

What Is Metabolic Typing?

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Nutrition was understood from ancient times to be a key to health. How many books, magazine articles, TV shows and talk around the gym water cooler today are about nutrition? That's a lot of information to understand, most of which is conflicting and contradictive? How can you know what to trust?

"How can someone eat the best organic foods, take the finest nutritional supplements that money can buy, get plenty of rest, exercise regularly . . . and still not feel well?"

While there are many factors involved in dis-ease, one common factor is that unwell people are not eating correctly for their needs. Food is our medicine, our most powerful drug that is taken three times everyday of our lives! Each food contains thousands of biochemical compounds that our bodies use for much more than just fuel and, while food quality is very important, something may be even more important.

It should be generally understood that regarding strength and conditioning one-size does not fit all. Then why would it in Nutrition? You clearly cannot run a gas engine on diesel fuel. Have you noticed that the "Atkins Diet" (high-fat/protein) has worked relatively well for some of you, while the "Pritikin Diet" (low-fat/protein) works for others, while some of you do poorly on both? We are all different! "Like no two snowflakes are the same, on a biochemical level, we are unique as we are in our fingerprints."

There is an infinite diversity in metabolic individuality including psychological, external physical differences, internal differences in organs/glands, and differences in cellular metabolism. Accordingly, every person has inherited specific, genetically-based requirements for nutrition. This is your Metabolic Type. This is why what works for you nutritionally may not work for your friend and may make your neighbor sick.

What is a Metabolic Type? "A Metabolic Type is the inherited patterns of biochemical and neurological strengths and weaknesses that comprise metabolic individuality." Your Metabolic Type expresses your genetic potentials, defines limits, determines nutritional requirements and dictates responses to foods and nutrients. All of this comes from adaptation of our ancestors to local foods and environments in every corner of the planet over thousands of years as a means of survival. However, today it would be tough to determine your nutritional needs from your family history as most of us do not

live and eat as our ancestors did! This is where the science of Metabolic Typing comes in.

Metabolic Typing is customized nutrition that enables you to discover how your body reacts to different foods and using this knowledge to control cravings, hunger, energy levels, emotions and mental focus. Metabolic Typing identifies the system in your body that controls how you feel after you eat and recommends a list of foods that will help you come into balance. If you feel tired, bloated, anxious, irritable, or almost any symptom after you eat, using your list of foods to fine tune your diet will help you feel better.

No other method differentiates your "medicine" from another's "poison". Furthermore, there is no other way to know how nutrients behave in one person's metabolism as compared to another's and accordingly, no rational basis from which to select a diet and nutritional supplementation. In other words, without knowing your Metabolic Type, you are guessing with your health.

Good health is not the absence of disease as some would have you believe. Good health is the body working from a place of homeostasis, biochemical balance and metabolic efficiency, from the cellular to systemic level, by utilizing the proper *quantity* of nutrients and *quality* of nutrients for your Metabolic Type. This is achieved simply by identifying your Functional Metabolic Type, doing the "right things" for your type, eliminating the "wrong things" for your type, remove the "blocking factors" in your life, and subsequently, building health and vitality from the inside out.

Are you ready to unleash the body's natural, inherent and powerful capabilities for restoration, rejuvenation and radiant good health, programmed into every one of your 100 trillion cells? Simply contact your local Metabolic Typing Advisor, <http://www.mt-advisors.info/> and set up an appointment. Learn to listen to the one voice that you know you can trust about your nutritional needs - your own inner voice of your body.