gain? According to

nutritional experts, no. It is better to focus on calorie intake and regular exercise than ways to boost metabolism.



Dr. Gabrielle F. Cannick

That said, there are changes that can be made in diet as well as exercise that can alter metabolic rate. The more active we are, the more calories we burn. The result is a more stable weight — and a healthier you!

To maintain a healthy metabolism,

focus on the following:

1. Take control. You can control what you eat and your physical activity. NOTE: muscle burns fat; moderate weight workouts can help.

2. Eat enough. Severe diets slow the body's overall metabolic rate, which in turn makes it more difficult to lose weight. However, some studies suggest moderate fast-

ing can rev up metabolism.

3. Boost protein intake. This helps to maintain muscle mass.

4. Eat breakfast. Give your body fuel for the day ahead. Eating too little can put the body in "starvation mode" and slow the metabolism.

5. Limit sweets and processed foods. Boosting your metabolism requires eating foods that provide healthy energy. Avoiding processed foods containing artificial chemicals that damage the body. Processed foods are easily broken down by the body into sugar, which means your body does not use as many calories to process them. Following a healthy diet will enable you to burn more calories. Stick with nutrient-rich whole grains, vegetables, fruits, beans. And lean meat.

And stay hydrated! This simple trick boosts metabolism and it's good for weight loss. Plus, drinking water helps the body flush out toxins and move waste products through the digestive tract, which can also support

overall health and well-being. Call if you have questions. Think of us as your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to grandoaksdental.com or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.



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