

## Personal Profiling

### INDIVIDUAL PROFILING > Health Care System > Prevention

In Traditional Chinese Medicine (TCM), categorising individuals based on body type and characteristics, and treating them from this perspective rather than by symptoms alone, have always been fundamental. In TCM, the 5 elements: fire, wood, water, metal and earth, are the basis for determining a patient's treatment.

Hippocrates himself evaluated patients based on the 4 humours, as determined by liver-bile types.

By determining what type of metabolism (fast or slow oxidiser) and under which control system (hormonal or autonomic nervous) one's life is regulated, it allows to correct the imbalance, diet, etc. to provide the ideal protection against diseases and the ageing culprits

There are 4 main theories regarding the ageing process :

- Wear and Tear (use and abuse) : The organs, skin, etc are worn down by toxins, wrong diet, external pollution.
- Neuro-Endocrine theory : As we age, most of our hormonal secretion decline (Oestrogens, Testosterone, DHEA, Melatonin&hellip;) they are real bio-markers.
- The Free Radicals and Anti Oxydant
- The Waste Accumulation

### MODERN MEDICINE > Disease Care System > Curative

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  - The Free Radicals and Anti Oxydant
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- The Individual profiling addressing and correcting each and all of them is obviously the ultimate way to Preserved Good Health, while being the Best Anti Ageing and Beauty System.

The Autonomic Nervous System essentially regulates metabolism. It comprises both the Sympathetic system- which controls activities related to energy and the parasympathetic system, responsible for energy conservation operations

Each of us is like a mini-furnace. Most of the food we eat is converted into blood sugar and stored as Carbohydrates and Fats.

We burn the foods we eat along with oxygen to provide the energy which runs our body. The conversion of food into energy is called Metabolism, is what the body needs for running all of its processes, and for sustaining life itself. The water, air, and light that we take in are also metabolised. The food we consume, however, can enhance the weaker side and help stabilise the sympathetic and parasympathetic relationship.

The cellular oxidative rate is the rate at which cells convert food into energy. Oxidation activity (i.e., metabolic rate) is either fast or slow according to our unique metabolism.

Individual patients differ in how they metabolise fats and carbohydrates into energy. It was found that a person could have problems if carbohydrates were oxidized at too fast or too slow a rate in relation to fats.

Those who burned carbohydrates too fast were labelled as fast-oxidizers and those who burned them too slowly as slow-oxidizers

Fast oxidisers rapidly convert nutrition to energy. To maintain metabolic balance, these types requires foods that burn slowly, such as heavier proteins and fats.

Slow oxidisers, on the other hand, are able to maintain a metabolic balance with lighter foods, such as carbohydrates, that burn faster than protein and fatty foods.

Therefore, Individual Profiling is one of the important characteristics of a person's biochemical individuality.

When our body needs energy, it calls on our fat stores and transforms previously stored fat into blood sugar. It is this sugar (glucose) which when combined with oxygen provides life force energy. If you are following a diet not suited for your genetic requirements, the effects is overwhelmingly negative. You will not lose weight and it makes the process of trying to follow a diet nearly impossible. It will actually increase your appetite and cravings for sweets and you

will be inefficient in your energy production.

When the Individual Profile is clearly determined and diet, supplements, vitamins, hormones correctly supplied and balanced, the patient will enjoy a better health, physically and emotionally and a better skin.

Using this information, it is possible to categorise people according to their energy metabolism and to prescribe corrective diets and supplements different for each type.

There is no such thing as good foods and bad foods. The food itself doesn't contain inherent properties. It's all relative. What is good for one may actually create degenerative disease in another.