

Morning Habits to Ignite Your Metabolism Naturally

自然激发新陈代谢的晨起习惯

1.

Hydrate, Hydrate, Hydrate

清晨唤醒代谢的第一步：补水

After a night's rest, your body is mildly dehydrated—enough to slow metabolism and affect energy levels. Drink 350–500 ml warm water upon waking. Add apple cider vinegar or lemon for digestive support and electrolyte balance.

经过一夜休息，身体通常处于轻度脱水状态，这可能降低新陈代谢速率并影响能量水平。建议醒来后饮用350至500毫升温水，以迅速补水并启动代谢功能。可适量加入苹果醋或柠檬汁，以辅助消化并维持电解质平衡。



You don't need expensive tools or supplements to kick-start your metabolism. The most effective habits are free and simple.

They're especially powerful in the morning when your hormones and energy systems are most responsive. Here's how to build a metabolism-boosting routine that works with your biology.

启动新陈代谢并不需要依赖昂贵的工具或补充剂。事实上，最有效的习惯往往是免费且易于实施的。

这些习惯在早晨尤为有效，因为此时人体的激素水平和能量代谢系统最为活跃。以下将介绍如何建立一套符合生理规律、有助于促进新陈代谢的日常习惯。



2.

Get Sunlight + Move

沐浴晨光 + 运动

Morning sunlight helps reset your circadian rhythm and supports healthy cortisol levels—key for metabolism and energy. Step outside for 5–10 minutes of sunlight and add some light movement to activate circulation and mitochondria.

Even gentle activities like stretching, walking or breathwork are enough to get your system going. But if your schedule and energy allow, this can also be a great time for more vigorous exercise, such as a workout, run or strength training session. Just listen to your body and fuel as needed.

早晨的阳光有助于重置生物钟，并调节皮质醇水平，这对维持正常的新陈代谢和能量代谢至关重要。建议每天早晨到户外晒太阳5至10分钟，并配合一些轻度运动以促进血液循环及线粒体活性。

即使是简单的伸展、散步或深呼吸练习，也能有效激活身体机能。若时间与体力允许，也可进行中高强度训练，如健身训练、慢跑或力量训练。请根据身体反馈适时调整强度，并确保合理补充能量。

3.

Intermittent Fasting: Delay Breakfast with Purpose 间歇性禁食：早餐时间关键

Intermittent fasting (IF) isn't a diet. It's a strategy that focuses on when you eat, not just what you eat. It can be especially effective in the morning, where choosing not to eat right away helps your body stay in a fat-burning, repair-focused state for longer.

The most popular approach is 16:8—fasting for 16 hours and eating within an 8-hour window (e.g. from 10am to 6pm). Beginners often start with 12:12, gradually increasing to 14:10 or 16:8.

Why it works? Your body is already in a fasted state when you wake up. By simply delaying your first meal, you extend the benefits of this fasted state, which may help:

- Lower insulin levels and encourage fat-burning
- Support digestion and reduce inflammation
- Promote cellular repair and metabolic efficiency

Note: IF isn't for everyone. Consult a holistic healthcare provider or one of our nutritionists if you have adrenal fatigue, thyroid conditions, or low body weight.

间歇性禁食并非一种具体的饮食方案。它是一种强调进食时间安排，而非仅仅关注吃什么的策略。通过延迟第一餐，有助于身体更长时间地保持在燃烧脂肪和修复为主的代谢状态。

目前最为流行的方法为16:8法，即每日进行16小时的禁食，并在随后的8小时内完成进食（例如从上午10点至下午6点）。对于初学者而言，建议从12:12模式开始（即禁食12小时，进食窗口为12小时），随后逐步过渡至14:10，最终达到16:8模式。

为什么间歇性禁食有效？这是因为人体在醒来时通常已处于轻度空腹状态，通过推迟第一餐的时间，可以延长这种状态所带来的生理益处，实现以下效果：

- 降低胰岛素水平，促进脂肪分解
- 改善消化功能，减轻炎症反应
- 促进细胞修复过程，提升代谢效率

注意：并非所有人都适合间歇性禁食。如果您患有肾上腺疲劳、甲状腺疾病或体重过轻，请在实施前咨询专业医疗人员或我们的营养师。



4.

Smart Supplementation + Clean Fats 合理补充营养素与健康脂肪



Certain nutrients and healthy fats can support metabolism, energy and hormonal balance—especially in the morning or during your eating window.

Supplements to consider:

- **B-Complex:** Supports energy, mood and stress resilience
- **CoQ10:** Boosts mitochondrial function and heart health
- **Kelp (Iodine):** Supports thyroid hormones that regulate metabolic rate
- **Chromium Picolinate:** Helps balance blood sugar and reduce carb cravings

Take these with your first meal or a light snack. Chromium Picolinate is best taken with a carb-containing food (e.g. fruit, oats, sweet potato) for better absorption.

Add metabolism-friendly fats to meals:

Include natural fats like **extra virgin coconut oil (EVCO)** to help curb cravings, promote fat-burning, and provide a clean source of energy. Add 1-2 teaspoons to smoothies, yoghurt, oats, soups or stir-fries as part of a balanced, low-GI meal.

某些关键营养素及优质脂肪有助于支持新陈代谢、能量生成及激素平衡，尤其适合在早晨或进食窗口期摄入。

推荐补充剂：

- **维生素B综合丸：**有助于能量代谢、情绪调节及压力管理
- **辅酶Q10：**支持线粒体功能及心血管健康
- **海藻宝（碘）：**支持甲状腺激素合成，调节基础代谢率
- **有机铬（吡啶甲酸铬）：**有助于稳定血糖，减少碳水渴望

建议在第一餐或轻食时服用上述补充剂。其中，有机铬（吡啶甲酸铬）最好与含碳水的食物（如水果、燕麦或红薯）同服，以提高吸收效率。

添加促进代谢的脂肪：

在餐食中加入天然健康脂肪，如**特级初榨椰子油**，有助于抑制食欲、促进脂肪燃烧，并提供清洁能量来源。每日建议用量为1-2茶匙，可加入奶昔、酸奶、燕麦、汤品或炒菜中，作为均衡、低升糖指数饮食的一部分。

Final Notes 实用建议



Start Simple

Begin with 12:12 fasting and build from there

从简单开始

初学者建议从12:12的禁食模式开始，逐步适应



Listen to Your Body

If you feel weak or overly hungry, adjust your timing

注意身体信号

如出现虚弱或过度饥饿，应及时调整计划



Stay Consistent

Small daily habits compound over time for lasting results

坚持是关键

持续的小改变将带来长期积极影响