

Measuring Metabolism

It is important to know how fast or slow your metabolism is because this knowledge can guide the selection of foods to include in ones diet. Eating the right mixture of carbohydrates, proteins and fats can help to determine your level of energy, the toxin level in your body, how well cells are repaired and replaced and how susceptible you are to disease or premature aging.

There are several biometric and physical tests that can accurately measure your actual metabolism and this is, by far, the best way to achieve an accurate measurement. However, there are some self-assessment methods for getting a fairly accurate measurement of personal metabolism. By completing the following survey, anyone can determine if they generally have a fast, slow or balanced metabolism.

1. **Intestinal transit time** – This is basically a measurement of how quickly food goes through your digestive system. The desirable timeframe is from 12 to 18 hours. Shorter than 12 hours means food has probably not been able to release all of the nutrients they contain. More than 18 hours means food has stayed in your body too long and has begun to putrefy excessively, producing toxins and free radicals.

Between
12 – 18 hours
0 points

Under
12 hours
+ 3 points

Over
18hours
- 3 points

NOTE: One way of measuring transit time is to eat beets and then time the number of hours until they leave your body. (Feces will be red)

2. **Transit frequency** – Another important factor in determining metabolic type is the number of bowel movements a person has each day. As a general rule, you should have the same number of bowel movements as the meals eaten. Since it is ideal to eat 3 meals and 2 snacks each day, then the ideal number of bowel movements would be 3 to 5.

Between 3 – 5
0 points

Between 1 – 2
-1 point

Not everyday
- 3 points

6 or more/day
+ 3 points

3. **pH level** – Acid/alkaline balance is very important because it indicates the efficiency of your body's biochemistry. If your pH level is between 7.0 and 7.5, this means your body is converting food to fuel and nutrients in an efficient manner. About 40% of all calories consumed goes towards maintaining the body's biochemical functions. If this system is inefficient, more calories and

nutrients are required, which robs other important functions, such as cell rebuilding, cell repair and immune functions.

7.0 – 7.5
pH balance
0 points

6.0 - 7.0
pH balance
-3 points

7.5 – 8.5
pH balance
+3 points

4. **Sleep** – The body does major detoxification, repair and balancing while we sleep. From 6 to 9 hours is the ideal sleeping time with individual need playing a key role. Less than 6 hours usually means there was inadequate time for proper detoxification, repair and balancing. More than 9 hours of sleep usually means the body felt the need to have more time for recovery.

6 – 9 hours
0 points

Less than 6 hours
+ 3 points

More than 9 hours
- 3 points

5. **Body fat** – Muscle cells burn calories 400% more efficiently than fat cells. Therefore, someone with more muscle cells and fewer fat cells will have a faster metabolism than someone with more fat cells and fewer muscle cells. This has a definite gender differential.

Men (% of body fat)

Under 10%
+ 3 points

10-16%
0 points

17-23%
- 1 point

24%+
- 3 points

Women (% of body fat)

Under 12%
+ 3 points

12-18%
0 points

19-26%
- 1 point

26% +
- 3 points

6. **Energy levels** – The level of energy throughout the day is a good indicator of metabolic rate. An efficient body is able to convert food to energy fairly quickly and sustain that energy for long periods of time if necessary.

Consistent
good energy
0 points

Low
energy periods
- 3 points

Hyper
energy levels
+ 3 points

7. **Body temperature** – The body's furnace can be a good indicator of how efficient fuel is being created and delivered to cells. Actual body temperature readings, as well as circulation indicators, can be used to determine body temperature. The ideal body temperature range is 97.8 to 98.6.

97.9 - 98.6
degrees
0 points

less than
97.8 degrees
- 3 points

higher than
98.6 degrees
+3 points

NOTE: Cold feet can also be an indicator of poor circulation or low temperature, just as ease of sweating can be an indicator of high body temperature.

8. **Cravings** –If your body is consistently signaling the need for more fuel, then there is a good chance that it may be getting the wrong fuel. Cravings for sugar, salt or fat should be noted. If you can't go 3 hours without eating something, your metabolism is too fast and may need more protein or fat. If you can go 5 or 6 hours without eating, your metabolism may be too slow and you may need more carbohydrates.

No <u>abnormal cravings</u> 0 points	Frequent <u>cravings</u> + 3 points	Infrequent <u>cravings</u> - 3 points
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9. **Body weight** – If you have difficulty keeping your weight at the right level, your metabolism may be off. Low weight may mean it is too fast, while excess weight may mean it is too slow.

No weight problem 0 points	Low weight + 3 points	High weight - 3 points
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10. **Exercise enthusiasm** - Metabolism often plays a role in how enthusiastic a person is about exercising. High metabolizers tend to over train, while low metabolizers often need to push themselves to exercise. Those with a balanced metabolism can keep this urge and need in the correct ratio.

<u>Excise in balance</u> 0 points	Low <u>exercise enthusiasm</u> - 3 points	High <u>exercise enthusiasm</u> + 3 points
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Determining your Basic Metabolism

The best way to determine a person's metabolism is with actual physical tests to determine how efficient oxygen is utilized, how well sugar is taken into the cells and how much energy is being produced compared to how many calories are being consumed. However, by using this self-measuring metabolic assessment tool, it is possible to get a fairly accurate picture of a person's metabolism. This can be very useful in determining the best diet in terms of the amounts of carbohydrates, protein and fat to consume. It can also be helpful in determining what might be done if someone wants to slow down or speed up their metabolism to become more "balanced."

Add up all of the points (positive and negative) from the ten questions in this instrument to find your basic metabolism.

Slow – (-19 to -30) You have strong indicators of slow metabolism, which means your energy conversion is probably not very efficient, toxins may be building up in your body and your immune system may be challenged.

Medium slow – (-7 to -18) You are leaning convincingly in the direction of slow metabolism, which means your system is slowing down. This may be due to genetic influences and/or lifestyle factors. Try to improve in your areas of lowest score.

Balanced – (-6 to +6) You are generally balanced in your metabolism, although you may have one or two items that could be improved upon.

Medium fast – (+7 to +18) You are leaning towards a fast metabolism, which means food is probably moving too quickly through your system, nutrients may not be absorbed properly and energy may be used inefficiently. Try to improve in your areas of lowest score, but remember that some of these factors may be genetic and thus may be fairly difficult to change.

Fast – (+19 to +30) You have strong indicators of a fast metabolism, which means your body may be under stress due to the inefficient absorption of nutrients and the excess activity of your cellular energy producers (the mitochondria). This can lead to a weakening of your adrenal glands and your immune system.

Proper Nutrition for Your Metabolism

You can try to balance your metabolism, but due to genetic factors, it may not be possible to move to a totally balanced state. Therefore, it is advisable to eat the best balance of carbohydrates, protein and fat for your metabolic type. Here are general guidelines:

	Carbohydrates	Protein	Fat
Slow	70%	15%	15%
Medium slow	65%	20%	15%
Balanced	60%	20%	20%
Medium fast	50%	25%	25%
Fast	40%	30%	30%

***Developed by: Healthy at Work, Inc.
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