Fast and Slow Metabolisers

What is the Difference between a Fast and Slow Metaboliser?

If there's one thing people are confused about, it's what constitutes a fast or a slow metabolism. People assume slow metabolisers are cursed and fast metabolisers are lucky. Actually, they're both wrong - and - they're both right.

Fast Metabolisers can become the Fattest People.

First of all, what is metabolism? It is the biochemical process that transforms the foods you eat into nutrients your body can use, fat it can store or waste it can excrete. The rate at which you do this -- called your basal body metabolic rate -- eventually dictates how much scale weight you have.

Each metabolic type has advantages and disadvantages. One type is not better than the other. Actually, it is the extreme very slow and very fast metabolisers that are worst off. The goal is to become the fastest slow metaboliser or the slowest fast metaboliser. Fast metabolisers need to slow their basal metabolic rates and slow metabolisers need to turbo-charge theirs so both groups can burn deep into their natural fat stores and look better on the scale and off.

The Four Metabolic Levels

Each metabolic type is divided into four distinct levels. The most difficult metabolic rate is a level 1. Conversely, the easiest is level 4. To slim down and remain at an ideal shape, we must become a level 4 - that's the fastest slow metaboliser or the slowest fast metaboliser. It doesn't really matter whether you're a slow 4 or a fast 4. They are both healthy types.

Changing your dietary habits can change your metabolic level from a 1 to a 4. However, it is far more difficult to change your basic metabolic type - from a fast to a slow or visa versa. You can however change your level or rate.

Here's a simple explanation to describe how the fat burning process works. Your body can only burn fat within a circumscribed temperature range, say between 35 and 37 degrees. (These numbers are hypothetical for simplicity) Slow metabolisers, metabolise energy at a lower thermal temperature. It may be hot enough to burn some fat, but not hot enough to melt deep into the genetic fat storage area - thighs or tummy or jowls.

Fast metabolisers burn energy at a much higher thermal metabolic temperature. Their thermostats are stuck at say 37 degrees. These people are always hot and they remain hot regardless of what they do. Paradoxically, they have difficulty burning fat because they're too hot. That's why some of the most obese people on the planet are stuck at the fast 1 level.

These people actually have to eat fattening foods -- which include butter, cheeses and cream sauces-- to slow their metabolisms so they can lose weight. Sugar and complex carbohydrates (sugar, pasta, bread, rice, etc) make their metabolic rates soar, exacerbating their weight problems.

Fast or slow classification actually denotes a specific endocrine pattern. Your endocrine glands produce hormones that control all your body functions. This includes everything from how you lose weight to how you lose your temper. How you eat influences the production of these hormones.

Most Americans and Europeans - almost 80 percent - are slow metabolisers. However, more women than men are slow metabolisers, because estrogen levels have an important role in the endocrine profile of a slow metaboliser.

Here are some basic descriptions about the two endocrine types. But only a hair tissue mineral analysis will determine for sure which metabolic type you are.

***Slow* Metabolisers:**

Slow metabolisers have thyroid glands that are sleepy and parathyroid glands that work overtime. The adrenal glands are also low functioning. This is the key to boosting your weight loss program: do whatever it takes to make the thyroid and adrenal glands fire-up.

Slow metabolisers tend to gain weight in the hips and thighs, creating a pear shaped silhouette. They tend to tire easily, thanks to their underactive glandular activity. These soporific glands also can retard circulation and result in reduced blood flow to the extremities - leaving the slow metaboliser sensitive to cold which is especially noticeable with cold hands and feet.

Slow metabolisers may also develop Type II insomnia, which seriously interrupts ideal energy metabolism and performance. They fall asleep easily, but awaken frequently throughout the night. They then wake up feeling tired, even after eight hours of sleep. This, in part, contributes to the constant fatigue.

Ironically, slow metabolisers develop this problem because they don't have enough energy to sleep fitfully and well. Restful sleep requires energy to reach the stage of rejuvenating sleep characterized by rapid eye movements. Type II insomniacs wake up so frequently they can't reach REM sleep.

Slow metabolisers are prone to increased insulin production, which can also cause fatigue. Too much insulin, of course, also prevents us from burning significant amounts of fat. Depression frequently accompanies fatigue; depression is a defining characteristic of slow metabolisers.

People who are vegetarians are almost always slow metabolisers. So are people who live on sugar or who consume a high fat diet.

On the biochemical front, slow metabolisers typically have too much calcium and copper. But they generally don't have enough potassium, sodium or iron.

***Fast* Metabolisers**

Fast metabolisers are always feeling hot. That's because their thyroid and adrenal glands are working overtime, accelerating cellular activity. Heat is a by-product of this metabolic overload.

Their endocrine glands cause them to gain weight in the abdomen and torso without much gain in the legs or arms. Doctors call this "central obesity," but most people call it an apple shaped physique.

Fast metabolisers frequently develop addictive personality traits. They can be nervous and irritable. High blood pressure is common.

On the biochemical front, fast metabolisers never have enough calcium or magnesium, the sedative minerals. But they have proportionally higher sodium, potassium and phosphorus, which keeps them hot and fired-up.

Changing metabolism due to inherited constitutional patterns, life-style and stress.

We were all born fast metabolisers. Children have constant energy; ask any parent! However, a family's eating habits and an individual's constitutional patterns and aquired life-style, will contribute to changes in the metabolic biochemistry over time. By the time we are teenagers, we seem to mirror our parent's biochemistry unless we actively work to improve this situation.

However, there is an interesting phenomena with some people. When slow metabolisers are under supreme stress, they jump from a slow to a fast metabolic rate between 90 - 180 day periods. This is a biological adaptation that activates energy and resources to deal with stress.

This happens because a supremely stressful lifestyle increases the metabolic rate. Stress causes the body to retain the nutrients that stimulate and excite while losing the nutrients that quiet and sedate.