



About Metabolic Code

The Metabolic Code (MC) is aiming to disrupt the old model of healthcare where the practitioner sits atop the pyramid structure while the disengaged patient awaits doctor's orders. Jim LaValle, the creator of the Metabolic Code and Dr. Andrew Heyman, a significant contributor to the Metabolic Code, have successfully applied this integrative health approach to over 10,000 patients since 2001. Additionally, the Metabolic Code has been taught by Jim and Andrew to thousands of healthcare practitioners through reputable universities and organizations including the American Academy of Anti-Aging Medicine (A4M), Metabolic Medical Institute (MMI), Integrative and Metabolic Medicine at George Washington University (GWU).

Metabolic Code delivers evidence-based tools, delivered via the web, that support practitioners' abilities to assess, interpret, and recommend proven integrative protocols to their patients while dramatically increasing their patients' adherence and engagement levels. The net effect is a symbiotic relationship between practitioners and patients resulting in patient centered care and higher levels of wellness.

What You Need To Know

This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of qualified health care professionals and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided herein is for educational purposes only.



www.MetabolicCode.com

Educationally Endorsed by George Washington University (GWU) and Metabolic Medical Institute (MMI)

Unlock Your Code

Metabolic Code

With more than 10,000 apps designed to make us healthier, there has been a surge of products, services, and technology aimed at optimizing health and wellbeing in the last decade. Being healthy for the sake of being healthy may work for some but most people want to be healthy in order to pursue their life goals, and the Metabolic Code (MC) – a method for determining the state of your vitality and wellness – will help you get ready and be prepared to embark on your inspirational and aspirational pursuits.

Metabolic Code Health and Vitality Assessment Report

The Metabolic Code is based on the complex relationship between lifestyle decisions and how those decisions influence your metabolic health.

The MC examines your health in different layers to form an accurate view of who you are today while confronting the fundamental tenets of aging, metabolic, and lifestyle influences that could be disrupting your metabolism.

The Metabolic Code Health Assessment and Vitality Report is an easy-to-understand report that utilizes personal questionnaire responses, your biometric profile and lab test results to encourage health optimization while decreasing components that adversely affect wellbeing. The data about your bodily system functions is organized into complimentary Triads to create a unique report that presents a comprehensive picture of your current chemistry. The Metabolic Code Health Assessment and Vitality Report also illustrates where you can improve on the Triad relationships using dietary, lifestyle, and targeted nutritional supplements specific to your individualized needs.



Unlock Your Code

Unlocking the Metabolic Code is about the interrelationships of everything you do in life and how it affects your metabolic health. Your metabolism is not merely your caloric intake and expenditure; metabolism involves all the chemical reactions in your body.

Because there are so many factors that can affect metabolism, there are many reasons you may be having difficulty with your health. You do not have to be overweight to be feeling disturbances in your metabolism. Maybe you are fatigued, have aches and pains, have high blood pressure or cholesterol or experience uncontrollable food cravings.

Your health is an outcome of exposures, experiences, and lifestyle behaviors, the effects of which have accrued since birth, and symptoms regularly show up before they create a shift in your lab values. These symptoms are critical in implementing an effective prevention program before any changes take hold and alter a person's chemistry in an unpredictable and undesired disease based outcome. Luckily, health can be profoundly influenced in a positive manner when essential steps are taken to embrace lifestyle changes that meet your needs and those of your family. Talk to your physician today about the benefits of Metabolic Code.

Meet the Triads

The Metabolic Code is founded on the theory of metabolic Triads which are based on more than 30 years of clinical research and application. Triads classify vital organ systems into categories, each of which includes three body systems that work together. The Triads embody the complicated interrelationship of the systems that can have a significant impact on your metabolic health. The Metabolic Code Health and Vitality Assessment Report examines Triad physiology and pathological patterns, reviews dysfunctions within each Triad, and recommends where you can improve on the Triad score.



The Metabolic Code consists of 5 unique Triads:



Triad 1: Energy
(Adrenal - Thyroid - Pancreas)



Triad 2: Resiliency
(Gut - Immune - Brain)



Triad 3: Endurance
(Cardio - Pulmonary - Neuro-Vascular)



Triad 4: Detoxification
(Liver - Lymph - Kidneys)



Triad 5: Potency
(Testosterone - Estrogen - Progesterone)