



Metabolism: What it is and What Factors Influence It...??!!

Aiswarya Sathian

School of Energy Materials, Mahatma Gandhi University, Kottayam, India.

INTRODUCTION

Understanding how the body functions are important for everyone, not just those who live a healthy or fit lifestyle. Whether you want to reduce weight, grow muscle, boost endurance, or learn more about yourself, your body needs to know how to get there swiftly and safely. "My metabolism is quite sluggish," or "It speeds up my metabolism," are common statements. Do you, however, understand what metabolism is?

EVOLUTION

Our bodies are continually undertaking millions of chemical reactions in order to operate. Metabolism refers to the series of actions that chemicals and other substances carried out in our bodies. Our bodies manufacture the energy that keeps them going throughout this process.

REACTIONS

Anabolism and catabolism are the two kinds of metabolic processes, respectively. Anabolism is a group of chemicals that build new creatures from the synthesis of simple molecules utilizing energy in the form of ATP. Catabolism, on the other hand, describes the metabolic events that occur in creatures that create a lot of energy (ATP).

FACTORS

Age, heredity, sex, weight, height, degree of physical activity, and diet are all variables that affect metabolism.

Adults have a slower metabolism than children, and males have a quicker metabolism than women. Physical activity speeds up metabolism. The link is straightforward: the more muscle you have, the quicker you will burn calories.

BASIC METABOLIC RATE

Each person has their unique fundamental metabolic rate. It refers to the bare minimum of energy (calories) required by each individual to relax their important activities. You should seek the advice of an expert to determine your basic metabolic rate and create a diet tailored to your objectives.

HOW TO SPEED UP METABOLISM

Why do so many individuals choose to fast to lose weight although most people have heard that eating small meals throughout the day is fine? This is a widespread misunderstanding among people who desire to accelerate their metabolism. Fiber-rich vegetables such as broccoli, cauliflower, and zucchini, on the other hand, are best for smaller, more frequent meals. It improves digestion and the efficiency of your metabolism.

QUICK FIXES

Quick cures are bad for your health. Fatigue and continuous exhaustion will accompany weight reduction. The longer you go between meals, the slower your metabolism becomes. Energy You will lose even more lean mass if your body slows its calorie expenditure to preserve energy. Because your body seeks energy by eating its own muscular tissue, this is the case.

Corresponding Author:

Aiswarya Sathian, School of Energy Materials, Mahatma Gandhi University, Kottayam, India.

ISSN: 2231-2188 (Print)

ISSN: 2231-685X (Online)

Received: 05.09.2021

Revised: 12.10.2021

Accepted: 18.12.2021

Published: 05.01.2022

WATER

Remember that water makes up 70% of our bodies, thus being hydrated is critical for all bodily functions, including calorie burning. Water consumption in tiny quantities disrupts metabolic activity. As a result, make sure you drink enough water. It is a good idea to drink water cold to speed up your metabolism. To adjust to water at body temperature, the body must spend energy, thus it undergoes a process known as thermogenesis, which burns more energy and calories.

SLEEP

Sleep deprivation causes the metabolism to slow down. To balance hormone levels, it is advised that you sleep seven to eight hours every night, however, this quantity varies from person to person. Going to sleep, regardless of what hours you need to sleep, may help you lose weight.

DRINKS

Many individuals who wish to lose weight use thermogenic meals to help them lose weight faster. Caffeine (coffee, green tea), cinnamon, ginger, and turmeric are among them. Excessive thermogenic meals, on the other hand, may have a

reversible impact by interfering with sleep, which is required to speed up metabolism.

STRESS

Stress is another issue that may wreak havoc on your metabolism. This causes tension in your body, and many individuals eat more when they are stressed. So, finding techniques to relax may benefit not just your mental health, but also your metabolism, weight loss, and muscle gain (the long-awaited lean mass).

TIPS FOR A HEALTHIER LIFE

Simple suggestions may go a long way toward helping you live a healthy life. If you're unhappy with your body, you need to understand it and understand which of your behaviours are impacting your metabolism, which influences your weight and form, as well as hormones and potential health issues. Do you need to boost your metabolism in order to lose weight? As a result, it's important to question yourself not just about your nutrition, but also about your sleep habits, hydration consumption, and hormone levels - a check-in with a doctor is always suggested before making any major lifestyle changes.