

METABOLISM ASSESSMENT

As a nation, we have been misled by faulty weight - loss “science”, by misinformation about “good” and “bad” foods, and by one – size – fits – all diet programs.

The fact is that none of the popular diet programs on the market has worked in the long term for most of us. Making us feel “broken” and inadequate. It is not we who are inadequate, but the information we have been taught about nutrition, weight management, and exercise.

The truth is: ***each one of us is metabolically unique***. That is why most popular diets fail because their one – size - fits – all approach ignores the fact that ***no one utilizes fats, proteins, and carbohydrates with the same amount of efficiency***. Only when you eat and exercise for your own metabolisms will you see remarkable and permanent results in the areas of weight loss, energy levels, and overall health.

What does our Metabolism Assessment program do?

1. Identifies your individual metabolic type and states;
2. Analyzes the composition of body fat and body mass;
3. Calculates metabolism temperature;
4. Predicts the potential risks of health;
5. Provides an individual weight management guideline, including specific optimal calorie, water, nutrition ratio and exercises for efficient weight loss;
6. Recommends of natural approaches, meal plans, exercise proposals and therapies in order for great success of weight control.

60 min. per session.