

# Slow 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.

## SLOW METABOLIC TYPES

If you are a "slow metabolizer", your body has a hard time producing enough energy to get through the day (often influenced by sluggish thyroid and adrenal glands). This can leave you feeling fatigued and craving sugar for a "pick-me-up". Other signs of slow metabolism include dry skin & hair, constipation, depression & apathy, low blood pressure, low blood sugar, and chronic allergies.



80% of people are stuck in an unhealthy parasympathetic "rest & digest" mode.



Balanced, whole food diets like Whole30 are supportive of a slow metabolic type.

## SLOW METABOLIC TYPE DIET

- NUTRITIONAL WEALTH

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

- HIGH PROTEIN & COMPLEX CARBS

*40% carbs - 35% protein - 25% fat*

- MORE COMPLEX CARBS

*whole grains, sweet & white potatoes, root vegetables, sprouted bread*

- MORE POTASSIUM

*coconut water & milk, avocado, potato, tomato, acorn squash, beet greens, celery juice*

- MORE SODIUM

*natural salt, sauerkraut, pickled veggies, eggs*