

METABOLIC HEALTH CHART

The chart below is designed to help you better understand how Recompose works in harmony with your body. As you identify each health condition to the left, notice the various effects within the body. Then, examine the wide range of positive effects with Recompose and the healthy sequence in which those events take place.

CONDITIONS	EFFECTS IN THE BODY							
	ENERGY LEVELS	FAT RETENTION	WATER RETENTION	MUSCLE DENSITY	BONE DENSITY	IMMUNE SYSTEM		ACIDOSIS
*NMDS (Neurometabolic Deficiency Syndrome)	↓	↑	↑	↓	↓	HEALTH ↓	STRESS ↑	↑
Poor Diet/ Refined Food	↓	↑	↑	↓	↓	↓	↑	↑
Chronic Illness (Diabetes, CVD, Obesity)	↓	↑	↑	↓	↓	↓	↑	↑
Optimum Health	↑	↓	↓	↑	↑	↑	↓	↓
RECOMPOSIZE™	↑	↓	↓	↑	↑	↑	↓	↓
SEQUENCE OF EFFECTS								
Traditional Weight Loss Tactics		1st & only						
Recompose™	2nd	3rd	2nd	1st	4th	gradual		1st

*Neurometabolic Deficiency Syndrome:

A multifactorial condition in which, among other things, stress, environmental influences and poor lifestyle activities can affect and/or exacerbate in-born gene expression. This condition can lead to imbalances and deficiencies slowing the brain's ability to manage the multitude of functions necessary for optimal neurometabolic efficiency. This metabolic state contributes to neurochemical imbalances such as Reward Deficiency Syndrome (RDS), addictive behaviors, a lack of well-being, increased cravings, sleep disorders and ADHD among others.

Metabolic abnormalities, such as Syndrome X also result. The dysfunctions of NMDS induce metabolic "survival" behaviors, characterized by lowered resting (or basal) neurometabolic rate, increased fat storage, fatigue, water retention, reduced muscle health, decreasing bone density, distressed organ function and diminished homeostatic maintenance of the body.