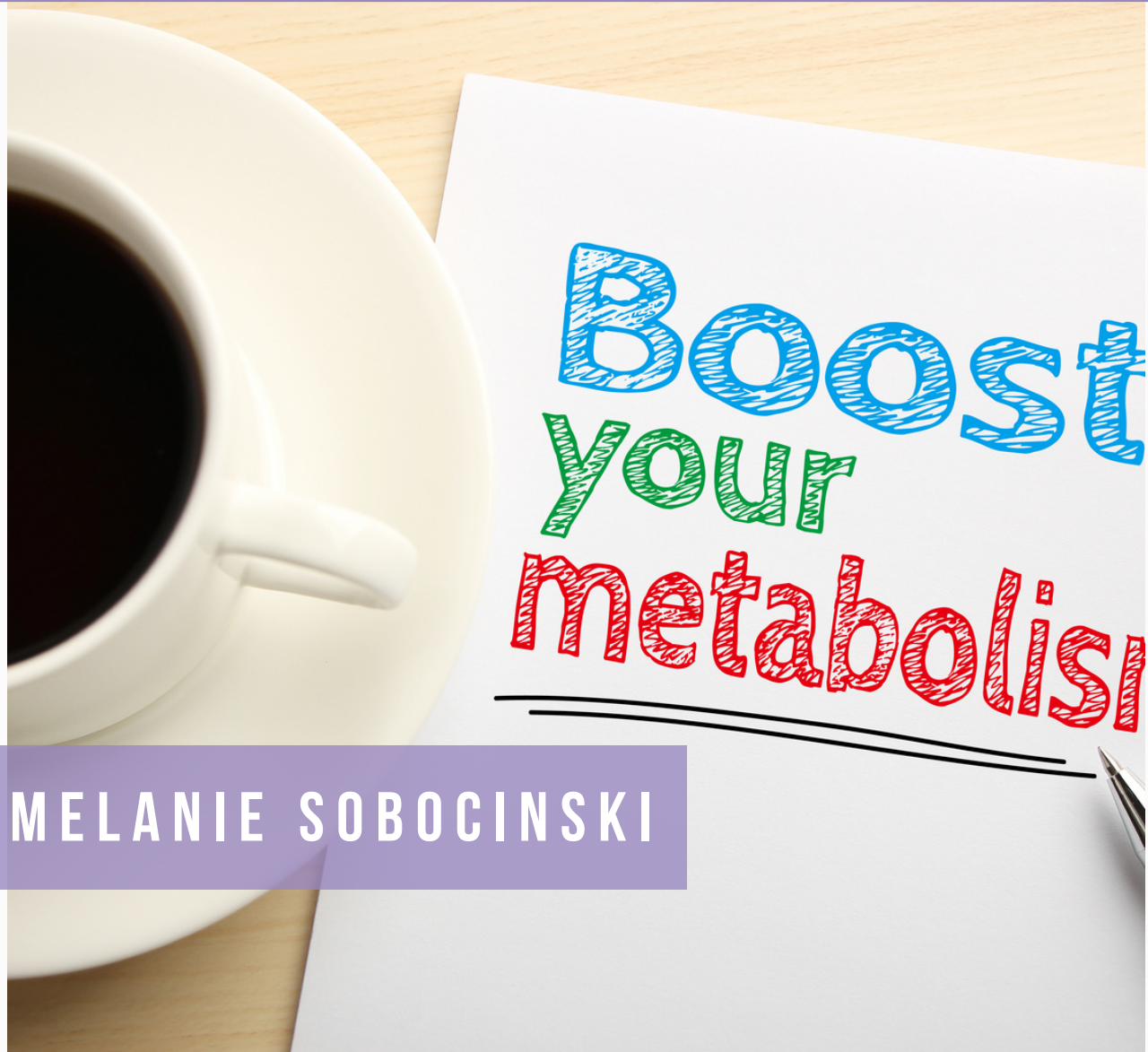


Metabolism Cheat Sheet



MELANIE SOBOCINSKI

THE SECRET FORMULA THAT I'VE USED WITH HUNDREDS OF WOMEN
TO MAXIMIZE THEIR METABOLISM AND SEE REAL RESULTS

HEY, IT'S MELANIE,

I'M YOUR NUTRITIONAL EDUCATOR AND THE CREATOR OF THE CIRNA METHOD.

BESIDES THAT, I'M JUST A FEMALE (LIKE YOU) WHO HAS BEEN THROUGH IT ALL - FAD DIETS, DETOXES, OVERTRAINING AND UNDEREATING, STRUGGLES WITH MY BODY IMAGE AND RELATIONSHIP WITH FOOD... YOU NAME IT, I'VE LIKELY DONE IT ...AND EXPERIENCED THE NEGATIVE REPERCUSSIONS OF OVERLY RESTRICTIVE DIETS.

THROUGH MY PERSONAL JOURNEY, EDUCATION, AND GREAT MENTORSHIP, I HAVE CREATED THIS CHEAT SHEET TO HELP YOU UNDERSTAND MORE ABOUT THE SIGNALS YOUR BODY IS SENDING YOU! I'M LETTING OUT THE TRUTH ABOUT METABOLISM, HORMONES, AND WEIGHT LOSS AFTER 35-ISH!!

NOT SURE HOW YOU FOUND ME, BUT I'M SO HAPPY YOU DID! IN MY HEALTHY LIVING COMMUNITY, YOU'LL FIND A GROUP OF WOMEN WITH ALL DIFFERENT BACKGROUNDS INSPIRING AND SUPPORTING EACH OTHER TO LIVE A HEALTHIER LIFESTYLE - FREE FROM DIETS AND RESTRICTIONS.

LET'S DIVE IN! SHALL WE?



IN THIS “LITTLE” BOOK, WE’RE GOING TO TALK ABOUT SIGNS AND SYMPTOMS OF A SLOW METABOLISM AND HOW WE GOT HERE AND HOW WE CAN ACTUALLY CONTROL OUR METABOLISM...YES THAT IS A THING...AND IT IS EASIER THAN YOU MAY THINK!

SIGNS AND SYMPTOMS YOUR METABOLISM MAY BE SLOW:

- Constipation or Infrequent Bowel Movements
- Low Energy Poor Sleep Quality/Waking Up in the Middle of Night
- Low Sex Drive
- Inability to Lose Weight or Gaining Weight with Low-Calorie Intake
- Poor Performance in the Gym or Loss of Muscle Mass
- Low Body Temperature/Cold Hands and Feet
- Bloating
- Increased Hunger and Cravings
- Changes in Mood or Anxiety/Depression
- Irregular Periods or Loss of Menstrual Cycle
- Low Immunity or Recurring and Prolonged Colds/Flu

6 REASONS YOUR METABOLISM MAY BE SLOWING DOWN YOUR WEIGHT LOSS

- Yo-Yo Dieting
- Too Much Stress
- Lack of Sleep
- Not Eating Right
- Exposure to
Toxins



SOOOO, WHAT THE HECK COULD HAVE CAUSED THIS
TO HAPPEN?



WELL, BEFORE YOU GO BLAMING MENOPAUSE AND AGE, LET'S TAKE A LITTLE INVENTORY OF OUR PAST.

HOW MANY DIETS HAVE YOU GONE ON IN YOUR LIFE?

LET'S SAY YOUR FIRST ATTEMPT TO LOSE WEIGHT OR MAKE YOUR BODY SMALLER STARTED AT THE AGE OF 14 (I'M USING MYSELF AS AN EXAMPLE, YEP, 14...WELCOME TO SLIM FAST)

BY THE TIME WE HIT OUR LATE 30'S TO EARLY 40'S WE'VE BEEN ON MORE THAN 60 DIFFERENT DIETS (THINK I'M EXAGGERATING?)

LET'S JUST SAY YOU ATTEMPTED TO LOSE WEIGHT, IN SOME SORT OF FASHION 2 TIMES A YEAR FOR 30 PLUS YEARS. DO THE MATH.

SO, WITH DIETS, WE TEND TO ELIMINATE CERTAIN FOOD AND FOOD GROUPS AND EVEN EAT WAAAAAY UNDER THE NUMBER OF CALORIES OUR BODIES NEED.

YEP, YOU GUESSED IT...

YO-YO DIETS, LONG PERIODS OF CALORIE DEFICIT (1200 CALORIES IS NOT A WAY TO LOSE WEIGHT)..THEY HAVE SLOWED OUR METABOLISM TREMENDOUSLY!!



WHAT ELSE IS TO BLAME FOR OUR SLOWED METABOLISM?

- CALORIE DEFICITS CHRONIC
- STRESS
- LACK OF SLEEP
- OVER-TRAINING

NOT ONLY HAVE THESE SLOWED OUR METABOLISM IT CAN REALLY DO SOME THINGS TO OUR HORMONES. IF YOU ATTENDED MY MASTER YOUR METABOLISM WORKSHOP, YOU WILL REMEMBER ME DISCUSSING THE HUNGER HORMONES AND HOW THEY WORK TOGETHER.

SO HOW CAN WE “FIX” THIS?

WELL, FIRST OF ALL, YOU ARE NOT BROKEN.
SECOND, YOU’VE HAD EVERYTHING YOU’VE EVER NEEDED TO CONTROL YOUR METABOLISM,
WE JUST HAVE NEVER BEEN TAUGHT.

DIETS TELL US WHAT TO DO...BUT WHAT HAVE THEY REALLY TAUGHT US ABOUT OUR BODIES,
THE FOOD WE EAT, OUR METABOLISM AND SUSTAINABLE WEIGHT LOSS?

YOU’VE HAD THE POWER ALL ALONG MY DEAR...



THERE ARE 3 WAYS YOU CAN CONTROL YOUR METABOLISM

INTERESTINGLY ENOUGH, THEY ARE THE 3 SIMPLEST THINGS YOU'LL EVER LEARN...BUT WE'VE KIND OF BEEN DOING IT THE WRONG WAY ALL THIS TIME. (I HATE TO TELL PEOPLE THEY ARE DOING SOMETHING WRONG BUT, I FEEL IT IS MY JOB TO TELL YOU THE TRUTH HERE)

SO WHAT ARE THEY?

HOW YOU EAT

HOW YOU EXERCISE

HOW YOU LIVE YOUR LIFE

SOUND CRAZY? I KNOW... I NEVER LEARNED ANYTHING ABOUT THIS FROM MY MAGIC SHAKES, FAT BURNERS, 60-DAY CHALLENGES, OR EATING 1200 FLIPPING CALORIES!!! I WAS DOING IT WRONG TOO!!!

I DID A LITTLE PODCAST ABOUT IT IF YOU'D LIKE TO LISTEN:

[HTTPS://WWW.MELANIESOBO.COM/PODCAST/EPISODE-98-IS-YOUR-METABOLISM-SLOW](https://www.melaniesobo.com/podcast/episode-98-is-your-metabolism-slow)



HOW YOU EAT;

THE MAJORITY OF THE WOMEN WHO COME TO ME ARE NOT EATING NEARLY ENOUGH...WHICH SLOWS OUR METABOLISM MORE THAN WE REALIZE. “BUT, I’M EATING LESS AND SEEING THE SCALE GO DOWN. IT WORKS!”

UMM, REMEMBER WHEN I SAID I DIDN’T WANT TO TELL YOU THAT YOU WERE DOING SOMETHING WRONG? WELL, I’M DOING IT AGAIN. THIS IS THE WRONG WAY TO GO ABOUT LOSING WEIGHT.

HERE’S WHY...YOUR BODY NEEDS NUTRIENTS, IT NEEDS CALORIES (THEY ARE ENERGY) IT NEEDS THE RIGHT AMOUNT OF FUEL TO KEEP IT GOING.

WHEN WE GO INTO A CALORIE DEFICIT, OUR BODIES ARE SO SMART THAT OVER TIME, IT SLOWS DOWN OUR ENERGY “PRODUCTION” JUST TO KEEP UP WITH THE LOW-CALORIE LIFE.

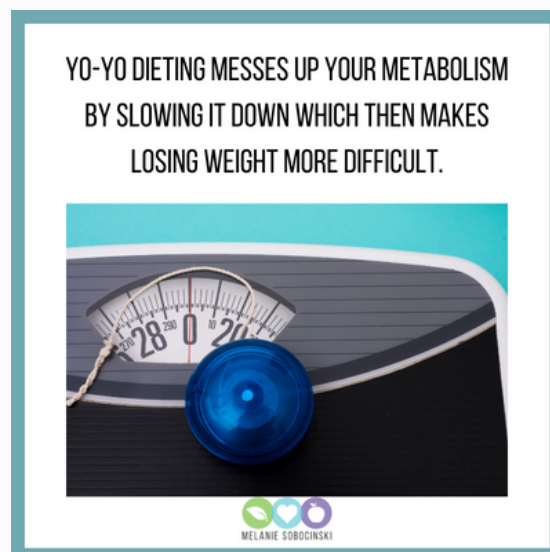


SO YES, YOU MAY SEE A BIT OF WEIGHT LOSS AT FIRST, BUT OUR BODIES WILL PROTECT THEMSELVES OVER AND OVER AGAIN.

SO WHAT DO WE DO HERE? EAT ENOUGH AND EAT NUTRIENT DENSE FOOD.
STOP RESTRICTING YOURSELF OF THE FUEL YOUR BODY NEEDS TO PERFORM ON A DAY-TO-DAY BASIS.

EVERYONE'S CALORIC NEEDS ARE DIFFERENT, WHICH IS ALSO WHY DIETS KIND OF SUCK...MOST ARE COOKIE-CUTTER, ONE SIZE FITS ALL APPROACHES.

I DON'T WORK THAT WAY WITH MY CLIENTS, I MAKE SURE THEY UNDERSTAND THAT THEY NEED TO EAT AND THAT THEY NEED TO EAT NUTRITIOUS FOODS. I KNOW WE'VE BEEN TAUGHT TO EAT LESS AND MOVE MORE...BUT THAT SENTENCE MEANS SO MANY DIFFERENT THINGS TO EACH DIFFERENT PERSON...WHICH TAKES ME TO THE NEXT THING THAT WE CAN DO TO CONTROL OUR METABOLISM...



HOW YOU EXERCISE

WHYYYY DO WE ALWAYS BEAT OURSELVES UP AND WORK OUT FOR HOURS ON END? IS IT POSSIBLE THAT THOSE LITTLE TRACKERS, SPLAT POINTS, AND CHARTS TELL US WE HAVE TO HIT A CERTAIN POINT TO BE IN OUR FAT BURNING ZONE?

CAN I TELL YOU, THOSE ARE ALL FINE AND DANDY...BUT THEY KNOW NOTHING ABOUT YOU.

OVER EXERCISING IS A REAL THING AND IT CAN LEAD TO YOU STRUGGLING TO SEE RESULTS FOR A NUMBER OF REASONS.

#1 EXERCISE IS ACTUALLY A STRESS ON THE BODY AND WHEN OVERDONE IT CAN STRESS YOUR HORMONES...WHICH CAN THEN BRING YOUR WEIGHT LOSS TO A SCREECHING HALT.

EVEN MORE SO WHEN ONE IS NOT FUELING THE BODY PROPERLY. SO PRETTY MUCH THE EAT LESS MOVE MORE RULE ISN'T A ONE SIZE FITS ALL.

ESPECIALLY WHEN WE ARE OVERDOING ONE (EXERCISE) AND WAAAY UNDERGOING ANOTHER (EATING)

I DO NOT RECOMMEND HOURS AND HOURS OF CARDIO NOR DO I RECOMMEND A MILLION HOURS OF INTENSE WEIGHT LIFTING.



AGAIN, WE NEED TO LISTEN TO OUR BODIES. AND I HIGHLY RECOMMEND STRENGTH TRAINING (WITH WEIGHTS). DON'T BE AFRAID TO LIFT A FEW WEIGHTS AND ADD A BIT OF MUSCLE TO YOUR BODY. THE MORE MUSCLE MASS WE HAVE ACTUALLY KEEPS OUR METABOLISM HAPPY AND WELL PRIMED. YOU WILL NOT BULK UP!! IT REQUIRES A LOT TO DO SO.

HOURS AND HOURS OF CARDIO WILL HAVE YOU SPINNING YOUR WHEELS WHEN IT COMES TO ACTUAL FAT LOSS. IT'S NOT ALWAYS ABOUT THE CALORIES YOU BURN IN THE WORKOUT. I TEACH MY CLIENTS IN THE CIRNA METHOD PROGRAM ALL ABOUT THIS.



HOW YOU LIVE YOUR LIFE

THIS ONE ACTUALLY INCLUDES THE FIRST TWO BUT MORE IMPORTANTLY INCLUDES THINGS LIKE SLEEP, STRESS, DOWNTIME, SELF-CARE, HYDRATION AND SO MUCH MORE.

I CANNOT SAY THIS ENOUGH BUT, WE NEED TO LISTEN TO OUR BODIES AND START SPEAKING ITS LANGUAGE.

FOR US TO BE ABLE TO TREAT OUR BODIES WELL SO THAT THEY CAN PERFORM AT THE LEVEL WE HOPE FOR, WE HAVE TO BE ABLE TO LISTEN AND UNDERSTAND THE SIGNS OUR BODY IS GIVING US. OUR BODIES ARE VERY, VERY GOOD AT COMMUNICATING WITH US, BUT MANY PEOPLE JUST DON'T KNOW HOW TO LISTEN TO THEM. YOU MUST START TO PAY ATTENTION TO WHAT SIGNS YOUR BODY IS GIVING YOU ON A DAILY BASIS.

IT SEEMS WE TEND TO OVERCOMPLICATE THINGS NOT REALIZING HOW EASY IT
CAN BE FOR US TO BE IN TUNE WITH OUR METABOLISM.

IF YOU'RE READY TO LEARN MORE AND CRACK THE METABOLISM CODE...BE
SURE TO REACH OUT AND SET UP A FREE METABOLISM REBOOT SESSION.

