



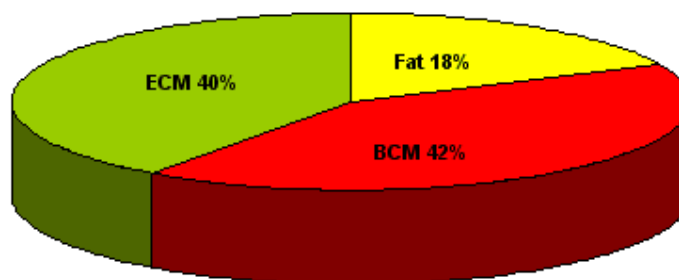
Do You Know Your Body Composition

By Dr. Olga Miezio

Why is body composition analysis important?

Scale weight is not an indicator of an individual's fat, lean or health. Body composition analysis can form the basis for a wide variety of therapeutic, health and fitness prescriptions. In clinical application s quantitative body composition analysis together with nutrition and exercise prescriptions provide the foundation upon which further treatment is based. Only body composition analysis can determine how much muscle, fat and body cell mass are lost or gained as the result of a health care professional's recommendation. When there is an imbalance between calorie intake and calorie burn, body composition is changed. The quantitative management of abnormal body composition, i.e. obesity, anorexia, disease, etc. is associated with daily calorie intake and expenditure. The successful application of body composition analysis must have the following three components:

- **Fat** - Body Fat. Storage of potential energy of body fat.
- **BCM** - Body Cell Mass. The burning of fat and nutrients then converting it to work or kinetic energy.
- **ECM** - Extracellular Mass. Transportation of nutrients, waste and fluids.



BCM Chart

What's your body type?

1. Estros

- a. Weight in hips and thighs
- b. Love fried and high fat, spicy and ethnic foods.
- c. Have trouble breaking down fat
- d. Unable to utilize fatty acids and fat soluble vitamins
- e. High lipolytic enzyme deficiency

2. Paras

- a. Weight evenly distributed all over the body with the occasional concentration on the stomach
- b. Love deserts, breads, potatoes and pasta
- c. Have trouble breaking down starches and carbohydrates
- d. Unable to utilize vitamin C, deliver calcium, need for vitamin B and potassium
- e. High polysaccharolytic enzyme deficiency

3. Supras

- a. Weight in upper body, legs thin and strong in any age.
- b. Love any meats and salt.
- c. Have trouble breaking down the protein
- d. Unable to utilize vitamins C and E and calcium
- e. High proteolytic enzyme deficiency

4. Neuros

- a. Weight evenly distributed all over the body, seldom change much as they age.
- b. Love high fat foods and diary products
- c. Trouble breaking down fat, fiber, milk sugar
- d. Highly sensitive to most foods
- e. High deficiency in lipolytic enzymes, lactose and cellulose.

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