

## Speed up metabolism with healthy methods

Written by Holyoke Enterprise

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Dieters are often aware of metabolism and its effect on an individual's weight. Metabolism is a process that serves a host of important functions, including converting food and drink into energy and using energy to construct certain components of cells.

For the perpetual dieter, metabolism can be a natural-born enemy, a process that simply isn't fast enough for dieters to lose weight. Even more frustrating, a person's metabolism can hinge on genetics and gender. People may inherit a speedy or slow metabolism. Gender plays a large role, considering men have a tendency to burn more calories than women, even while resting. Those who inherited a speedy metabolism are often the people who can seemingly eat whatever they choose without gaining a pound.

But gaining a faster metabolism isn't just for men or those who inherited a speedier metabolism at birth. In fact, there are several healthy ways to speed up metabolism.

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