



Fast Metabolic Type

WHAT ARE METABOLIC TYPES?

Your *metabolic type* or "oxidation rate" describes how quickly your body breaks down and uses energy from food. By measuring carbon dioxide & acidity levels in the blood, you can determine if you are a slow or fast metabolizer. The scale ranges from 1 to 4 in both directions: a 1 is more balanced, whereas a 4 needs more support.



Fast metabolizers are always in an unhealthy sympathetic "fight or flight" mode.

FAST METABOLIC TYPES

If you are a "fast metabolizer", your body burns through energy and minerals too quickly (often influenced by overactive thyroid and adrenal glands). This can leave you feeling anxious and wound-up. Other signs of fast metabolism include low calcium & magnesium, high sodium & potassium, high blood pressure, high blood sugar, oily skin, frequent sweating, water retention, and poor muscle definition.



Whole food diets like Real Food Keto (with vegetables) are supportive of a fast metabolic type.

*if you are a fast 4, you are nearing burnout, which will swing you into a slow type (so follow slow type diet)

FAST METABOLIC TYPE DIET

• NUTRITIONAL WEALTH

nourish your body with cooked vegetables, bone broth, and mineral-rich water

• HIGH FAT & LOW CARB

50% fat - 30% protein - 20% carbs

• MORE HEALTHY FATS

olive oil, coconut oil, quality meat, seafood, dairy

• MORE CALCIUM

sardines, almonds, dairy, broccoli, collard greens

• MORE MAGNESIUM

leafy greens, nuts & seeds, herbs, dark chocolate