**Website Content**

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Experts are eager to jump to the conclusion that genetics regulate how you will feel and how your health will be shaped for the future. While there is value in genomics, the vast majority of us live in a reality where you are in control of the greater part of your genetic potential, and the everyday decisions that you make along with how well equipped you are to deal with environmental exposures will craft your future health.

Influences such as genetics, diet, stress, environment and disease history are just a few of the influences that take part in shaping your metabolism and how you feel. Your metabolism is more than just how many calories you burn, metabolism encompasses all biochemical reactions that have occurred throughout your lifetime and steer your body toward your current state of health, and more importantly, where your health is headed.

To make a change that is lasting, a new understanding of metabolism has to be created, and the Metabolic Code (MC) – a method for determining the state of your vitality and wellness – can help do just that.

**Metabolic Code Health Assessment and Vitality Report**

The Metabolic Code was founded on the belief that your current state of health is a direct result of the experiences, exposures and lifestyle habits that you have come in contact with since birth, and how the complexities of those lifestyle decisions can influence your metabolic health. The Metabolic Code analyzes your health in critical layers while constructing a precise overview of where your health is today and challenging key tenets that could be disrupting your metabolism, such as aging, metabolic and lifestyle influences.

The Metabolic Code Health Assessment and Vitality Report is a groundbreaking new tool used to encourage health optimization while reducing factors that could negatively impact your wellbeing. This state-of-the-art report utilizes personal questionnaire responses, your biometric profile, and lab test results to cultivate a comprehensive picture of your current chemistry and simultaneously organizing your bodily system functions into complimentary Triads. The Metabolic Code Health Assessment and Vitality Report provides a symptom score that shows where you have room for improvement in the Triad relationships and how you can enhance those relations using dietary, lifestyle, and targeted nutritional supplements precise to your unique needs.

**Meet the Triads**

The Metabolic Code Triads work as an organizational system for your body. Triads organize essential organ systems into categories, each of which includes three body systems that work together and represent the convoluted interrelationship of the systems that could pose a significant impact on your metabolism and overall health.

The Metabolic Code consists of 5 unique Triads:

* Triad 1: Energy (Adrenals-Thyroid-Pancreas)
* Triad 2: Resiliency (Gut-Immune-Brain)
* Triad 3: Endurance (Cardio-Pulmonary-Neurovascular)
* Triad 4: Detoxification (Liver-Lymph-Kidney)
* Triad 5: Potency (Estrogen-Progesterone-Testosterone)