fect diet because, just as we are all different on the outside, we are equally as different on the inside! It stands to reason, then, because we are all so unique, some of us will do better on certain macronutrient ratios while others do better on entirely different macronutrient ratios. How do we know which plan to follow?

Figuring out what foods your individual physiology does best on is called Metabolic Typing and usually includes filling out a questionnaire to help determine the macronutrient ratio that best suits your body. There are three basic metabolic types—slow oxidizers, fast oxidizers and mixed oxidizers. Each profile requires its own specific macronutrient ratio of fats, proteins and carbohydrates to convert food into energy most efficiently, help maintain balanced blood sugar levels and get your body working the way it was designed to. A breakdown of the different metabolic types is as follows:

"There's no such thing as the perfect diet because, just as we are all different on the outside, **we are equally as different on the inside!"**

>> Slow Oxidizers These people tend to quickly burn up fats and therefore do better on a higher carbohydrate diet. A higher carbohydrate intake spares fat to help balance out how quickly food is used for energy in a slow oxidizer. A ratio in the neighborhood of 60 percent carbohydrates, 25 percent protein and 15 percent fat will generally be beneficial for this metabolic type. Therefore, food choices will largely include grains, fruits and vegetables along with lean meats and low-fat dairy products. Though this person feels pretty well on carbohydrates, staying away from sweets is important but can be difficult because they won't make you feel bad like they would with a fast oxidizer. Because carbs often balance their metabolic pathways, they often feel a lift from carbs and can easily become addicted to them—too many carbs will make anyone fat!

>> Fast Oxidizers These people tend to burn carbohydrates quickly and therefore require a relatively large amount of fats and proteins in their diet to balance out their metabolism. If you are a fast oxidizer, you will want to experiment with a diet that has roughly 30 percent carbohydrates, 40 percent proteins and 30 percent fats. It is important for this type to eat frequently and have protein at every meal. Protein sources will be the higher fat meats such as beef, pork, dark meat turkey and high-fat fish (i.e., salmon). This type will want to avoid high-glycemic foods and limit their carbohydrates mostly to low-glycemic fruits and vegetables and small amounts of grains.

>> Mixed Oxidizers These people are actually a combination of both types and will sometimes fluctuate between being one type or the other depending on stress and other environmental factors. Mixed types obviously have the most freedom with the way they eat but must be in tune with their body to know if they are leaning one way or the other. A mixed oxidizer will generally do well to eat a diet containing approximately 50 percent carbohydrates, 30 percent proteins and 20 percent fats, though this could vary day to day. Food choices will vary depending on what type you are for the day or meal, but with some practice you'll know which foods you feel better on.

Flattening your abs forever is not as easy as choosing the latest and greatest fad diet but rather a process of figuring out the type of diet you were born to eat and making sure you stay within those parameters during each meal. To get the body you want, you need to eat like your body wants to eat, *not the way your favorite bodybuilder or fitness model's body wants them to eat!* For more detailed information on Metabolic Typing, I encourage you to read the book "The Metabolic Typing Diet" by Bill Wolcott and Trish Fahey.

[RULE #3]: You are when you eat

Many people today are inconsistent about when they eat and put little thought about what they will be eating that day. This commonly leads to skipped meals, which disrupts blood sugar balance and can end up leading to cravings and overeating later in the day. In fact, some

authors have stated that skipping breakfast actually slows your metabolism for the entire day.[1] This means not only will you burn fewer calories during the day, but you will probably have cravings later on in the day which, because of a slower metabolism, will end up as *fat on your body!* I can't stress this enough: It's important to eat a breakfast consisting of protein, omega-3 fats and carbohydrates *every day!* And every 2½ to 3 hours thereafter, remember to eat a portion of protein and complex carbohydrates to keep your metabolism running strong.

[RULE #4]: You are what you don't excrete

Now it's time to shift to an important topic that unfortunately not many experts talk about and therefore not many people know about—the digestive system and specifically the elimination portion of it.

The majority of our internal organs, including our digestive system, are regulated by what's called our autonomic nervous system (ANS). The ANS has two functional branches, the sympathetic or "catabolic" branch and the parasympathetic or "anabolic" branch.

The sympathetic branch of our ANS is also considered to be our fight-or-flight system because it prepares our body for getting out of an emergency situation; it sends blood to our muscles and away from our internal organs, stopping digestion while increasing heart rate and dilating the eyes. The sympathetic branch is the dominant system when we are in a stressful situation. However in today's environment people are constantly ingesting stimulants, not getting enough sleep, working stressful jobs, being in stressful relationships, and being bombarded by chemicals from our food, water and drugs. The problem with this is most people are living in a sympathetic state, which shuts down digestion and often leads to constipation. No wonder Americans spend over $1.3 million on laxatives *each day!*

The parasympathetic nervous system, on the other hand, works to conserve energy and rebuild tissue. It does so in part by lowering blood pressure and putting the digestive process to work. Again, because of the environment we live in today, this branch of the nervous system is understimulated in many people and their health and ability to respond favorably to exercise is suffering from the consequences.

Now that you understand the two of the branches of the autonomic nervous system, what does it have to do with

>> **Chemical:** Including any and all toxic substances that enter our body via our mouth, nose or skin. This includes, pesticides, food colorings, artificial flavorings and many of the chemicals found in deodorants, lotions, creams, perfumes, make-up, chlorine, toothpaste, air fresheners, fragrant soaps and cleaning supplies, to name a few! Many people are overloading themselves with toxic chemicals every day and are significantly increasing the amount of stress their body must cope with.

>> **Electromagnetic:** Including x-rays, electromagnetic frequencies, microwaves and geomagnetic stress. In today's technologic age and the rampant use of computers, cell phones, televisions, microwaves and all other electronic devices, it's pretty safe to say we are all taking in a considerable amount of electromagnetic stress!

>> **Psychic:** Includes emotional, spiritual and mental stress. Examples include divorce, difficulties at one's job, relationship issues, bad grades and spiritual/religious. This category is a significant contributor to stress in today's society and one that isn't talked about in health care circles as much as the others types of stress.

>> **Thermal:** Refers to any type of temperature change that someone may experience, either via external stimulus or internal stimulus. Examples of thermal stressors include weather, electromagnetic stress that increases one's temperature, sunburn and/or eating a substance or chemical that affects one's temperature (i.e., a cayenne pepper); the ephedra-caffeine stack often used to burn fat produces a thermogenic stressor.

>> **Nutritional:** Refers to the quantity and quality of food being ingested. For the majority of human development, we relied on food to get the nutrients we needed to survive and we are no different today. The many people not eating *what, when and how* they should are adversely contributing to their overall physiological stress; vitamins cannot effectively compensate for the physiological stress of poor macronutrient selection as many people would like to believe.

Even though there are the six major categories of stress, each of the stressors individually and collectively become a source of physiological load on our body. Though each of us may react to stress a little differently on the outside, it affects all of us the same on the inside. Figure 2 helps to demonstrate this. All six types of stress enter our body and must be regulated by our control systems. The green zone represents optimal regulation of stressors, indicating a *positive physiological response* and ideal adaptation to an exercise stimulus. Should the combined level of stress reach the yellow zone, our response to exercise becomes less favorable while our chances of averting disease begin to diminish. Should the total volume of stress rise into the red zone, all *catabolic* (tissue destructive) forms of exercise become detrimental, serving only to accelerate the rate at which we may experi-