



Are you on a weight lose/gain roller-coaster, or do you spend your days feeling sluggish and tapped of energy?

Maybe, it's your metabolism.

What is metabolism? It's the conversion of food to usable energy, as the biological process of extracting energy from food, or how fast or slowly the body burns calorie intake.

Here are a few tips to keep the metabolism doing what it does best, burning energy:

✓ Never, ever skip breakfast. The first meal of the day sets your metabolism for the day and will keep running in tact so long as you eat about every three hours.

✓ Make water your favourite drink. Make sure you get in at least eight to 10 glasses daily, or more. Not only does this increase your metabolism, but it removes toxins and fat.

TIP: Drink a glass of ice water before meals and shrink your stomach so you can eat lighter, and be satisfied sooner.

✓ Small, regular meals keep your metabolism motoring. If you eat a small, balanced meal (protein, carbohydrates and natural fat) every three hours you can boost metabolism.

✓ Good fats vs. bad fats. The body needs fat to function, which is why those who follow a low-fat diet have

## Making the most of your metabolism

a more difficult time burning body fat. Olive oils, avocados, nuts, flax and natural peanut butters are all examples of good fat. Stay away from trans fats, which are found in a huge assortment of foods. Trans fats can cause weight gain, sap the body of energy, cause depression, cancer and heart disease.

✓ Be active. If you can stay active six days a week, your metabolism will rise. One of the top ways to get the metabolism going is with cardiovascular exercise. Cardio training in the early morning hours, prior to breakfast, will burn a higher rate of calories and will keep burning calories for as long as one hour after the workout. The next best thing is a cardio workout after your last meal of the day. You can either burn up those calories, or take them to bed with you.

✓ Stay in tune with your body. It's not always a good idea to push yourself. Forcing yourself to do workouts when you're fatigued or sick is dangerous. You know your body, so listen to what it's telling you. Missing one day or so isn't going to send your metabolism into a tailspin.

Follow the above tips and you're on your way to a faster, more effective metabolism. Natural healers are a great choice for tackling metabolism issues.

## A NEW YOU

### The Megahair Salon offers a wide variety of services including hair extensions



So you want to have hair like Jessica Simpson? Megahair Salon can make that happen with a little help from extensions. Are you stylish, fashion conscious, and wants a HOT new hairstyle right now? Extensions are an innovative method of adding volume, colour, structure and length to your natural hair.

Extensions are made of high quality 100% human hair, hand selected and developed with 35 years of experience.

Extensions are connected with your natural hair using a small bond. They will remain in place up to 4 months and will not damage the natural hair in any way. The Megahair Salon offers extensive Professional Hair Care lines, which are essential to maintaining healthy, shiny, beautiful hair.



The Megahair Salon experienced and energetic staff is fully trained and look forward to offering this service to their guests.

The Megahair Salon offers a wide variety of services not to mention the lowest prices guaranteed in the lower mainland on all professional hair care products. Do not forget to bring in your empty bottles and take part in the Mega Bucks Recycling Program. For every empty hair care product container you will receive a \$1.00 Mega Buck, which can be used towards a retail purchase of \$5.00 or more... even if you did not buy the product at the Megahair Salon!

For your personal consultation on Extensions or for information on other services please call 604-583-9339 and make an appointment... what a great way to start the fall season with thick, fabulous hair!

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Wins the Global Salon  
Business Awards  
Entrepreneurial Excellence Award for  
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