Metabolic Typing

What is personalized metabolic nutrition? Nutrition is the process by which we take in, change, and use the chemicals needed for our survival. Nutrition is important if we want to get well and stay well. However, the field of nutrition is quite confusing. Which expert – among many with wildly differing opinions should we believe?

Each of us is unique as we are in our fingerprints. This uniqueness encompasses any aspect of ourselves: personality, behaviour, shape and rate of our cellular metabolism.

- No one diet is right for everyone.
- People react so differently to various diet plans.
- The same food can have virtually opposite effect on different people.
- One person's food may almost be another person's poison.
- Weight loss diets work in the long run, ONLY if they are compatible with your metabolic type.

Not only must we eliminate foods that are bad for everyone (Such as sugar, white flour and refined and processed food), but, we must also eat for our metabolic type. The best food for any given individual can be determined through the testing protocol of metabolic typing.

Knowing one's metabolic type – the fundamental way in which the body produces and processes energy, the individual can then knowingly select the food and the nutritional supplements that are tailored to his or her metabolism.

There are two engines of energy:

- Oxidative- Fast and Slow
- Autonomic –Sympathetic and Parasympathetic

The testing procedures determine the individual metabolic type.

Metabolic Dominance Systems

Oxidative System
(the conversion of food to energy)

Slow Oxidizers
Alkaline Blood
Group I foods acidify their blood, which balances their blood pH

Fast Oxidizers
Acid Blood
Group II foods alkalize their blood, which balances their blood pH

Autonomic System
(neuroendocrine control of energy)

Sympathetics
Acid Blood
Group I foods alkalize their blood, which balances their blood pH

Parasympathetics
Alkaline Blood
Group II foods acidify their blood, which balances their blood pH