



Supporting a healthy metabolism is beyond weight loss; our metabolism encompasses all chemical processes that keep you alive, including breathing, digestion, immune function, and cellular growth and repair. Our metabolism is how our bodies take carbohydrates, proteins, fats, vitamins, and minerals and turn them into energy or heat. Your digestive system breaks down these macronutrients into sugars and acids that your body uses as fuel. Your body can use this fuel immediately, or it can store the energy in your tissues, such as your liver, muscles, and body fat.

The latest statistics show that 88% of Americans suffer from metabolic disease with symptoms ranging in severity; the absence of optimal metabolic health negatively impacts every system in the human body.⁽¹⁾

Incorporating these strategies can help boost metabolism and improve body composition to better overall health.

Core Chiropractic

- **Get a chiropractic adjustment.** The underlying premise of chiropractic care is to remove interference in the central nervous system, as it controls and coordinates all the functions of the body, including your metabolism.⁽²⁾ Practice proper homecare routines with your Homecarekit. Practicing a regular homecare routine alongside your chiropractic adjustment helps correct the specific needs of your spine and back and delivers the best results in the least amount of time.

Nutrition

- **Eat protein for breakfast.** Protein for breakfast, such as eggs or a high-quality protein powder, can jump-start the day, keep you fuller longer, and help prevent excess calorie intake later in the day.⁽³⁾
- **Avoid sugar and refined carbohydrates.** Sugar and refined carbohydrates are high on the glycemic index and digested quickly, meaning they lead to short-term fullness and are not sustaining throughout the day.⁽⁴⁾⁽⁵⁾
- **Don't use artificial sweeteners.** Although artificial sweeteners, such as aspartame and sucralose, typically have very few or zero calories, their sweet taste can cause unnecessary insulin release in the body, which can lead to increased fat storage and weight gain.^(6,7) Instead, use natural sweeteners, such as stevia.
- **Spice up your food.** Spicy foods contain a compound called capsaicin, which helps to boost metabolism and decrease cravings.⁽⁸⁾
- **Drink at least 8 glasses of clean, filtered water per day.** Water can help boost metabolism and increase the amount of calories burned per day, resulting in fat loss.⁽⁹⁾
- **Avoid most beverages except water.** Beverages, especially sodas, diet sodas, sugary alcoholic drinks, and flavored coffee drinks are high in added sugar or artificial sweeteners, high in calories, and do not contain nutrients to keep the body full.⁽¹⁰⁾ It is also very easy to unknowingly consume extreme amounts of sugar very rapidly.

Mindset

- **Learn to manage stress.** Stress contributes to weight gain due to multiple factors, including increased levels of cortisol and emotional eating.⁽¹¹⁾
- **Get at least 7-9 hours of sleep per night.**⁽¹²⁾ Sleep is fuel for the brain, and the lack of sleep may alter metabolic processes, increase appetite, and encourage poor eating choices during the day.⁽¹³⁾⁽¹⁴⁾

Oxygen & Exercise

- **Exercise regularly.** Exercise has many benefits, including fat loss and muscle building. ⁽¹⁵⁾⁽¹⁶⁾ Aerobic exercises, such as swimming, jogging, and biking, or high-intensity, short-duration exercises have shown promising results. ⁽¹⁶⁾⁽¹⁷⁾⁽¹⁸⁾⁽¹⁹⁾ Strive to exercise for at least 30 minutes, 3-4 times per week.
- **High- Intensity and strength training.** High-intensity and strength training workouts help you burn more fat by increasing your metabolic rate. This type of exercise involves exercising for a short period of time at a high intensity, usually in intervals. It utilizes what's called "metabolic conditioning" to enhance fat burning. Because of the high-intensity workouts, metabolic conditioning helps burn fat and calories both during and after the workout. ⁽²⁰⁾

Please consult with your healthcare practitioner before starting any exercise program.

Minimize Toxins

- **Use toxin-free beauty and cleaning products.** Exposure to chemicals, like lead, can contribute to obesity and obesity-related diseases. ⁽²¹⁾ In fact, the rise of obesity has been found to possibly correlate with an increase in industrial chemicals over the past four decades. Endocrine-disrupting chemicals could be linked to the obesity epidemic, a term researchers call "obesogens." ⁽²²⁾

Functional Nutrient & Toxicity Testing

- MaxMetabolix testing identifies the root cause of your body's nutrient deficiencies, toxicities, and genetic susceptibilities. Speak with your MaxLiving Doctor about starting your MaxMetabolix program.

Metabolism Bundle Recommended Use

- Take 2 capsules of Cell Detox 30 minutes before breakfast.
- Drink 1 protein shake with Grass-Fed Whey protein and Max Greens.
- Take 2 capsules of Metabolix Burn with breakfast.
- Take 2 capsules of Metabolix Burn/Endotrim with lunch. (Weightloss)
- Take 2 capsules of Body Detox 1 hour before bedtime.



To view references listed or learn more about balancing your metabolism go to <https://store.maxliving.com/pages/metabolism>

Never modify any medications or other medical advice without your healthcare practitioner's support.

For best results, our Daily Essentials for Men or Women combine five essential supplements and have been formulated in convenient, easy to use packets! These packets contain a Men's or Women's Multivitamin, Vitamin D3 + Probiotics, Magnesium Glycinate, B-Complex with Delayed Release, and Optimal Omega.

For more information on Daily Essentials for Men or Women, visit <http://bit.ly/maxdailyessentials>.

*For enhanced support, we recommend you undergo a metabolic analysis profile test, which tests for key biomarkers that identify nutritional deficiencies, toxicities, and bacterial overgrowth. Talk with your MaxLiving Chiropractor about the MaxMetabolix Program to get tested and obtain a more customized health plan.

Disclaimer

This content is for information purposes only. Any statement or recommendation in this publication does not take the place of medical advice nor is meant to replace the guidance of your licensed healthcare practitioner. These statements have not been evaluated by the Food and Drug Administration. MaxLiving information is and products are not intended to diagnose, cure, treat, or prevent any disease or provide medical advice. Decisions to use supplements to support your specific needs should be considered in partnership with your licensed healthcare practitioner.

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Advanced Plan

Purpose of the Advanced Plan

1. Burn fat
2. Detoxify
3. Reduce inflammation
4. Balance hormones

Carbohydrates: Eliminate grains, sugars and fruits (except berries, grapefruit, and granny smith apples).

Protein: Choose quality over quantity when it comes to animal products.

Fats: Increase intake of healthy fats.

Advanced Plan Grocery Shopping List

Protein

Cold water fish
Small fish
Eggs
Raw cheeses
Beef
Chicken
Turkey
Shelled hemp seed

Fat Choices

Raw nuts and seeds
Olive oil, olives, grape seed oil
Coconut oil
Coconut flakes
Coconut flour
Coconut butter
Coconut milk
Flaxseeds, flaxseed meal
Flaxseed oil, cod liver oil
Hemp seed oil
Fish oil
Nut Butters
Tahini
Yogurt
Butter
Milk
Chocolate (cacao)
Zucchini

High Fiber

Carbohydrate Choices
Vegetables

Condiments, spices and seasonings

Mayonnaise
Salad dressing
Tamari
Marinades
Herbs and spices
Salsa
Tapenade
Salt

MAXLIVING 30-DAY CHALLENGE



Progress Picture



One 45-min workout



1 Protein Shake & Daily Supplements



Chiropractic Adjustments / Homecare



2 Meals (advanced plan)



No alcohol or cheat meals



Half your body weight in oz of water



10 Pages of Reading

30 Days to a New You



Metabolism
Boost:
\$ 127.97

Value: \$239.95



Metabolism Boost
w/ Weight loss
\$ 173.56

Value: \$296.65

WELL WORLD
By Design, For Health

Metabolism Boost

End Plan

Information

Group: Metabolism Boost [Edit Info](#)

Dates: February 14 - March 13, 2022

Primary Practitioner: Dr. Ravi Jitka

Status: Active

Join our 30- Day Challenge: (2/21/2022) by Texting in "CHALLENGE" to

772-345-0060

- Metabolism Boost
- Metabolism Boost w/ Weight loss