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Shed Those Extra Pounds by Boosting Your Metabolism

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Shed Those Extra Pounds by Boosting Your Metabolism

Boost Your Metabolism Naturally

When we are young, our metabolism is naturally high, but as we get older that just isn't the case. Do you remember the days when you could eat anything that you wanted at any time and never seem to gain a pound? Those days were great, and long gone. However there is hope. Of course we live in the age when we all want to find a quick and easy way out of everything. We want to find a magic pill that will change all of our lives, and the fact is there are thousands of them that claim to do just that.

These pills can be very dangerous and even deadly if they are not used properly. The good news is that you don't even need them. There are many solutions that you can easily use to boost your metabolism in a completely natural manner that will not cause more harm than good. The best thing that you can do is to exercise regularly and eat a balanced diet as is directed by the food guide pyramid.

Even if you have a medical condition that requires you to have a special diet, you can still boost your metabolism. Part of having a good metabolism is having good physical health and the other part is having good mental health. Personal fitness is very important in maintaining a high metabolism. This does not mean that you have to be skinny it just means that you have to be fit.

Drinking certain teas like green teas can also help you to detoxify your body which will also help boost your metabolism. Green tea has become very popular in the past few years as a means of doing this. Also, it is essential that I mention that a protein enriched diet will help you to build up your body's natural muscle mass as well. Adding certain vitamin supplements can also help you to boost your metabolism.

Vitamins like vitamin E, D, C, and B will be great for boosting your metabolism. If you don't like the idea of taking them in pill form you can find these vitamins in most fruits and vegetables that are in their most natural state or steamed. Green vegetables are great sources of natural vitamins and minerals that your body needs to stay fit and healthy. If you are dieting you should make sure that you are eating balanced meals. Getting healthy and boosting your metabolism should go hand in hand. Otherwise, you will only succeed in hurting yourself.

Using Food to Boost Your Metabolism

When most of us think about our metabolism it is mostly just in terms of losing weight. Our weight and our metabolism is what we use to define our bodies these days. The only problem with this is that we are also likely to forget that dieting does mean an absence of food, but the

moderate intake of food. It is not healthy nor is it smart to take on all of those fad diets like the Atkins, South Beach or Zone diets that force you to completely give up certain foods because they only work for the length of the time that you are following that diet. If you do not continue that way all of the weight that you loose is only temporary.

Food is the key to boosting your metabolism and when it comes in its most natural forms, it can also be your best tool in maintaining a great weight for your body size and type. When I say natural forms I mean for example, when you eat vegetable and fruit it helps to eat them in the form that they naturally come in. if you eat fruit from a can, it is contained in syrup and sugars that will not be good for you so eating them raw is the best choice.

When you are eating vegetables it is best to eat them raw and steamed because it keeps all of the vitamins and minerals in them. You should also avoid processed foods and fried meats. Don't get me wrong fats are a necessary aspect of nutrition however saturated fats are not. The right balance of foods in a day can give your metabolism a boost that pills and fads can't.

It is best to eat at least three meals a day that are balanced with each food group as prescribed by the food guide pyramid and in between snacks as well. What people don't know is that it is ideal that you eat five small meals a day instead in order to get the most out of your metabolic system. The more foods that you intake in a day that are healthy, the better to boost your metabolism.

It is not always easy for most of us to follow the food guide pyramid; however, it is still the best way to ensure that you get the most out of your efforts. Diet and exercise combined are the best way too boost your metabolism naturally, but if you can't do both walking and eating right is the way to go. There is no real excuse not to do both, but it was necessary to mention them.

The Harm of Using Diet Pills

Diet pills, which are also commonly called appetite suppressants, have been prescribed by doctors since the 1950s. When they were first introduced to the public, the majority of diet pills contained amphetamine which is otherwise known as speed. This drug is highly addictive and doctors quickly realized that appetite suppressants that contained it would not prove to be the remarkable weight loss solution they were searching for.

As time went by, several other drugs such as fenfluramine and dexfenfluramine (which are more commonly known by their respective trade names Pondimin and Redux) came onto the market. Soon afterwards, doctors started combining a drug called phentermine with fenfluramine to form the now infamous fen-phen diet pill. Anyone who has paid attention in the last two decades will remember how badly that turned out.

Like all other drugs, weight loss drugs must be approved by the Food and Drug Administration (FDA) before doctors can legally prescribe them to their patients.

Not to mention that in addition to approving the drugs for human use, the FDA is also responsible for constantly monitoring the effects that such medications have on the health of the people who take them.

As a way to deal with the constant need for FDA approval and regulation, the active ingredient that is often used in many diet pills is not a drug anymore.

Instead, these products typically consist of naturally occurring herbs and are sold without a prescription over the counter. Perhaps the most popular herbal supplement used in diet pills is ephedra which is also found to cause major health problems. Green Tea and caffeine are also an extremely popular additive to most diet pills today. Hopefully we will learn that there is simply no safe diet pill on the market. We should all just stick to diet and exercise if we want to maintain a good weight.

Dieting to Boost Your Metabolism

Any person who is attempting to lose weight is always told to give some thought into researching all of the available weight loss diet plans before settling on one. Weight loss diet theories are located just about every where you look. The most popular one of the bunch appears to be the high protein and low carbohydrate plan that most dietary doctors use themselves and recommend to their patients. We all know that the key to losing weight lies in your metabolism.

The big emphasis that just about every sensible weight reducing diet plan should be healthy weight loss, not fast weight loss because many of the 'fast' diet plans are not safe or healthy. With this in mind, the best type of weight loss is a calorie reduced version of a healthy balanced diet. This diet should encompass foods from all the various food groups that are outlined in any food pyramid only in good proportion.

Many doctors and physicians who research weight loss are now starting to focus on how low carb foods can help people trying to lose weight. The low carbohydrate foods that are currently available are unlike all healthy snacks that have come before them. They are tasty, and because of their popularity they are inexpensive and can make an immediate difference in how you look and feel.

We all want to lose weight fast, preferably by eating our normal favorite foods. Unfortunately, successful weight loss means that you have to commit to a slow but steady weight loss process and a change of eating habits. The sooner you study which weight loss diet plans will work for you, the sooner you and all of your friends will see the new and improved you.

When it comes to time to choose the right weight loss plan that is based on food it is best to choose the diet plan that best corresponds to the types of foods that you already like to eat because this type of diet plan will be the easiest to stick to. Other than that, they all have their positives and negatives.

Using Low Carb Diets to Boost Your Metabolism

The low carb diet craze that is going on right now is an industry that is gaining momentum and demand every day and is showing no signs of slowing down. This is an amazing accomplishment for Dr. Atkins, whose book was immediately labeled potentially dangerous when it first hit the shelves years ago and again after he died. Now, every individual who considers himself overweight, and some others are hitting the supermarkets looking for the best high protein and low diet foods that they can find.

The impact of low carb diets can be felt in just about every industry.

The thousands of success stories have people going to the gym at a record rate. They know that the Atkins and the South Beach Diet will help them lose weight, but they want to keep that weight off for as long as possible and so they automatically begin to get more active as well.

The major players in the grocery industry are now making even more space on their shelves in order to accommodate the low carb foods. Last, but not least, the low carb food manufacturers continued to thrive as their sales continue to improve at record levels. The low carb diets are even starting to have an effect on the menus at fast food restaurants. The wraps are actually very good.

No matter where you look, low carb foods are available for sale at reasonable prices. There is no simpler way to lose those unwanted pounds and keep them off. Low carb diets are here to stay. It's up to you about whether or not you should try the low carb diet, but if you do, it has never been easier than it is now.

You know that a diet plan is in demand if places like Subway and McDonald's is starting to accommodate it. Ever since they led the way, most other chain restaurants are now doing it as well. Some of the restaurants that offer low carb meals include: Applebee's, Arby's, Wendy's, Chi Chi's, and Boston Market

Dieting with low carb intake will help to boost your metabolism but only if you stick with it as a permanent lifestyle change. And that is the truth of it. It is simply safer that if you choose this method that you try to avoid taking any diet pills with it. All diets serve their purpose, but the low carb diet has been known to cause harm with certain people, so be sure to consult your doctor before committing to any of them.

The Benefits of Alternative Methods

Alternative medicine can be a very difficult decision to make for most people. Visions of New Age robes and crystals can fill your head to the point where it just doesn't seem realistic when it comes to boosting your metabolism. Herbal remedies have been in the know for a long time. Many of the most well respected companies have moved into producing alternative products to meet the growing consumer demand for it. This is a blessing to most of the people who have chosen alternative medicine as a form of treatment.

It has been discovered and proven that prevention is the best medicine for most diseases. Taking regular doses of health supplements can stave off things like arthritis, skin blemishes and vision problems as well as losing weight and boosting metabolism. Being mindful of good health measures is simple and well worth the effort. Believe it or not, Chiropractors are considered as offering a form of alternative medicine.

Sometimes the benefits of alternative treatments are identical to those that are associated with more pharmaceutical varieties but the ingredients are what make all the difference. You do not want to introduce toxins into your system without understanding the negative effects. Not everything that can help you is actually good for you. Some good examples is in many of the diet supplements that are supposedly natural that can cause more damage than good.

Natural products are just as effective and potent as any others that are man made and in many cases they are better. They generally carry very high concentration of the desired substance and other vitamins and minerals as well. If you are ready to feel better and make a change, alternative medicine is your next best step to staying healthy.

Thanks to the constant demand for more natural products for boosting your metabolism, the FDA is now trying to control every herb in the world that has the potential to become popular. It is really bad that natural herbs are now becoming government property and by the time that you get it, many chemicals have been added to cause potential problems for you in the future if taken too long. If you really want natural, you should go directly to the herbs in their natural habitat. That is truly natural.

Alternative methods for boosting your metabolism are getting to be more and more popular every day. It is just a necessity of life. Some of the other alternative methods for doing this is to use hypnosis in order to change the way you function daily and your habits. It really makes sense when you think about it in terms of safety. If you are really looking to boost your metabolism naturally, diet and exercise help but if you lack the will power alternative methods can help change that.

Breaking Through the Herbal Myth

Herbal medicines and dietary supplements are not as strictly regulated to the arena of prescription drugs and over-the-counter medications, so it's important to trust the source before you start buying herbs as a means of boosting your metabolism. The most important thing that you need to know is what herbs are in the supplement or prescription that you buy.

Since entire plants are often used in herbal medicines, consumers should be aware of the individual ingredients and the effects they can have on you with prolonged or short term use. A reputable dealer will always list the contents of herbal supplements for you or provide you with a pamphlet to explain it to you.

Because of the classification of dietary supplements by the Food and Drug Administration, herb manufacturers are not allowed to claim that herbs are effective for the treatment of diseases and other conditions but that is another story. But as history shows, herbs are time-tested throughout the world as a safe and effective way to battle certain diseases and afflictions.

Herbs act the same way as modern drugs and can be addictive at times, so it is important to use them correctly and not take more than the recommended dosage. Even though they are all-natural, taking too much of anything often can have serious health consequences. Some people also experience mild side effects from herbal medicines although most do not. That is why it is so important that you realize that even herbal drugs are still drugs.

While some doctors will prescribe herbal medicines as well as other treatments in combination, most people tend to use herbs without talking to their doctor. Because herbs contain many different compounds that may interact with other drugs like prescription drugs and cold remedies, people who plan to take herbal products should always consult their doctor before they begin. This is especially important for pregnant women, and people who take other medications and those who are especially sensitive to medications or certain herbal products. So before you start taking or buying herbal medicines over the counter, make sure that you know everything that there is to know first. It is just safer for you that way.

Just because herbs are natural doesn't mean that you can mistake this for being harmless. The same can be said of organic materials. Boosting your metabolism naturally doesn't mean that you can't get help it just means that you will not take any chemically based items to help you. There are many natural supplements that can help with your metabolism, but you still have to be wary. Do not take anything that without consulting a doctor. It is just common sense.

Combining Supplements, Diet and Exercise to Boost Metabolism

When we are young, our metabolism is naturally high, but as we get older that just isn't the case. Do you remember the days when you could eat anything that you wanted at any time and never seem to gain a pound? Those days were great, and long gone. However there is hope though. Of course we live in the age when we all want to find a quick and easy way out of everything. We want to find a magic pill that will change all of our lives, and the fact is there are thousands of them that claim to do just that.

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When you try to boost your metabolism, there is so much that you can do without the use of drugs and other items. Just combining diet and exercise can do a great deal. All that is really needed if you want to is to use vitamin supplements. These are safe and they will help to boost your energy levels. You don't have to harm yourself in order to boost your metabolism, you just need to work at changing your lifestyle.

The Mediterranean Diet and Metabolism

Mediterranean diets are gaining in popularity because they offer low-fat, low carb alternatives to typical American diet foods. If you or a family member suffers from high cholesterol, you may want to steer your eating habits in a better direction. With great Turkish recipes and Greek recipes that are available online with this diet plan, it is easier than ever to sign up.

Also, Mediterranean diets are based on simple ingredients that are put together in a variety of delicious and exciting ways. Many people actually prefer to use extra virgin olive oil to spice up most of the dishes. The nutty, fruity flavor of the olive oil lends a delicious light touch to practically any dinner or lunch food. The good news for you is that Mediterranean diets depend a great deal on extra virgin olive oil.

The best part is that Mediterranean food is a snap to prepare. Making a Greek salad, for instance, requires only a few basic ingredients that you can purchase at any local supermarket. You can make your Greek salad with fresh lettuce, plump cherry tomatoes, wonderful kalamata olives, and a hint of balsamic vinaigrette topped off with feta cheese. Just the thought of such a salad makes most people want to head to the kitchen.

More and more, research is starting to point to the role of a person's diet in determining the likelihood of suffering heart disease. The best way to take care of your heart is to eat well before problems develop and not wait until the problem is there already to get started. That's why I encourage my family members and friends to eat lightly in the Mediterranean style. After all, too many fatty foods and thick, buttery sauces will clog your arteries and slow you down eventually.

The Mediterranean diet plan as well as others can be found online at ediets.com. These diet plans will help those who want to lose weight and those who just want to start eating better and healthier foods. Let's face it, 80% of the population in America is considered overweight

and/or higher risk for weight related diseases. With those stats, can it be a wonder that so many diet plans are causing such a stir?

The Mediterranean diet is great for boosting your metabolism because it doesn't take away from your being able to eat what you like. The Mediterranean diet is popular because of the variety of foods that you can eat. It actually encourages you to eat often. Unlike the Atkins diet plan, this one does not want you to cut out anything and it really will help you to boost your metabolism without the use of drugs or chemicals. It certainly makes sense.

The South Beach Diet and Metabolism

The South Beach Diet claims that it is a scientifically proven program that is sure to help you achieve your goals and resolutions for losing weight safely. This diet will help you lose weight fast and improve your heart health at the same time. On average, most individuals lose between 8 and 13 pounds in the first two weeks when they start the south beach diet plan.

The South Beach Diet is completely different from the Atkin's Diet because it is neither low-carb or low-fat. Instead, the diet teaches you to rely on the right carbs and the right fats. This process is made simple using a three phase process that begins with banishing your cravings and ends with installing a diet plan that is meant to last for life.

The real value in the South Beach Diet is the sound nutritional advice that you will receive. This diet retains the most important part of the Atkin's regimen, eating meat, while forgetting the philosophy that you can only eat low carb foods. Instead, you are encouraged to eat a well balanced diet for the remainder of your life. This sounds easy right?

The well balanced diet of the South Beach plan should be composed of plenty of fruit, vegetables and whole grains, nuts and healthy oils. Countless people from around the country continue to rave about the weight-loss success that they have experienced because of this diet. This program is easy to learn and put into practice, and is becoming one of the most popular forms of dieting around because of the success rate and dietary freedom involved.

Celebrities love the South Beach diet plan and swear by it. That is where much of the hullabaloo came from, but it doesn't mean that the diet doesn't work. The average person does find that this diet is one of the cheaper and easier ones to maintain since it requires balanced eating habits instead of deprivation. Perhaps that is why so many stay on this diet forever.

The South Beach diet offers a great deal of variety to what you can eat and makes it so that you can enjoy your meals without feeling hungry. This diet is easy to follow and is very worth the time invested in learning it. If you make it a long term part of your fitness program, you will notice that you have more energy and your metabolism will get the jump start that you need.

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