

Schüssler Express

#115



WHICH METABOLIC TYPE ARE YOU?

“What is your favourite food?” – “How often do you eat?” – “Do you exercise regularly?” – “How much do you train?”

These questions and a few more can reveal our metabolic type. But why is this important?

Which Metabolic Type are You?

Our metabolism is responsible for all biochemical processes within the cells and determines how our organism converts calories into energy. The more we know about our metabolism, the easier it is to reach our personal goals.

The knowledge, which metabolic category you belong to helps us to bring our diet and our sporting activities in line. Thereby it is irrelevant if we want to lose some excess weight as part of a diet or enhance our performance.

Our Metabolism

With our food we absorb nutrients like carbohydrates, fats, and proteins. Via digestion these are broken down into their components and then are converted into energy within our cells through the metabolism. Thus, the term ‘metabolism’ refers to how our body utilises calories from consumed foods, and this is very individual in each person. Some people have a particularly quick, others a rather slow metabolism. It is influenced by many factors for example:

- Environmental factors: Season and temperature make a difference. Metabolism slows down with cooler weather.

- Age: Metabolism gets slower with aging
- Sex: Especially the different musculature in females and males influences the metabolism
- Hormones: Hormonal fluctuations (thyroid hormones) have a significant influence on our metabolism. E.g., hypothyroidism causes a slower metabolism.
- Nutrition: What we eat, and drink affects our metabolism instantly. When consuming too many carbohydrates and fats, our body store the energy in the cells. When on a diet, our body goes into ‘energy saver mode’. As with most of the other health topics, a balanced diet is very important.
- Sleep: Insufficient sleep affects our metabolism. The body increasingly releases stress hormones with sleep loss and slows down fat burning.
- Stress: Stress has many negative impacts on our organism and consequently the metabolism.
- Exercise: Beside nutrition exercise is one of the most important topics where our health is concerned. Insufficient physical activity slows down our metabolism. Hence, sport and regular exercise in fresh air essential.

Fast, Normal, and Slow Metabolism

Our metabolism is differentiated into three speeds: slow, normal, and fast. A slow metabolism burns less calories in the same as a normal one. However, people with a fast metabolism quickly burn calories and thus often don’t have a problem in maintaining or losing weight.

Here are some exemplary figures to clarify: Let’s assume we consume 3,000 kcal a day. With a slow

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metabolism 2,500 kcal can be burnt (converted into energy), with a normal metabolism 3,000 kcal and with a fast one even up to 3,500 kcal. If we use more calories than what we consume, we inevitably lose weight. If we consume more calories than we use, we add weight. Thus far the example.

Different Metabolic Types

Every person metabolises food individually differently and therefore draws energy from different foods. Fundamentally one differentiates between the following metabolic types:

- Protein burner / Fat burner
- Carbohydrate burner
- Mixed type

A blood test can determine the category. Generally, a doctor can provide a so-called metabolic analysis.

Protein Burner / Fat Burner

The so-called protein type is often hungry and has a good appetite. Fish, meat, eggs – as long as its fatty and protein-rich. Fat burners metabolise food rather quickly, bulk up quickly, and therefore often have a higher basal metabolism than carbohydrate burners. The basal metabolism is the amount of energy which the body utilises at rest. This is clearly higher particularly in athletes, as muscles require lots of energy also at rest. Proportionally, the diet of fat burners consists to 30% each of albuminous and high-fat foods and only 40% carbohydrates.

Carbohydrate Burner

People who more easily burn carbohydrates are called carbohydrate burners. A diet's ratio should consist of ca 60% carbohydrates and 20% each of fat and proteins.

As their body converts carbohydrates into energy more quickly, they lose weight more easily when eating a low carb diet. As by nature, people with a carbohydrate metabolism normally have a high energy level, exercise should be a big part of every diet plan for those people.

Mixed Types

The mixed type is between the other two types – protein burner and carbohydrate burner and, from a metabolic point of view have the biggest choice in food. A balanced diet is the be-all and end-all and should consist of ca 50% carbs, 30% protein and 20% fat-rich foods. The balance of food helps to prevent food cravings and ensures a balanced energy metabolism.

Our Mineral Metabolism

Apart from the protein-, carbohydrate-, and fat metabolism, the mineral metabolism – minerals and their utilisation in our cells – is also important for our organism.

Calcium, phosphate, and magnesium are essential for the muscle function and bone structure for example. A mineral deficiency can cause health problems or disrupt our entire energy metabolism. A balanced and active mineral metabolism makes sure that our body is able to utilise minerals and supports our metabolism.

Schüssler-Salts

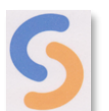
Vital minerals for our body have to be supplied via food. A healthy cell controls the mineral absorption, and -utilisation. However, if the cell metabolism is dysfunctional, illnesses occur. The reasons for this to happen are varied: Sometimes our food simply contains not enough minerals. The more food is processed the less minerals they contain. In addition, we utilise more as our daily life has become more stressful. And a lack

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of exercise can also compromise the mineral utilisation of the body.

Schüssler-Salts support the mineral metabolism of the cell. According to the teachings of Dr Schüssler, the salts give the cell a decisive impulse, a kind of 'wake-up call', that reminds the cell to resume its important function – the absorption and utilisation of minerals. Thus, the body's self-healing powers are activated. This strengthens the organism and makes it more resilient. As a result, the well-being increases.

Schüssler-Salts may enhance your quality of life, support the body functions, and promote performance. This makes them an ideal support to reach your goal.

Schüssler-Salts operate naturally and are free of side-effects. They can be taken alongside other medications and preparations without problem and are suitable for all ages.

For individual advice and assessment, consult a qualified therapist.

The Institute of Biochemic Medicine (Asia - Pacific)

DID YOU KNOW...

Medical terms such as **Halitosis** or Adrenal Fatigue sound legit, right?

Except they are NOT! Yes, there are many made-up medical conditions that don't have the science to back them up. Some date back thousands of years and have stayed in the past, while others are still used to this day.

Does **LISTERINE** make up halitosis? The argument hinges on the fact that in 1921, George Lambert, the son of Listerine founder Jordan Wheat Lambert, coined the term "halitosis" to describe bad breath. This is true, but **it's a far cry from Dr Listerine actually inventing bad breath or creating a need that people did not perceive before.**

Bad breath has been around since the beginning of time, but according to the Smithsonian, advertisements for Listerine changed halitosis from a pet peeve to a disgusting medical issue that should receive immediate treatment.

Going to market in the 1880s, Listerine was initially intended as a surgical antiseptic. Its creator, Dr Joseph

Lawrence, named his work after Dr Joseph Lister, the founding father of antiseptics. Advertisements aimed at dentists said that Listerine would kill germs in the mouth, but it wasn't until the 1920s that their marketing strategy came to resemble the Listerine we know today.

The word halitosis started appearing in ads, poised as a medical condition that people should take note of and use Listerine to fight. Who wants to walk around with bad breath? Listerine made sure no one did and positioned itself as the medicine for halitosis.

Adrenal Fatigue - The term was coined in 1998 by a chiropractor named James Wilson. It's used to describe an alleged condition in which the adrenal glands are unable to produce hormones, usually due to chronic stress. There isn't, however, any scientific evidence to back this up.

Overactive Bladder – An urge to pee was turned into a condition by urologists Alan Wein and Paul Abrams, who presented at medical conferences sponsored by the pharma companies that offered the "cure."

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