

# Feel the Heat



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## Thermogenic foods can boost your metabolism and help combat fat.

**T**here are so many gimmicks on the market today for quick weight-loss solutions that it can be very confusing, expensive and possibly dangerous to your health.

Will this work for me? Is this product legitimate and help me lose weight? Are there any health concerns involved in taking this supplement?

While these are all important questions to ask, you really don't need to get bogged down by the raspberry ketones and green coffee bean fads that are covering the media as of late.

There are a ton of great metabolism-boosting foods found in the supermarket and even in your fridge. Not only do these foods boost your metabolism, they also offer an array of vitamins, minerals and fiber that provide a variety of benefits.

Here are several to consider adding to your diet.

### Celery

This is a great weight-loss vegetable. Celery fibers are so dense that it requires a large amount of energy (calories) for your digestive system to break them down.

In fact, it takes more calories to break down and digest celery than what you get from consuming the celery itself. So you are actually burning calories when you eat it.



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### Cayenne Pepper

Hot spices speed up your metabolism and kick it into fat-burning mode.

However, it's advised you start off with small amounts and increase slowly as some people with spinal-cord injury or disease (SCI/D) may find they react to the hot spices and have difficulty regulating their temperature as a result.

A great elixir (weight-loss drink) is water with freshly squeezed lemon juice and a pinch of cayenne pepper — don't knock it 'til you try it, especially if you struggle to get your eight cups of water a day.



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### Berries

Despite their size, berries pack in a lot of fiber while being a great way to satisfy that sweet tooth. Fiber is calorie-free and helps regulate the bowels, which is important with a healthy weight-loss program.

### Tomatoes

High in chromium, tomatoes help improve insulin sensitivity.

Insulin resistance, a common problem for people with SCI/D, makes it difficult for glucose to get into the cells to be used for energy. If it can't get into the cells, then it gets stored as fat and, as a result, causes weight gain.

A virgin Bloody Mary is a good way to get the benefits of the tomato. The spices also provide



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## Skinny Bloody Mary

Food	Calories	Nutrient	Benefits
2 cups of unsalted tomato juice	80 calories	Vitamin C, A, K, B1, molybdenum, potassium, manganese, chromium, lycopene, fiber	Contains citric, malic and oxalic acid, which accelerate your metabolism and help filter out fatty deposits from the body. Lycopene helps stimulate metabolism. It's also an anti-carcinogenic, anti-oxidant, anti-inflammatory, reduces stress and protects against heart disease.
1 stalk of celery	3 calories	Vitamin K, C, B6, potassium, folate, dietary fiber, molybdenum, manganese, antioxidants	Helps flush fat out of your system, makes you sleep better and reduces blood pressure. Helps regulate fluid balance and rid the body of excess fluid, as well as boosts your immune system and lowers cholesterol.
A pinch of cayenne pepper	Negligible	Vitamin A, C, B6, manganese, beta-carotene	Stimulates metabolism by 20% and helps clean fat from arteries, is antibacterial and antiseptic, stimulates blood circulation and purifies the blood.
A few black peppercorns	Negligible	Manganese, vitamin K, iron	Promotes digestion and relieves intestinal gas and bloating, helps liver function (fat-burning organ), is anti-bacterial and stimulates breakdown of fat cells.
1/4 teaspoon of horseradish	1 calorie	Vitamin C and B complex, potassium, calcium, magnesium, phosphorus, iron	Helps liver rid toxins in the body, produces weight loss, is anti-carcinogenic, anti-inflammatory and antibiotic (prevents urinary tract infections, bronchitis sinus congestion) and helps with digestion.
1/4 cup of freshly squeezed lemon juice	15 calories	Vitamin C, carotenoids and flavanoids	Is anti-inflammatory, stimulates digestive juices and boosts immune system.

**Total Calories:**

**99**



an extra boost to the metabolism, making this one of the best weight-loss drinks around.

Get started by checking out the simple "Skinny Bloody Mary" recipe.

*Kylie James and Joanne Smith are co-authors of the book Eat Well Live Well with SCI and Other Neurological Conditions.*

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