

Metabolic Typing

Metabolic typing is based on the fact that we are all unique, and that each of our body's require a unique and individualised 'fuel mixture'.

The benefits of finding out your Metabolic Type include:

- More robust health, wellness and energy
- Weight and body fat control
- Freedom from hunger and cravings between meals
- Long term benefits may include the prevention and/or reversing of disease
- Moving your weight towards your ideal weight - (lose weight if you are overweight and put on weight if you are underweight)
- Experience an increase in strength and stamina

Once we know what Type we are, it is easy for us to refine our food mix and gain the benefits of eating what right for us.

This article has been brought to you by

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Fitness
function



Wellness Newsletter

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Correct Daily Nutrition - You Are What You Eat



Nothing else recharges our energy but the food that we eat. We can not plug into a power point to recharge over night like a cell phone or computer. Our energy only comes from the quality and balance of food we choose to eat.

Learning about the healthy whole foods we should eat to obtain health and vitality is important. Also when we understanding the hormonal effects that poor food choices have on our whole wellbeing we can start to understand that we have to maintain an intake of healthy, well balanced nutrition. It is also critical to know what Metabolic Type we are. Knowing this, we are then able to select quality, whole food & organic food options that provide our bodies with the correct fuel mix we need to maintain a healthy metabolism

Metabolic Typing and the "No Diet Diet"

If you are already feeling good eating should, at the very least, help to maintain your energy level. But if you feel worse in some way an hour or so after eating such as:

You still feel hungry even though you are physically full

You develop a sweet craving

Your energy level drops

You feel hyper, nervous, angry or irritable

You feel depressed

Any of the above feelings would indicate an improper combination of proteins, fats and carbohydrates at your last meal. You might be eating quality, organic whole foods which are extremely healthy

but having too much of one type of nutrient in place of another can easily produce any or all of the symptoms listed above, by creating the wrong fuel mix for your body.

Metabolic Typing is the only system that allows us to create customised nutritional programs based on your unique biochemical and genetic makeup. Different Metabolic Types react differently to the same nutrients.

This is a very important fact as this is why food that makes one person healthy and trim might make another unhealthy and overweight, for example Atkins verses South beach diet or Aborigine verses Eskimo diets.

Eating for your correct Metabolic Type can also assist you to loose undesired body fat without using one or many of the diet methods available. Over the years I have seen examples one after the other where clients that have changed to eating for their Metabolic Type have stripped away body fat without going on a so called Diet. By eating for their correct type, it is quite usual to see this sort of effect when someone maintains to the correct mix of nutrient types for their Metabolic Typing. This what we call the "No Diet, Diet"

Different Metabolic Types

There are three types of Metabolic Types,

PROTEIN TYPE, CARBOHYDRATE TYPE and MIXED TYPE

Protein Types do better on low-carbohydrate, high-protein and high-fat diets. Carb Types normally feel best when the majority of their food is carbohydrate, with a smaller portion of protein. Mixed Types are a in-between Carb and Protein Types.

You May Need Metabolic Typing.

If you're interested in looking for answers to a health problem or are simply looking for a way to stay healthy, have more energy or vitality, I can determine your Metabolic Type through you filling out a questioner and then we know your correct type.

E-mail me at michelle@fitness-n-function.co.nz for more information on how we can refine your food (fuel) mix to match your typing.

Once we have determined your correct Typing you will be able to monitor and complete re-checks of my questioner yourself to maintain the correct balance for you as you progress towards a healthier nutritional balance in your life and the positive impact this will have on your wellness.

For Your Overall Good Health - You Are What You Eat Follow-up Reading

Eating quality whole foods that include fresh organic vegetables & fruit, organic meat, free range organic poultry and eggs, unprocessed fish, organic legumes, nuts and seeds, unrefined organic whole grains in the right balance for a Metabolic Type is critical to develop good health. Society attitudes have changes over the past few generations to include processed foods with all sorts of additives as well as a wide range of non-foods in our diet.

A Non-food is something that when we eat it, it takes more out of our bodies to process and digest it than it gives to us in nutritional value.

If the food did not exist in pre-industrial times, it probably is not healthy to eat and may even be a non-food. Notice that most whole foods actually go bad if you keep them too long. This is because they are good quality and fresh with no added chemicals to prolong their shelf life. A packaged food that has a long shelf life has either had its nutrition stripped away so there is little left to go bad, or it is full of chemical preservatives, food additives, artificial colourings and flavourings, or both.

Paul Chek puts forward some very good and helpful points in his online article;

[You Are What You Eat - Processed Foods.](#)

This is excellent follow-up reading to create an understanding that the quality of what we put into our bodies will always determine the Nutrient Value we gain from it. Remember, **Whole Foods, Never Processed Foods.**

