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# Metabolic Testing Preparation

## How to prepare for your metabolic test

- Fast for 8-12 hours prior to test time (**no consumption of food or beverage except water**)
- No exercise or strenuous activity **12 hours prior to test**
- Try to remain relaxed during the **3 hours prior to your test**
- **Wear comfortable** clothing to your test

## What to Expect

- Allow **20 minutes** for your testing appointment
- Schedule your follow up consultation session **within 1 week**

When you arrive at your scheduled time, you can expect to have a discussion with the technician in order to make sure that you fully understand the different tests and what will take place during the testing session. The metabolic test requires you to lay down and relax while breathing normally into a tube for 10-15 minutes

## What's next? The follow-up consult

- During this session, we will go over the results of your testing and outline of your program and plan any other meeting times, etc.

**Your best chance at improving your health is to CREATE a diet that works with your unique metabolism, not against it. There is no single diet that works for everyone.**

# There is no such thing as one size fits all

Forget About Charts and Averages

## Our programs are designed to help you

- Customize your nutrition to your metabolism
- Improve your health
- Find and maintain the correct weight for you
- Feel full and satisfied after eating, control your cravings, and banish hunger between meals
- Have greater energy and vitality, eradicate mood swings, and have a greater feeling of health and happiness
- Get the facts about your dietary health, with no more guesswork about what foods are best for you
- Have a greater chance for improvement of chronic health problems that are helped by proper diet
- Develop the ability to slow the aging process and keep you looking and feeling younger
- Balance your body chemistry
- Never have to experiment with diets or supplements looking for the answer to your health problems

**Whether your goal is performance or weight loss, create a plan that really works by targeting your individual metabolism, likes and lifestyle**