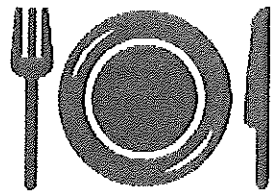
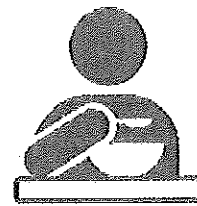


4 habits that sabotage **your metabolism** ✓



you skip meals

going long periods of time without eating can signal the body to conserve energy



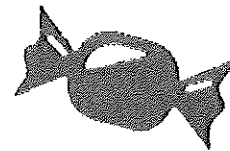
you don't eat enough calories

when your body doesn't get enough energy from food, it may break down muscle for fuel, instead



you don't drink enough water

all of our body's processes (metabolism included) require water for proper function



you go overboard on refined sugar

consuming excess sugar destroys our body's ability to properly process glucose