

What is Bio-Energy Testing?

This metabolic testing involves the use of a device connected to a computerized program. A series of measurements are taken at rest and during a progressively more difficult exercise. We are then able to measure how much oxygen and carbon dioxide the body is producing at a given time so that we can evaluate your health status on the following measures:



What is Biological Age?

- Your chronological age is how old you are. Other than making you spend more for insurance and less for the movies, your chronological age is unimportant
- Your Biological Age is the age at which your body is most effectively functioning.
- Metabolic testing determines your Biological Age by matching your energy dynamics with others in your age group
- It is your Biological Age, not your chronological age that determines your health, your rate of aging, and your resistance to disease risk factors.
- Remember, no matter how many candles on your birthday cake, your Biological Age is how old you really are!

The computer program will calculate:

1. Resting vs. Maximal mitochondrial cellular efficiency
2. Resting vs. maximal fat metabolism

Metabolic Testing helps determine:

1. Your optimum carbohydrate intake
2. Your optimum caloric intake
3. Your lung function
4. Your cardiovascular capacity
5. Your overall strength
6. Your optimum exercise levels
7. Results will indicate your true biological age

Health Medicine Center

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How Metabolic Testing Helps You

Metabolic Testing can be used to create your unique health and anti-aging program. A customized program is designed to increase your energy levels, aiding in the prevention of disease, and keeping you functioning optimally for the rest of your life.

Who Should Be Tested?

People who want to finish out their lives in great shape, free in large part from the incapacity, limitations, and diseases that are so frequently a result of aging.

The key to achieving this is to optimize your energy production to youthful levels.

The Metabolic Analyzer

The Metabolic analyzer is FDA approved

Metabolic readings are scientifically and objectively determined

Results are consistent and reliable



How Does Metabolic Testing Work?

The analyzer measures oxygen consumption and carbon dioxide production

Oxygen consumption directly determines mitochondrial efficiency

Carbon dioxide production determines fat metabolism

Optimum carbohydrate intake is determined by the ratio of oxygen consumption to carbon dioxide production

Strength is calculated by the amount of effort can produce per unit of energy produced

The analyzer sorts and analyzes an enormous amount of data and calculates your energy production dynamics under both basal and exercise conditions

Algorithms present the results of these calculations for immediate clinical relevance

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