

Body Composition Analysis

assessing your health utilizing new technologies

By Crystel Lyons

A space age device is now available for home use that can tell you what you're made of. Body Composition Readings present a more complete picture of your state of health than the traditional Body Mass Index or Fat Caliper Tool. The Bioimpedance process measures the amount of water in your tissues. In a matter of seconds, a tiny electrical impulse runs through your body distinguishing between bone, muscle and fat. Each type of tissue creates a unique resistance that enables the impulse to identify & relay the data back to the scanner. The speed at which impulse travels through your body reveals how efficiently your tissues are relating to one another & working together as a team. Your reading consists of the following factors that reveal where you are internally....

The Scale is NOT your Enemy

We all dread the scale, but your body weight alone doesn't tell the whole story. Once you internalize the fact that it's no longer about weight but about muscle mass, you'll begin to see your weight through a new pair of lenses. This news is liberating! We have been battling with our scales for years, trying to fight the inevitable ebb & flow of intake vs. outgo, of morning vs. evening, of clothed vs. unclothed... It's over! Lay down your weapons & declare a truce with your scale.

You Are What You Drink

No matter how many other fluids you drink in a day, there is nothing that can replace plain water. Go ahead, lament that it is boring, tasteless, it's not convenient, etc. Like a

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dutiful parent training their toddler, I'll tell you with my last breath, "You need to drink more water." Not herbal tea, not coffee, not soda. . . we are talking just plain water. To summarize the book, *Your Body's Many Cries for Water*, "The single best thing you can do to improve your overall health is to drink more water." You no longer need to avoid hydrating your body to artificially reduce your weight.

The Mars & Venus of Body Fat

Most of us think their body fat % should be as low as possible - not true. The goal is to try to be in the healthy range for your age and gender. Another mistake is to compare your % of body fat with someone of the



opposite gender. *God designed our bodies to have a protective layer of fat & He designed women to have a greater layer than men.* The healthy range of body fat for women *begins* where the healthy range *ends* for men! This is Huge! No matter what we learned in the 60's about gender equality, this is one category where it simply doesn't apply.

It's All About Muscle . . .

Muscle weighs more than fat. The more muscle you have, the more calories you burn, even when you are at rest. If you want to improve your metabolism, you have to increase the amount of muscle in your body. One sign that you are building muscle is when you loose inches but your weight stays the same.

Conversely, if you reduce your calories below your Basal Metabolic Rate, your body will begin to consume your muscle mass & convert it into energy to make up the difference. Studies show this creates a scenario that reduces your % of muscle while leaving your % of body fat the same. The

result is a net INCREASE in body fat which is just the opposite of what your intentions were.

The Buzz about Bones

Bone Density is a big issue, but how do you increase bone? Since bones are what our muscles attach to, when you build muscles, you are also building bones! This is why Doctors recommend people at risk for osteoporosis do weight bearing exercises. Even the compression you get from receiving regular massage enhances bone development.

Not all Fats are Created Equal

Visceral Fat is the fat you DON'T want to have. Even though you can't see it or touch it, visceral fat surrounds your inner organs & puts you at greater risk of heart & other degenerative diseases. How can fluid osmosize between organs that are encased in a layer of fat? When it comes to visceral fat, the lower the number, the better.

Metabolic Age

They say "You're only as old as you feel." If you are out of shape, dehydrated, sleep deprived, under stress, smoke, drink, or have an elevated level of visceral fat, there is no where to hide when it comes to metabolic age. Because the bioimpedance impulse is sensitive to how the tissues interact, if you have been abusing your body in these manners; it will show you how old your body is actually feeling. For many, the metabolic age reading is a wakeup call which spurs them to action.

The Ratios Rule

After doing over a thousand scans on a broad spectrum of the population, I have found if you achieve or exceed a ratio of 75% muscle mass to body weight, most of your other factors should also fall in line. This is usually only accomplished the old fashioned way, through a lifestyle which consistently incorporates healthy diet and vigorous exercise. Isn't it affirming when science finally catches up with common sense? ✨

Crystel Lyons promotes the practice of detoxification and natural health as the owner of Almost Eden Home Spa in Somers, WI. Your overall health assessment includes a free analysis.

