

BEYOND THE MYTH OF 'THE RIGHT DIET'

METABOLIC TYPING

ARE YOU DOING EVERYTHING RIGHT BUT STILL NOT ACHIEVING YOUR GOALS? THE ANSWER MAY LIE IN YOUR UNIQUE BIOCHEMISTRY, OR 'METABOLIC TYPING.'

What is metabolic typing?

Metabolic typing is based on the fact that we are all biochemically unique; no two people have the same fingerprints, not even identical twins. Just as we are all unique, with different hair colour, skin texture, body shape and eyes, we are also metabolically and biochemically unique. Metabolic typing confirms that what works well for one person – in terms of an eating program - can be completely ineffective and even harmful for another. Therefore, in the end, the only so called 'right nutrition' is the one that is based on your unique metabolic profile. Otherwise, it is like playing lotto: you might get it right, but chances are that you might not.

Why is it important to identify your dominant metabolic typing factor?

By identifying and nutritionally balancing your dominant factor, all the other homeostatic control systems (blood types, endocrine types, catabolic/anabolic) will balance, in turn, over a period of time. Yet, if your dominant factor is not biochemically addressed, then your whole metabolism will not balance itself and symptoms such as tiredness, sweet cravings, foggi-ness and feeling mentally scattered results. This is

HOW DOES METABOLIC TYPING WORK?

Metabolic typing is based on the fact that we have nine Fundamental Homeostatic Controls (FHCs), of which the Autonomic Nervous System Type (the master regulator of metabolism) and the Oxidative System Type (responsible for intracellular energy conversion) are the two most important. This is because the Autonomic and the Oxidative systems are the two FHCs that regulate the other seven. For this reason, it is very important to establish which one is your dominant factor in your own metabolic typing profile.



TEYA SKAE, MA BA DIPHEALTHSCIENCE DIPCLINICALNUTRITION

Teya is a Sydney-based Health and Life Coach, clinical kinesiologist/nutritionist and writer. She is the founder of Empowered Living, Education and Wellness centre, specialising in metabolic typing nutrition, chronic tiredness/fatigue recovery, and neurologically balancing people, and she works with professional and amateur athletes to help them recover from physical and emotional stress. For more information phone 02 9945 0285

HOW MANY METABOLIC TYPING PROFILES ARE THERE?

There are nine possible combinations involving the pairing of the Autonomic and the Oxidative Systems. Your unique metabolic typing would first be identified as one of the nine categories:

| | | |
|-------------------|----------------|-----------------------|
| Sympathetic Fast | Balanced Fast | Parasympathetic Fast |
| Sympathetic Mixed | Balanced Mixed | Parasympathetic Mixed |
| Sympathetic Slow | Balanced Slow | Parasympathetic Slow |

because everything we eat or ingest has an effect on our brain/blood chemistry, which directly influences our energy levels, moods, thought processes and emotions.

In summary, metabolic typing is about fine-tuning your ideal fuel mix over a period of days or weeks, based on the biorhythms of your dominant endocrine type (thyroid, adrenal, pituitary or gonad) and your current lifestyle.

Metabolic typing nutrition is different in that it specifically identifies your biochemical uniqueness and takes the guesswork out of searching for the 'right nutritional plan' for life.

No matter what your lifestyle, whether you

work around the clock, have small children, travel regularly or are a professional athlete, metabolic typing may help you lose fat or put on muscle, feel more focused, grounded, energetic and balanced.

Metabolic typing also helps eliminate craving for sweets/sugars, which is a very common phenomena in our society and in the world of fitness.

By applying metabolic typing nutrition we not only balance our biochemistry we balance our brain chemistry and this helps to lift our moods and improve our thought processes.

In essence, metabolic typing may be your biochemical platform upon which optimum health and longevity is built.

> To find out more visit www.empowered-living.com.au

> "What is food to one man may be fierce poison to others." - Lucretius (c.99 BC - c.55 BC)