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## Why Metabolic Flexibility Matters

Did you know that 73% of Americans are overweight with 42% being obese and only 12% are considered metabolically healthy? These numbers are the worst ever recorded in history and there are no signs showing that it will be slowing down anytime soon.

Why are these numbers so high and what can we do about it? Well let's start with the why....

The standard American diet emphasizes eating carbs and eating them often! Most people are told to eat 3 to 4 times a day along with snacks in between meals to make sure you "keep your metabolism burning."

When you eat this way, your body gets accustomed to using mainly carbs for energy. When those carbs are not readily available, your body seeks them out by sending hunger cravings for hyper-palatable food that are usually in the form of some type of package (refined, nutrient-poor foods).

If your body doesn't receive those high carbs, you may start feeling symptoms such as fatigue, headaches, cravings and brain fog as the body has only been trained to feed on this one fuel source.

This is known as **Metabolic INFLEXIBILITY** in which your body can only adapt to energy needs by utilizing carbs as its main fuel source. In this state, the body will continuously ask for more carbs to meet energy needs, which will eventually end up in a carb surplus; and when the body has too many carbs, it will convert those carbs into fat.

There is no wonder then that in these industrial times of packaged food, people continue to gain more and more weight as they are subjecting themselves to a single way of utilizing energy.

Now that we know the "why," let's address "what" we can do about it!

The simple answer is using the energy source that we already have: our body fat! Your body fat is an incredible power house of energy and can keep you sustained and full of energy throughout the day without any additional fuel!

Did you know that your body has a fat store of over 80,000 calories? That is enough calories to keep you alive for 2 months! So the question is, why aren't we using it?

This is where *Metabolic Flexibility* comes in! **Metabolic flexibility** is your body's ability to use whatever fuel source is available to it at the time - whether that be carbs or fat - in a seamless manner where you don't feel negative side effects!

The benefits of being **Metabolic Flexibility** include:

- Sustained energy throughout the day, AND during workouts
- Fewer cravings
- No daily "hangry-ness" if you don't get your meal or snack in time
- Balanced blood sugar levels

- Improved mental clarity
- Improved fat-burning
- Decrease your chances of getting metabolic disease
- Ability to fast for periods of time when need be, and still feel great

When your body becomes **Metabolically Flexible**, it can slow down or even stop your "food-seeking mechanisms" because it can easily switch over to utilizing fat for energy without you even noticing!

So how do you start becoming more **Metabolically Flexible**?

Below are our **3 Powerful Tips to Metabolic Flexibility** that you can immediately apply to your life that will help your body go from a carb craving monster to a fat burning machine! These techniques and tips have been hand picked and thoroughly tested.

If you would like a more personalized experience and would like to work on these health techniques in more depth together, you can book a complimentary consultation call by clicking on the link below.

[Clarity Call](#)

As always, if you have any questions please reach out by contacting us at [team@proclivity.co](mailto:team@proclivity.co)

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## 3 Tips To Metabolic Flexibility

### **1) Proper Hydration**

**Overview:** Your level of hydration determines the volume of your blood; so the more water that you drink, the more fluid your blood has, which makes it easier for your heart to circulate and deliver oxygen and nutrients to your body.

Water also regulates your body temperature, lubricates your joints and internal organs and gives structure to your cells and tissues.

So if water is so important, why are so many people dehydrated? In a recent study, over half of Americans are in a state of chronic dehydration which simply means you use or lose more water than you are taking in. This comes about by way of simply not drinking enough water, drinking too many diuretics, living in a hot climate, being very physically active, and not getting enough electrolytes along with your water intake.

In fact, the average adult releases the equivalent of up to 13 cups of water a day just from breathing, using the restroom and sweating.

When we don't replenish that water by ensuring we have enough water AND electrolytes, we can end up with fatigue, brain fog, mood swings, cramps, cravings, and headaches, just to name a few!

A great starting point is to drink 50% of your total body weight in fluid ounces per day. This means if you weigh 150lbs, you would aim to get a minimum of 75 fl oz every day. Then, add in electrolytes by way of a water filter that helps do this (Hydroviv or Berkey), LMNT supplements (1-3 packets daily), or adding a couple of pinches of sea salt to your water (or at least add salt to your whole food meals).

**Links:**

- [Health Benefits of drinking water](#)
- [Myths on Salt](#)
- [Why Electrolytes?](#)
- [Morning Lemon Water](#)
- [Water Tracking Beads](#)
- [Avoid Too Much Liquid With Meals](#)
- [Cold Water vs. Room Temperature](#)

## **2) Meal Timing**

**Overview:** Now that we have jumped started your circadian rhythm, it's time to optimize it even more with this week's action habit of creating structure around WHEN you eat.

Do you feel “hangry” between meals? The urge to snack all the time? Cravings? Energy crashes throughout the day? A “bonk” in a workout? If you answer “Yes” to any of those, then listen up closely.

Ideally, we are moving towards 2-3 larger meals, rather than those 6-7 smaller meals (or meal then snack cycle). When we snack, we tend to eat “snacky-type foods” that tend to be lower in protein and higher in refined carbs (and other refined ingredients). Not only does this create more cravings and hunger, it also gets our body hooked on carbs and untrains it to use stored glucose and fat for fuel - especially if you’re not matching your caloric intake with the level of daily activity needed to burn it. Eating every 2 hours can also stress your GI tract and cause bloating, gas and discomfort for some.

So how do we make eating fewer meals easier? Simple: eat more at meal time. Include more whole foods, and specifically more protein, veggies and fat (see more on this down yonder in this document).

**Links:**

- [Meal Timing](#)
- [Quinoa, egg and salmon Breakfast Salad](#)
- [When to Eat Your Biggest Meal of the Day](#)

### ***3) Prioritize Protein, Fat and Fiber***

**Overview:** Most people don’t get enough protein, yet it is the most satiating macronutrient that naturally prevents us from overeating. Fat helps with longer lasting energy, rather than that spike and then crash that carbohydrates will do (if eaten alone). For some people, additional fat can give that feeling of satiety, without the bloatedness. Then we have fiber. Fiber (fruits, veggies, seeds) will help keep us feel full and satiated as well, and aid in a healthy GI tract. So combine adequate protein, fat, AND fiber in a meal, and watch your hunger minimize, and energy sustain throughout the day.

A great starting point for daily protein intake is at least: .7 x lean body weight in lbs. Now if you find yourself often overeating or hungry between meals, you can go further up in protein to

your ideal body weight (lbs) in grams. So if you want to be 150lbs, then try eating 150g protein in a day. If you do this, it is darn near impossible to overeat in calories, so long as you're eating mostly whole foods - very little to none of that hyperpalatable packaged stuff! If you're wanting a more subtle approach, start with 30g of a complete protein at every meal as a minimum requirement. 30g of protein each time you eat is what helps stimulate the process called "muscle protein synthesis," which helps you get the most out of protein when it comes to muscle growth and repair. And muscle is what helps give us that "lean" look, burn more calories at rest, as well as help maintain better blood sugar balance.

Fat varies much more depending on whether your body utilizes more fat or more carbohydrates for fuel. Yet we have a minimum for daily fat amounts we like to recommend to keep our hormones and energy levels happy. Shoot for 70g minimum each day. If you feel good with higher fat (above 90g) and lower carb (under 100g) most days, and get in your daily movement (see below), you will want to increase this number.

And for fiber, we'll want to get most of this from fruits and vegetables. Some people do well with grains and legumes (no GI, skin, or autoimmunity issues), and that can work well too as an add on. Some will feel fuller and more energized for longer if this category is in a smaller portion, and some will be the exact opposite. Experiment with it, see what feels best to you!

**Links:**

- [Protein Podcast](#)
- [Deeper Dive on Protein with Robb Wolf](#)
- [Fats Podcast](#)
- [Which Fats Will Help Us?](#)

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## Proclivity Approved Products

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