

Wiser Weight Loss

Optimizing your metabolism

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Burning fat, building muscle, healing and repairing, having energy, immunity and generally "feeling well" complex metabolic processes. Not "about counting calories or "cutting out all carbs" and extreme exercise.

There is an intricate play with how chemicals and inflammatory molecules are eliminated (or not) from the body and the level of micro-nutrients (vitamins, minerals, anti-oxidants) in our tissues. These two things dramatically influence how we look and feel, below are the three areas to focus on to start increasing metabolism.

- 1) Optimize Detoxification Pathways
An anti-inflammatory elimination diet combined with specific nutrients in order to facilitate your body's natural detoxification process. This will help rid the body of chemicals and inflammatory compounds that slow metabolism.
- 2) GI Repair & Re-balancing
Next transition away from the elimination diet to include a wider number of foods, as tolerated, while switching nutrients to strengthen and heal the GI system.
"You are what you eat"... but really we are what we digest, absorb and keep out of the body!
- 3) Macro & MicroTuning
Lastly using Micro-nutrient blood testing you can optimize vitamin and mineral stores with specific foods and nutrients according to your individual needs. Optimal nutrient status will increase metabolism. Tracking and modifying macro-nutrients (Carbs, Fats, and Proteins) also will maximize fat burning and energy production.