

VSHRED

“METABOLISM RESET” GUIDE





A SPECIAL MESSAGE FROM VINCE

Hey, it's Vince! Congratulations on stepping up and deciding to take charge of your health and fitness.

The hardest part of doing *anything* is taking that first step. And you've just crushed that. What comes next... is life-changing results that you can feel good about. Results that won't fade, but will stick with you and become your new lifestyle.

If you've tried everything, but haven't seen the progress you've expected, then this Metabolism Reset Guide is for you.

How do I know this? Because I've seen it. Out of the millions of people my team of trainers and I have coached, I've noticed a common problem: people tend to do too much, and burn out too quickly, and move onto the next thing without ever realizing how to truly put in the work in a way that will give their body real results.

I'm talking about things like keto, intermittent fasting, cutting calories, and grueling 7 day a week workouts. All for minimal results...or results that quickly stall out because your body can't keep up with what you're doing.

But what if I told you that all of this can be fixed by one simple thing? **All by simply "resetting" your metabolism.**

Now, this doesn't have to be complicated. And it doesn't have to involve crazy fad diets, restricting your favorite foods, or spending hours in the gym.

Because if something feels too difficult, it probably is!

Resetting your metabolism begins with understanding how YOUR metabolism works. And making adjustments based on your needs.

It's all about fueling your body with the right types and amounts of food so that your body can utilize carbs, protein, and fat in a way that builds lean muscle, torches fat and calories, and helps you feel your absolute best.

So keep reading, and get ready to reset your metabolism to start getting REAL results!

~ 

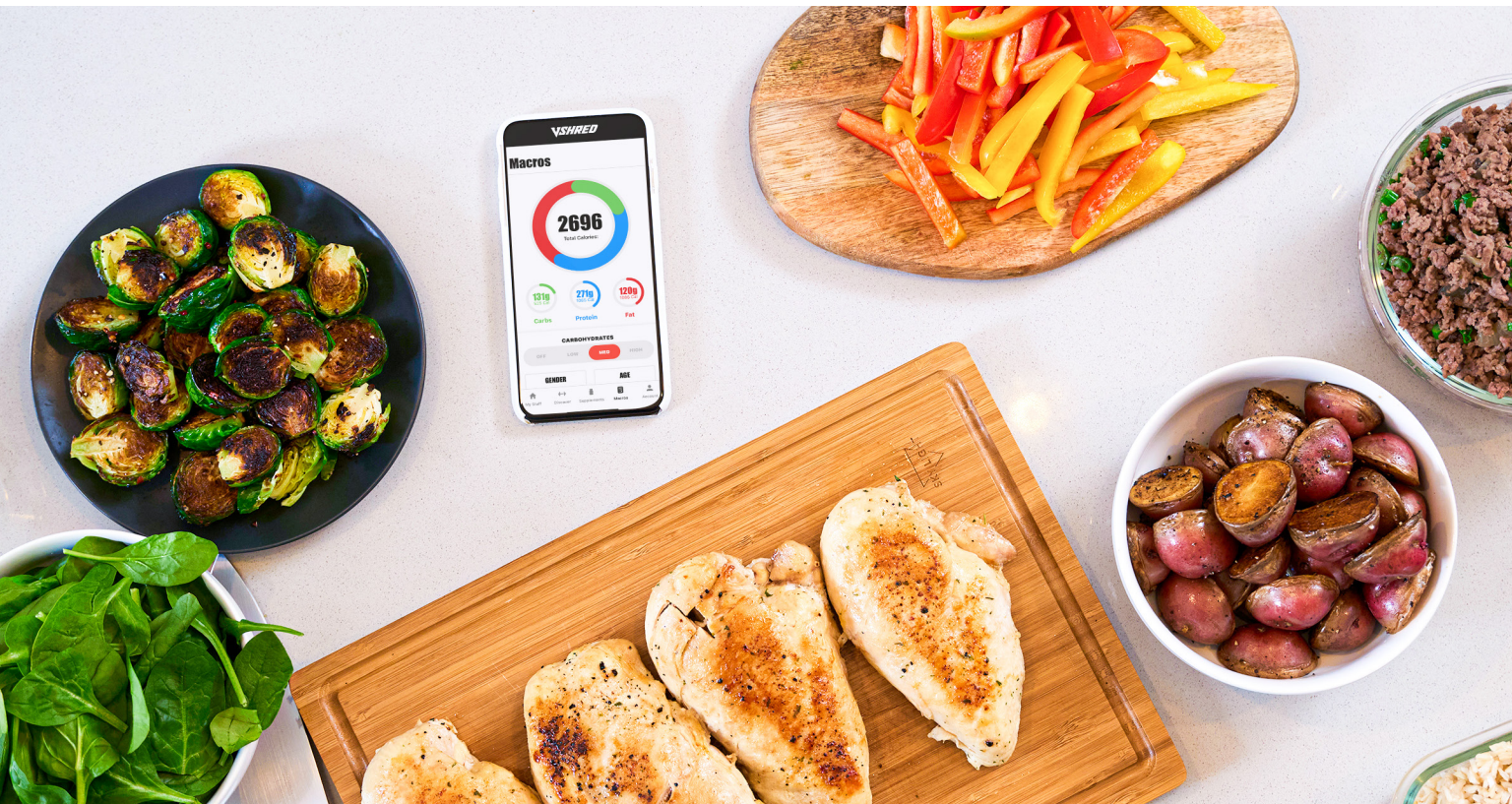
Vince Sant
*Co-Founder of V Shred
and Sculpt Nation*

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SECTION 1

HOW THE METABOLISM ACTUALLY WORKS



WHAT IS "METABOLISM?"

In order to understand how metabolism actually works, you first need to know what *"metabolism"* means.

To put it simply, metabolism refers to the chemical reaction in the body's cells that convert calories from food into energy that the body can use.

The calories in the food we eat is made up of three macronutrients: protein, carbohydrates, and fat. Each nutrient is broken down in the body and carried to our cells where it's utilized as energy that our body can use.

A fast metabolism is when your body is able to start processing those calories immediately and using them for fuel. Someone with a fast metabolism will even burn more calories while resting. While a slow metabolism, on the other hand, does the exact opposite. It's the slow metabolism that burns fewer calories during rest and activity, and often ends up storing those calories in fat tissues, muscle, or in the liver.

WHAT MAKES UP THE METABOLISM?



Basal metabolic rate (BMR): BMR is the amount of calories your body burns even during rest. This takes into account basic functions like breathing, digestion, body temperature regulation, and brain function.



Resting metabolic rate (RMR): RMR typically makes up 50-75% of your total caloric expenditure.



Thermic effect of food (TEF): TEF is the amount of calories your body burns during eating and digestion.



Thermic effect of exercise (TEE): TEE is the amount of calories your body burns during exercise.



Non-exercise activity thermogenesis (NEAT): NEAT is the amount of calories you burn with regular activity. Things like moving around during the day, doing laundry, gardening, cleaning, etc.

Your metabolic rate, or the rate at which your body utilizes calories for energy or storage, is a very individualized process and is different for everyone. But, there are definitely some other factors besides genetics that play a role in how your metabolism works. It's not always as simple as "calories in, calories out."

6 FACTORS THAT AFFECT YOUR METABOLISM



Sex: Our gender and genetics do play a role in how our body utilizes calories. For instance, we would typically see a faster metabolism in a man with less body fat and more muscle mass than a woman of similar age, height, and weight.



Age: As we age, our metabolism tends to slow down, and our muscle mass often decreases.



Body composition (muscle mass vs. body fat, height, and overall build): Those with a larger frame naturally burn more calories.



Muscle mass: The more muscle you have, the more calories your body will burn. Even at rest.



Physical activity: The more active you are, the more calories your body will need to produce energy.



Thermogenesis: Calories consumed provide energy for our body to complete the process of digestion and utilization of protein, carbohydrates, and fat.

Genetics aren't the only thing that play a role in how fast, or slow our metabolism works. Things like hormonal imbalances, toxins from the environment, and endocrine disorders can also be contributing factors.



"To maintain your hormones balanced, you need to have a good relationship with food, exercise, sleep, and stress. Nothing is isolated in the body, everything is linked. A healthy gut, a liver that works and is able to clean up toxins, a neuroendocrine system that is able to work with your hormones and give you a peaceful mind – they all need to be working to maintain your equilibrium. Think about a car, you need to provide it with quality fuel and do maintenance to make its lifespan increase. Same for the body; give it real quality food, avoid toxins, and give relief to your liver and gut, exercise but know your limitations, get good sleep, and practice meditation and breathing to minimize stress. Get your life under control and feel yourself again."

*~ Camila, V Shred Elite Trainer
and Hormone Specialist*

<https://dhwblog.dukehealth.org/wp-content/uploads/2022/08/DHW-Metabolism-Guide.pdf>

SECTION 2

FOODS THAT HELP FIRE UP THE METABOLISM



Did you know that certain foods and nutrients can help build “heat” in the body? This is one way you can fire up the metabolism naturally.

When you’re cutting calories or trying a new diet, you can have some EXTRA leverage when eating foods that have a higher “thermic effect”. These foods activate a natural metabolic FIRE in the body and can help you burn more calories than other types of foods.

These foods can help keep you feeling fuller, longer. And your body will burn calories to digest and utilize the food you’re eating. So even when eating in a caloric deficit, eating these foods can actually fire up your metabolism!

The trick is knowing exactly how much you need to eat in order to fuel your body for performance, and still see results. So here’s a quick guide to help you choose some of these foods!

FOODS THAT HELP FIRE UP THE METABOLISM

Prioritize Protein

Not only will protein help you feel full throughout the day, but studies have shown that getting adequate protein is beneficial for overall body composition (think lean muscle), and has thermogenic effects (think fat loss).

Further studies have shown that those who consume more calories daily from protein have a higher metabolic rate than those who consume less.

So how do you ensure that you’re hitting your protein goal?

Aim for at least one serving of lean protein, such as grilled chicken, white fish, lean beef, eggs or egg whites, or a high quality protein powder at every meal.

Plant based sources of protein like beans and lentils are also high in protein, as well as fiber, and can help support your metabolism.



Healthy (and Tasty!) Fats

If you’ve ever tried a low fat diet, you’ve probably found yourself feeling hungry. All the time. That’s because healthy fats help keep us feeling fuller, longer - just like protein. And when we don’t eat enough fat, we’re not supporting our body’s metabolism.

Healthy fats are things like nuts, nut butters, avocado, olive or coconut oil, and even cheese can be considered a healthy fat. In moderation.



Carbohydrates

Carbs get a bad rap, but following a strict low-carb diet is NOT the best way to ensure results. Carbs are the energy building blocks upon which your body thrives. And carbs play an essential role in how your metabolism works: both good, and bad.

Some of the BEST carbs you can eat for a better metabolism, include:



Strawberries and Blueberries



Green Apples



Cherries



Oatmeal



Sweet Potato



Quinoa



Beans



Lentils



Leafy Greens



Spinach



Cauliflower



Chickpeas



Whole Grain Cereal



Sprouted Bread



Whole Wheat Bread



Acorn Squash



Black Beans

Herbs

Supporting your body with appropriate supplementation and adding herbs into your cooking, or in supplement form, is a great way to set fire to your metabolism. Here is a breakdown of a few of the science-backed herbs that have the most trustworthy research supporting them:



Capsaicin



Green Tea Extract (EGCG)



Grains of Paradise Seed Extract



Adaptogens (ex: Yohimbine and Rauwolscine)

OTHER TIPS...

Avoid Empty Calories

Ditch liquid calories whenever you can. These are things like soda, sugary juices or teas, creamy coffee drinks, and even alcohol. These calories are called empty because they serve no nutritional value, and can be loaded with extra calories, sugar, and fat.



Stay Hydrated

Ensuring adequate water intake is essential for a healthy body and a healthy metabolism. Hydration supports an increase in total calories burned (which is called water-induced thermogenesis). Meaning, drinking water will help speed up your metabolism.



SECTION 3

7 SIGNS OF A WEAK OR "BROKEN METABOLISM" IN WOMEN



So how do you know if your metabolism is in need of a reset? If you've spent years yo-yo dieting or endless hours doing cardio, then there's a pretty high chance you have a broken metabolism.

But don't stress! Because there IS a way to help fix it. And a way to jumpstart progress so you can see results that last.

There are actually a lot of common signs of a weak or broken metabolism, and they're so common they often go overlooked.

Here are the top 7 most common signs of a weak or “broken” metabolism in women so you can recognize them and take action to correct them:



1.
Weight gain
and/or difficulty
losing weight



5.
Memory
loss



2.
Ongoing fatigue



6.
Headaches



3.
Difficulty
sleeping



7.
Trouble
concentrating



4.
Increased sugar
cravings or
appetite



8.
Thin hair, brittle
nails, dry skin

Worried about any of these warning signs?
[Click here to take our FREE Metabolic Assessment
and find out your Metabolic Score.](#)
Thousands of people have already taken this
short quiz and are SHOCKED by their results!

SECTION 4

7 SIGNS OF A WEAK OR "BROKEN METABOLISM" IN MEN



Do you know if your metabolism is in need of a reset? If you've spent years going back and forth with dieting or endless hours doing cardio, chances are you have a broken metabolism.

But don't worry! There IS a way to help solve this. And a way to kickstart progress so you can see results that last.

Similar to women, men also experience a myriad of symptoms when their metabolism is weak or broken.

Low energy and low libido are two of the biggest red flags of a broken metabolism in men. But recognizing these signs is the first step to taking action to fix what's broken and start resetting your metabolism to see results:



1.
Weight gain
and/or difficulty
losing weight



5.
Memory
loss



2.
Decreased
testosterone
levels



6.
Trouble
concentrating



3.
Increased sugar
cravings



7.
Decreased
energy



4.
Difficulty
sleeping



8.
Decreased
sex drive

Worried about any of these warning signs?
[Click here to take our FREE Metabolic Assessment
and find out your Metabolic Score.](#)
Thousands of people have already taken this
short quiz and are SHOCKED by their results!

THE RIGHT WAY TO EAT CARBS FOR A BETTER METABOLISM



THE TRUTH ABOUT CARBS.

Carbohydrates serve as our main energy source, and they help fuel our body not only for exercise, but for our regular daily activity as well.

There are two main types of carbs: simple and complex carbs.

Simple carbs are often what get us into trouble. They're things like processed white sugars, white breads, cakes, cookies, candies, etc. Complex carbs are whole grains, beans, quinoa, potatoes, and

vegetables. Complex carbs are also high in fiber, which is essential for digestive health.

So even though we're talking about food from a quantitative standpoint - meaning paying attention to the overall caloric total, or macro total of your daily carbohydrate intake, paying attention to the qualitative side of things matters, too. Aka how whole or nutrient dense your daily menu is.

But the good news is you don't have to give up your favorite foods for nothing but chicken and broccoli every day. Understanding the right total of

carbs you need on a daily basis will give you the freedom to add those things you can't live without into your regular menu, while still seeing results.



HOW? BY CARB CYCLING.

With carb cycling, you can still create a caloric deficit, but one that supports the exercise and activity you're adding into your routine with your V Shred program. And, with carb cycling, the trick is to keep your protein and fat intake the same each day, but cycle through low, medium, and high carb days.

This creates "metabolic confusion," and solid research backs this strategy to be optimal for leptin production - the hormone that affects our metabolic rate.

HOW DOES IT WORK?

The extra calories from carbohydrates that you eat on high carb days will temporarily boost your leptin levels, which leads to a boost in your metabolism. It also helps you feel fuller heading into your low carb day, and allows for extra fat burn.

CARB CYCLING SAMPLE WEEK*						
MONDAY Low-carb	TUESDAY Med-carb	WEDNESDAY High-carb	THURSDAY Low-carb	FRIDAY Med-carb	SATURDAY High-carb	SUNDAY Low-Carb
MONDAY Low-carb	TUESDAY Med-carb	WEDNESDAY High-carb	THURSDAY Low-carb	FRIDAY Med-carb	SATURDAY High-carb	SUNDAY Low-Carb
MONDAY Low-carb	TUESDAY Med-carb	WEDNESDAY High-carb	THURSDAY Low-carb	FRIDAY Med-carb	SATURDAY High-carb	SUNDAY Low-Carb
MONDAY Low-carb	TUESDAY Med-carb	WEDNESDAY High-carb	THURSDAY Low-carb	FRIDAY Med-carb	SATURDAY High-carb	SUNDAY Low-Carb

Creating metabolic confusion through carb cycling has proven to be successful in helping those with more of an endomorph body type lose weight. Not sure what your body type is, or if carb cycling is the right answer for you?

Take our FREE Metabolic Assessment and find out today.

"I had never heard of the concept of carb cycling. Before, I would lose weight by just completely restricting my caloric intake or, doing these diets where I had to completely give up a food that I like, such as carbs or desserts. And so the whole concept of carb cycling, where it's your body needs all of it, it needs fats, it needs proteins, it needs carbs, but just learning how to manage those in your diet and, fueling your body rather than depriving your body. That's what really spoke out to me."

*~ Sarah Newton
Custom Diet Plan Customer*

SECTION 6

CLAIM YOUR FREE METABOLIC ASSESSMENT



It's common to get fired up when you first start your V Shred program, or any other fitness program. But what we don't want is for that fire to fizzle out too soon!

Instead, **we want you to see crazy good results** without stressing, without overthinking every little detail, and without worrying whether you're doing things right or not. Because we know it's possible.

NOW THAT YOU'RE PART OF THE V SHRED FITNESS COMMUNITY, WE CAN GIVE YOU A SHORTCUT THAT WILL HELP YOU "REPAIR" YOUR METABOLISM AND SEE RESULTS EVEN FASTER.

Just imagine if you could eat all your favorite foods, like chocolate, pizza, ice cream, and even red wine...

Without worrying about the scale. Because you knew whatever food you ate, your body would just burn it all off.

This is what we call having your metabolic accelerator shift into full gear.

Remember when you were younger it felt like you could eat whatever you wanted without having to worry? But then as you started getting older you probably noticed some things shifting. And now your body doesn't quite handle those foods the same way it used to?

That's because as we age, our metabolism naturally slows.

AN AGING METABOLISM



And if you don't prime your metabolism, then this can become a huge obstacle in your weightloss journey. And ultimately affect how you feel.

The metabolism can be a powerful tool that's capable of working efficiently no matter how old you are. And.. certain hormones in the body can work like spark plugs for the metabolism to shift it into high gear while helping you shed weight, decrease cravings, and keep you feeling your best.

Once you know what these hormones are and how to activate them, you'll automatically be on the path to weight loss success, by putting those results on autopilot, allowing you to enjoy all the foods you love without the guilt.

It's a way to get your life back so you can spend more time doing the things you love, and less time worrying about the scale or struggling with confidence.

If you're ready to learn what your metabolic score is, and learn a scientifically-proven SHORTCUT to fast track your results, just

[CLICK HERE! >>](#)

