

An Introduction to Metabolic Typing

Modern medicine has made great strides in developing sophisticated diagnostic technology and is very proficient at handling acute and emergency care. However, it is poorly equipped to combat chronic disease and even less successful in addressing the almost universal desire that people have to simply feel better: to have more energy and to have it be more consistent throughout the day, to be more resilient in handling stress and to be more capable of fending off illness, whether it be the common cold or flu, or the more serious degenerative diseases of aging.

This is where Metabolic Typing comes in. Metabolic Typing is a revolutionary system for optimizing whole body health, by addressing the individual at a fundamental metabolic level. By conducting a series of simple in-office tests, we are able to determine each individual's Metabolic Type, which is the fundamental way in which their body produces and processes energy. Armed with this all-important knowledge, the individual can then knowingly select the appropriate foods and nutritional supplements that are tailored to his or her specific metabolism. All foods (and supplements) are not equally good for all people. In fact, any given nutrient can have virtually opposite effects in individuals of different Metabolic Types. Metabolic Typing is the missing link that explains how one person's food may almost literally be another person's poison.

What Is Metabolic Typing?

Metabolic Typing brings together different streams of scientific research conducted over several decades. Its fundamental assertion is that metabolism of each individual is controlled by one of two primary dominance systems: the Oxidative System, which is responsible for the conversion of nutrients into energy; and the Autonomic System, which governs the use and distribution of this energy. All people have both systems operating in them at all times, but one system or another will tend to be more dominant in any given individual's metabolism.

Each of these two systems is divided into two sub-types. Thus, the Oxidative System consists of Fast and Slow Oxidizers, determined by the speed at which the individual converts nutrients into energy. The Autonomic System consists of Sympathetics and Parasympathetics, depending on which branch of the autonomic (or involuntary) nervous system is predominant: the more pro-active, hyper, sympathetic branch (characterized by the phrase "fight or flight") or the more relaxed, hypo, parasympathetic branch (characterized by the phrase "rest and digest").

By determining your Metabolic Type through the Metabolic Typing protocol, we are able to point you at the foods and supplements that we feel will work best to optimize the production and processing of energy for your particular metabolism.

What Does Metabolic Typing Involve?

Metabolic Typing involves a series of simple tests that take approximately two and a half hours to perform. The testing occurs in four timed cycles, and is performed on an empty stomach (you need to fast a minimum of six hours before your visit). After we have taken an initial series of baseline readings, you will be given a modified glucose challenge drink. We then compare all subsequent test results to your baseline readings, as well as factoring in your answers to specific questions that we ask you at the beginning of each testing cycle. We also note the results of a written questionnaire that you fill out before your visit.

During your initial appointment at our clinic, we will test the following:

- Blood pressure and pulse
- Blood glucose levels
- ABO blood type
- Urine and saliva pH
- Urine chemistry
- Urine specific gravity
- Breath holding capacity
- Respiration rate
- Weight and body fat percentage

A follow-up visit one month later is strongly recommended to monitor your progress.