

A basic understanding about your Metabolism

Source: The Metabolic Typing Diet – William Wolcott and Trish Fahey

Metabolism is simply the sum total of all the chemical and biological activities that are necessary to sustain life. Although these life functions, or metabolic activities, are many and diverse, they can be summarized as follows: nutrition, transport, respiration, synthesis, regulation, growth and reproduction.

But in order to sustain life, all these metabolic activities require energy. The air, water, sunlight and nutrients we require from our environment are used by our bodies to produce this vital, life sustaining energy.

The raw materials in foods we eat (vitamins, minerals, enzymes, phytochemicals, antioxidants trace elements etc) are particularly important since they are used by our bodies to repair, rebuild and heal tissue.

But foods and nutrients are also essential because they provide the fuel that is oxidised (burned or combusted) in our cells to provide the energy for all our metabolic activities.

In fact every biochemical process in our body is entirely dependant on the rate, quality and amount of energy available to you.

When optimum energy is available to your body on all levels – to all your cells, organs, glands, and systems – then optimum (balanced and efficient) functioning or good health is possible

It is on the cellular level that all metabolic activities take place and efficiency or inefficiency is determined. Each cell in the body is like a biochemical factory built to fulfil a specific metabolic function.

As food passes through the digestive tract, it is absorbed into the bloodstream, where it is transported to the cells. Once nutrients arrive at the cells, they are assimilated into the cells, and then utilised by the cells for the production of energy and for the fulfilment of each cells programmed function.

Each cell in the body knows how to be a perfect cell - it's designed to be healthy and to efficiently perform the functions for which it was created. But unless the genetically required raw materials are available at the right place, at the right time and in the form that can be utilised, inefficiency at a cellular level will result.

The bottom line is, unless you require for which you have a genetically programmed need, your cells ability to perform their functions will be impaired.

As your cells lose their ability to produce adequate energy (because they lack sufficient nutrients) they also lose their ability to repair and rebuild tissue. Strong healthy cells become replaced by weak, defective ones. This then exerts a domino effect on your whole system.

For example, as the cells of an organ become weakened and less able to fulfil their roles, the function of the organ itself becomes weak and inefficient. When this happens, stress is put on your entire system – with disease as the inevitable result

On the other hand, when cells do get all the nutrient for which there is a genetically required need, they are capable of producing optimum amounts of energy. With adequate available energy, they can readily fulfil their genetic roles. And with the proper raw materials (nutrients) the cells can repair, rebuild and reproduce efficiently and effectively.

When cells are strong, healthy, and efficient, so too are the organs, glands and systems they comprise, with good health as the natural result.