



# GET YOUR METABOLISM TESTED TODAY!

## AND TAKE THE GUESS WORK OUT OF CALCULATING CALORIES.

### THE PROBLEM:

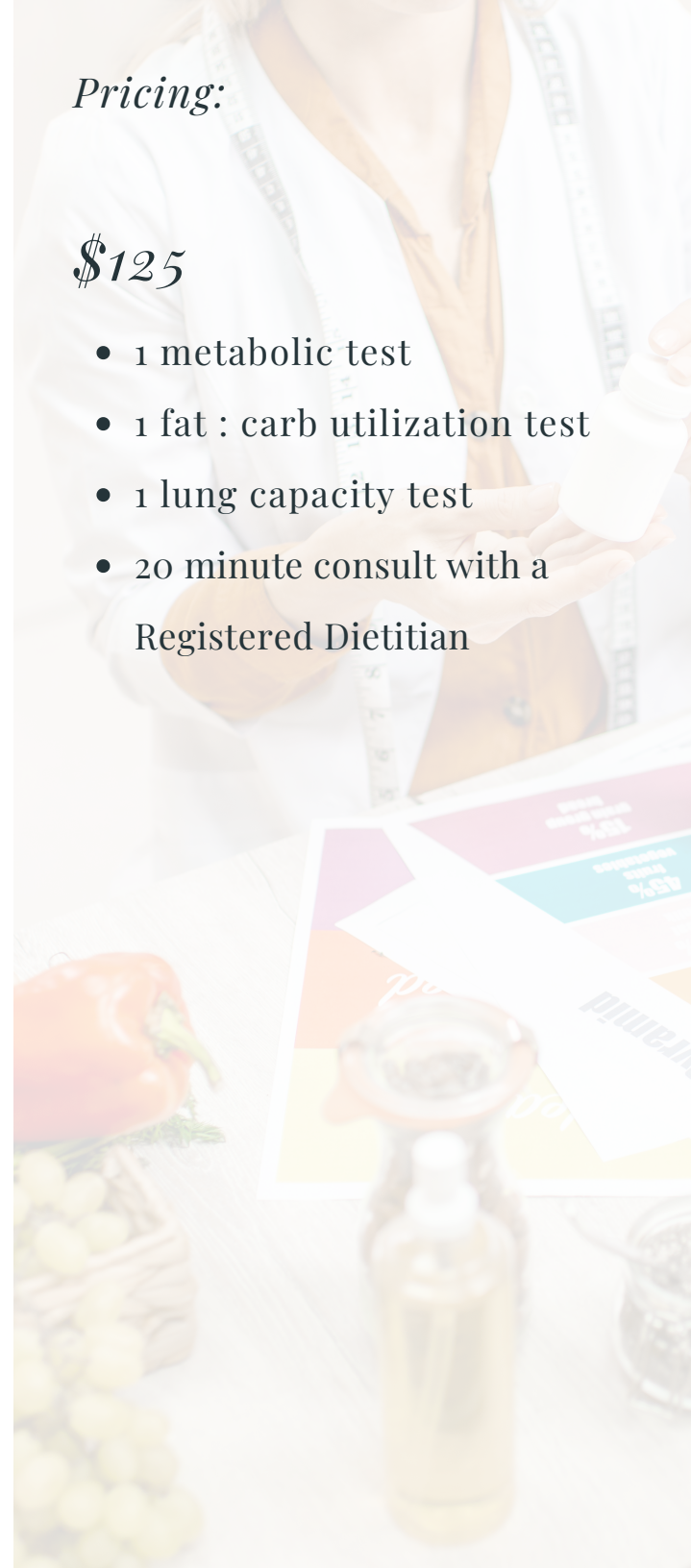
Most nutrition and exercise professionals rely on general formulas to estimate energy needs and expenditure. These formulas do not take into account the numerous factors that may be affecting your metabolic rate such as a history of dieting, hormones, genetics, and body composition.

Indirect calorimetry is the gold standard in nutrition research for measuring metabolism. Take the guess work out of your nutrition plan and get an accurate read on your metabolic rate. With Desert Dietitian's indirect calorimeter, you can have access to information almost exclusively reserved for research labs.

### *Pricing:*

**\$125**

- 1 metabolic test
- 1 fat : carb utilization test
- 1 lung capacity test
- 20 minute consult with a Registered Dietitian



## *How does it work?*

Imagine your body as a furnace. The food you eat is like fuel for this furnace. When you burn this fuel, it produces energy, which is used by your body to function. Now, just like a furnace emits smoke when burning fuel, your body produces certain gases when it burns food for energy.

Indirect calorimetry measures these gases, specifically oxygen and carbon dioxide. Here's how it works: You breathe into a special machine. This machine then calculates the amount of oxygen you inhale and the amount of carbon dioxide you exhale. Why oxygen and carbon dioxide? Because the amount of oxygen your body uses and the amount of carbon dioxide it produces are directly related to how many calories you are burning.

## **THE SOLUTION:**

- Measure your metabolism
- Find out whether your body is burning carbs or fat for energy
- Discover your daily energy expenditure
- Test your lung capacity
- Take control of your weight and body composition
- Build a better diet and fitness plan
- Stop guessing your calorie needs

## *How to get started:*

1. Set up a 30 minute appointment with Desert Dietitians.
2. Do not eat, drink (other than water), or exercise for 4 hours prior to the appointment.
3. During the appointment, you will sit for 20 minutes to bring the body to a rested state. During this time, you will be able to speak to a registered dietitian about all things diet and nutrition.
4. Results are immediate. Leave the appointment with an accurate measure of your energy needs.

