

## Loving Your Metabolism

# Loving Your Metabolism

By Dr. Hobson

Dr. Darryl: Bob, ya gotta love your metabolism.

Bob: I am kind of a lovable guy and I'm sure I could love my metabolism if I only knew what that part of me was.

Dr. Darryl: It is about the collective you, all 135 or so trillion of you.

Bob: What?

Dr. Darryl: Yea, you are a collective life expression, made up of 135, plus or minus, a few trillion or so cells. Dividing from 2 cells you just kept going until you became what I see before me. Each one of these trillions of cells makes up the collective life expression, the living you. The activity of each cell producing energy is called metabolism.

Bob: I just googled that while you where talking and I got "Metabolism is the sum total of all the chemical and biological activities that are necessary to sustain life." How could I not love that? It sounds so scientific.

Dr. Darryl: Are you scientifically inclined?

Bob: Actually, it bores me.

Dr. Darryl: I'm in trouble.

Bob: No, I want to know more, really. This is about improving my health isn't it? I am intuitive and I can sense you are going to lay it on me, so to speak.

Dr. Darryl: How would you like to know how to: prevent and reverse degenerative disease; strengthen your immune system; achieve and maintain your ideal weight; optimize physical energy and mental clarity; overcome moods swings and depression and enhance athletic performance and endurance?

Bob: Sounds like an infomercial and the last one would be easy because I don't have any athletic performance and not much endurance. And yes, go on, who wouldn't want to know that. Just keep it simple.

Dr. Darryl: Let me know when you get brain cramp. Every biochemical activity in your body is entirely dependent on the rate, quality, and amount of energy available to you — each cell is like a biochemical factory built to fulfill and specific metabolic function.

When all the functions are working together — Mama Mia! You have a symphony of energy, or as the Boulder folks would say — optimal functioning in the perfect world.

Bob: Well, take me higher...

Dr. Darryl: There is a way to measure your metabolic expression and make corrections if it is out of balance. That is about as good as it gets when it comes to the highest with your health. Here's a question: How much disease can you have if you have a 100% health?

Bob: None.

Dr. Darryl: Amazing grace, how sweet the call. Are you ready for more?

Bob: Stopping now would cause an abrupt end to your infomercial. Yes I am ready. I'm actually interested beyond promising my wife I would come here.

Dr. Darryl: Ah, full disclosure. You are interested in your own well being — what a concept. The truth is you are unique.

Bob: All my life my mother has been telling me that very same thing — I am the most unique person she knows.

Dr. Darryl: I mean you are biologically unique.

Bob: It took 18 years of education for you to come to that conclusion?

Dr. Darryl: Let me put it in context. In 1956 Dr. Roger Williams published a landmark book of his lengthy observations and experiments titled 'Biochemical Individuality'. Before I summarize his work I want to give you a little tidbit as to why your mother is right. Dr. Williams studied extensively the anatomy of different individuals to find that they varied just as much inside their bodies as they did outside. But even more surprising was the variation of the chemical composition of the stomach digestive juices. For example, Williams found that the pepsin content of gastric juices among normal adults varied at least a thousand fold. Pepsin is the enzyme that digests protein.

Bob: Wow! That is impressive. I have always been scrawny, you know, the "turn me sideways and you can't see me" syndrome. I wonder how much of that stuff I make.

Dr. Darryl: This is what Dr. Williams discovered — it was a discovery that changed the way I practice the nutritional sciences and many other doctors' ways of practicing in the field; in fact his discoveries have revolutionized medicine. Here is a summary of what he discovered:

- Individuality pervades every part of the human body.

- Human beings are highly distinctive on a microscopic as well as a gross anatomical level, in the functioning of their organs, and in the composition of their body fluids.
- Inherited differences extend to the structure and metabolism of every cell, and determine the speed and efficiency with which cells perform their essential functions.
- Unbalanced or inadequate nutrition at the cellular level is a major cause of human disease.
- People have genetically determined and highly individualized nutritional requirements.

Bob: So I need more pepsin?

Dr. Darryl: Ah

Bob: Got ya... Just kidding, I'm with you, I am getting this stuff — the message is clear. It is stupid to think that you can feed everyone the same diet and the same nutritional supplements. We are unique, I am unique and each of us has to get online and order the correct operator's manual for this body.

Dr. Darryl: You are getting it and I wish we did come with the manual for proper care and feeding.

Bob: Mother also said I was very intelligent. So now I am getting paranoid, how do I know what to eat and what nutritional supplements to take?

Dr. Darryl: We call this "Dietary Roulette." This is why some mass market diets work for some folks, and they will swear by them, and for others they don't. The same holds true for nutritional supplements. We have developed a way to evaluate metabolism that is a simple procedure and identifies your nutritional and dietary needs.

Using body fluids analysis, exam findings coupled with neuro-endocrine reflexes and other even more wordy tests — we determine which, if any of the major control systems of the body need support and recommend a specific diet and supplements to achieve balance.

Bob: So this is how you figure out my "[biological individuality](#)" so to speak? Can I do this for under a thousand dollars?

Dr. Darryl: Before we started this conversation, remember, I did some testing on you — took your blood pressure and other simple physical tests?

Bob: Yea, I peed in a cup and you stuck pH paper in my mouth and stuck your finger down my throat.

Dr. Darryl: Yea, that was the exam and now I am ready to generate a 12 page report giving you that operator's manual you are looking for. The cost for the visit will be \$80, but there is a catch.

Bob: There is always a catch.

Dr. Darryl: The supplements that I will recommend in your case are special supplements to effectively shift your metabolism, therefore there will be an additional fee for these specialized nutrients.

Bob: What can I expect that additional cost to be?

Dr. Darryl: It depends on your unique needs — anywhere from \$50 to \$200 dollars.

Bob: I am in that range now at the store practicing what you call “dietary and nutritional Roulette”. This couldn't cost me any more than that. Let's do it, Doc!

Bob: Just remember what Mom said.

Dr. Darryl: I certainly will.

---