



Do you want to lose weight, feel healthier, look younger, and get more out of life - naturally?



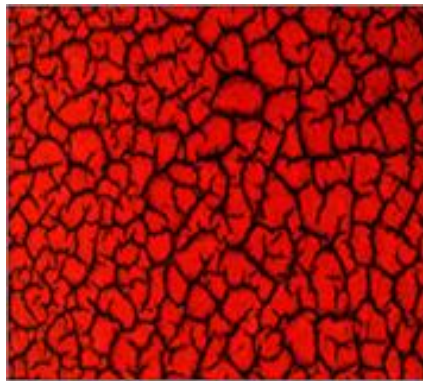
No magic bullet



No one size fits all



Real science
Real results



Unleash your Health Potential!
Catabolic Imbalance

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I understand that Mark Hathaway provides educational assistance, tutoring, consulting and coaching services to help me understand concepts in nutrition, diet, food and other areas deemed important in order to live a fuller and healthier life, and in association with this education to learn specifically of the foods, dietary supplements or more that can assist in balancing my state of health.

I further request and accept the use of any tools of the "health trade," and at my sole discretion under retained right, in whatever form available in a free market that may be provided for my use to further my health education be it software, workshops, testing or health auditing apparatus, clinical or laboratory equipment.

I understand that Mark Hathaway has received certification in Flow Systems technology for health auditing through professional training programs from Biomedx (Chicago), but is neither offering nor providing a service under this agreement under any official government certification and/or license as a health, or diet professional.

I understand that the health coaching services under this agreement does not, cannot, and will not provide any diagnosis, prescription, or treatment options for any medically or otherwise defined health ailment wherein only a licensed professional may be competent to address such issue, and further, should miscommunication result in a perception that such is the case, I acknowledge that I alone bear full responsibility for any actions taken due to the miscommunication. At no time is this coaching service intended as a substitute for regular medical or other licensed care.

I understand that I assume all risks from the use, non-use or misuse of information, materials or opinions provided by Mark Hathaway during my health coaching sessions or presentations.

Anabolic / Catabolic Metabolic Control Mechanism

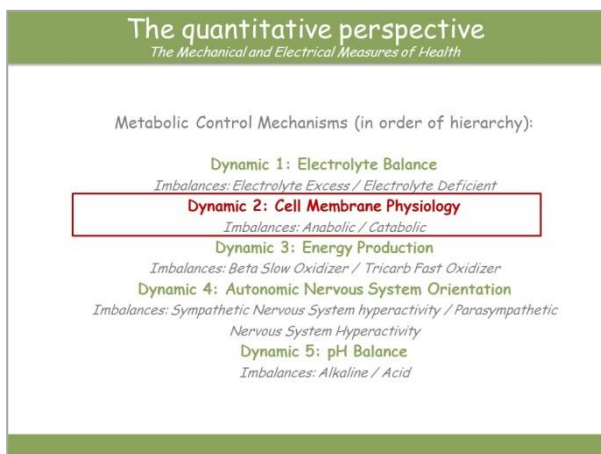
Catabolic Imbalance

Catabolic definition

1. Dysaerobic oxidative energy metabolism; free radical and peroxide formation.
2. Lipids where negative polar groups predominate (fatty acids, ketones, aldehydes).

Diurnal Cycle

1. Most anabolic at 04:00
2. Most catabolic at 08:00 to 21:00
3. Sleep increases sterols
4. Increase in acid pain (anytime a person's symptoms worsen during sleeping hours) is a clue that they have an anabolic imbalance.



Overview

When there is an Anabolic/Catabolic imbalance, the composition of fats in tissue membranes is out of proportion. There are either excess fatty acids, or excess sterols in the membrane structure, affecting the

membrane's ability to control selective permeability.

A catabolic metabolic imbalance represents oxidation out of control. The anabolic person produces energy with oxygen but in the form the body cannot use. Instead of producing useful energy, the catabolic person produces free radicals, which are damaging to the body. The catabolic person can also be thought of having excess fatty acid activity and insufficient sterols. This imbalance in lipids results in the abnormal energy production and in the changes in membrane permeability typical of a catabolic person.

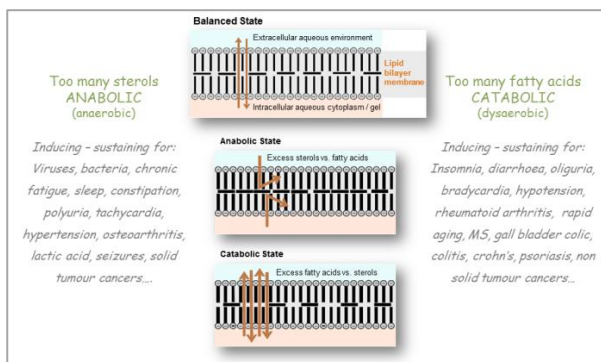
Are we talking about anything important here? When we talk about oxidative energy production and the selective permeability of biological markers we are talking about the essence of life itself.

This is why the Anabolic/Catabolic balance is the second most important in the hierarchy of the five fundamental control mechanisms

At the cellular level, our body is always in an anabolic or catabolic state, or in the process of switching back and forth between the two. Ideally, at night our cells are in an anabolic state where the cell walls become less permeable and during the day, our cell membranes are intended to open up (much like a flower) so nutrition can get in and toxins can get out. This process assists with recovery and repair processes.

Without strength and balance in both anti-anabolic and anti-catabolic forces, you cannot:

- Produce oxidative energy in sufficient quantity to power the essential activities of a high vitality life.
- Prevent the oxidative free radical damage that accelerates tissue degeneration and ageing.
- Maintain glycaemic control.
- Maintain normal fluid and electrolyte dynamics in each of the three body fluid compartments.
- Maintain normal pH in each of the three body fluid compartments.



In other words, Anabolic/Catabolic forces play a part in virtually everything that happens in the human body. Any symptom or condition you can name is likely to have an Anabolic or Catabolic component.

Due to many possible factors, some people can get stuck in one state and their body will not switch back and forth like it is intended to.

A person who is catabolic will access connective tissue and muscle for protein resources. The more muscle we lose, the lower our metabolism, and the less fat we burn.

Insomnia is very common in a catabolic person because his cells walls are more permeable, which is the daytime state and

not the night time (or sleep state) known as the anabolic state. The person can't sleep because his body is still awake and operating at full speed. Most sleeping aids will knock you out in the head so you can sleep but your body will still be wide awake all night. So you can either wake up exhausted or you become tired again a few hours after waking.

Since an overly catabolic state is sometimes described as a lack of sterols at the cellular level, increasing your intake of sterols and saturated fats, such as real butter or coconut oil, can be one method to help improve this imbalance. However, I find that most individuals with this imbalance also need to use more nutrients like specific vitamins, minerals and amino acids in order to see lasting improvement. That being said, increasing your sterol intake while optimising digestion can be a great place to start.

A Catabolic Imbalance can also make the bile too thick and sticky to flow properly, therefore restricting digestion and restricting the body's ability to remove junk.

That's not good.

Some common symptoms of a Catabolic Imbalance

- Insomnia
- Migraines
- Chronic Diarrhoea or Loose Stool
- Hair Falling Out
- Muscle Loss
- Chronic Pain
- Loss of Connective Tissue or difficulty in healing
- Aging Quickly
- Oliguria (Insufficient Urination, perhaps often, but in small amounts)
- Low Body Temperature

- Bacterial Problems
- Body pain that gets worse 30-60 minutes after drinking a mix of 2 tsp potassium Bi-carb with water.
- Itching
- Aging Quickly - Joint and muscle pain; arthritis (especially rheumatoid)
- Vertigo
- Sleeps Lightly / Wakes easily
- Dyspnoea
- Hearing loss

Some Catabolic biological markers

- Urine pH <6.1
- Saliva pH >6.9
- Saliva mS>5.5 (mS = milliSiemen / a measure of electrical conductivity)
- Low blood pressure
- High Debris (in urine)
- Low cellular potassium (high serum potassium)
- Dermographic white line (make a mark on your skin (arm) with the blunt end of a pen, wait a few seconds to see what colour the line changes too)
- Eosinophil's absent
- Resting pulse <67
- High urine specific gravity > 1.020
- Low urine surface tension

Steps that could help

1. Work on your diet and be sure to add the right foods and eliminate the wrong ones. What you put in your mouth dictates the state of your body. Work to correct any digestive issues. Diet is what we eat but nutrition is what the cells utilize once we assimilate what we have properly digested. So, digestion is the most important factor here.
2. Check your meds. I'm not saying to stop taking your medication but some medications are pro-catabolic and could be making that imbalance worse. So, let me know what you're taking so at least we know what we're up against and what time of day may be the most appropriate for you to be taking that medication.
3. Be Patient. Your body didn't become imbalanced in a month and you're not going to correct the problem that quickly, either. The human body is agricultural, not mechanical. Changes happen slowly over time.
4. Monitor your pHs. In most cases, a catabolic's urine pH is very low and their saliva pH is very high. (Remember, we are looking at these imbalances one at a time. When they are layered one on top of another, it can take far more discernment.) Look for the urine pH to start rising and the saliva pH to start coming down.
5. Follow your supplement protocol. Many of your symptoms are likely a result of this imbalance and will most likely improve once it is corrected.

Foods to Avoid if you're too Catabolic

- Flax Seed Oil
- Fish oils
- DHEA
- Fried Foods
- Canned or processed meats and fish
- Avocados
- Foods made with hydrogenated and polyunsaturated fatty acids: canola, corn and soy oils
- If you eat fried or hard-boiled eggs, only eat them in the morning and limit them.

Foods to implement if you're too Catabolic

- Poached or soft-boiled eggs, especially at night.
- Non-starchy Vegetables
- Butter/Cream
- Coconut Oil
- New Cheeses such as Cottage, Mozzarella, Cream cheese (These are not aged cheeses)

How eggs can hurt and help

If you have an anabolic or catabolic imbalance, eggs can also help. If you're overly anabolic, eating fried or omelette-style eggs in the morning will help push you more catabolic during the day.

If you're overly catabolic, eating poached or soft boiled eggs at night will help push you more anabolic at night so you can sleep better.

So, the anabolic person would want to eat hard cooked eggs in the morning and limit or avoid soft boiled or poached eggs.

The difference occurs in the preparation. When the yolk is cooked hard (hard-boiled, scrambled, omelette, fried) the proteins seize up and have a pro-catabolic effect on most people. When the yolk is left uncooked (Poached, soft-boiled or even raw) they have a pro-anabolic effect on most people.

Eggs literally are just about the most perfect food, but imperfect digestion can still allow any perfect food to become toxic, so correcting any digestive issues is always a priority.

Building/Repairing Muscle

If you're not switching to an anabolic state at night you're also not getting a full, restorative sleep. That doesn't mean you won't build or repair muscle or tissues at all, it just means that your body is never reaching its optimal mode in which it can build or repair. It's also staying more in a catabolic state, which is the mode where your body is more likely to break down muscle or connective tissue.

Anabolic steroids work by pushing the body artificially into an anabolic state all the time. But if your body learns to oscillate back and forth you'll receive the benefits from both. (Being stuck in an anabolic state isn't good either and can cause many other issues.) The anabolic and catabolic states, at the cellular level, are as obvious a fact as day and night on the earth or tides in the ocean.

Insulin Resistance in the Catabolic State

The real problem for a catabolic can be that, in a catabolic state, your urine pH can be very low which can result in insulin becoming weak. The insulin is not strong enough to do the job correctly so the body makes more and more of it. This can actually sometimes contribute to a person becoming insulin resistant. By correcting this imbalance, a person can strengthen his insulin which will lower his blood glucose levels and also reduce his insulin levels. (Insulin is a hormone and when insulin levels are too high, other hormones will be pushed out of balance). Correcting this imbalance can also allow one to keep and build more muscle tissue, increasing their metabolism and ability to burn more glucose, thus turning off the constant signal of "store fat" that your body

may be receiving now from the high levels of insulin. The high levels of insulin can also cause your triglycerides and cholesterol to go high.

Low urine pH can also cause you to have to urinate often, but in small amounts. Since the urine is so acidic and/or concentrated, it irritates the bladder lining, sending a signal that says, "get this stuff out of here". So, you go to pee and you're like, "That's all I had? I thought I had to pee." Correcting this imbalance can raise your urine pH. So the acid levels won't irritate your bladder lining and create that constant urgency to pee.

As you can see, this one imbalance can contribute to a lot of issues. Just correcting this problem alone could help you sleep better, urinate less often, lose weight, gain muscle, eliminate headaches that are caused by high sugars that result from weak and over-abundant insulin, and even have a healthy-formed bowel movement if your stool is too loose.

Hair Loss - Catabolic

If someone is stuck in a catabolic state, they will often burn up muscle and protein. Hair is protein so they will often lose hair. That's why chemo patients lose their hair. Chemo bores holes into the cells, causing them to become more catabolic. Since butter and coconut oil can help to balance a catabolic state and make that individual more anabolic, consuming butter and/or coconut oil can often cause improvement with hair loss issues (though other issues can cause hair loss, as well, such as poor protein assimilation or male pattern baldness).

Correcting a catabolic imbalance requires the proper vitamins, minerals, amino acids and

enzymes, as well the ability to process these fats, because the body's predisposition will overwhelm an attempt to only use fats to correct the imbalance.

The reason people often have such a hard time correcting their insomnia is because there is more than one cause for insomnia. Some people may even experience a combination of issues. Here we'll just explain how this imbalance can create insomnia, but keep in mind you may be dealing with multiple causes at the same time, each contributing to the issue at hand.

Insomnia - Catabolic

Insomnia is very common in a catabolic person because his cells walls are more permeable, which is the daytime state and not the night time (or sleep state) known as the anabolic state. The person can't sleep because his body is still awake and operating at full speed. Most sleeping aids will knock you out in the head, so you can sleep, but your body will still be wide awake all night. So, you can either wake up exhausted or you become tired again a few hours after waking.

Catabolic Supplement Formulas

Specific supplements to help correct an Catabolic Imbalance:

- **Catabolic** - 2-3 caps with lunch and dinner
- **Beet Flow** – 1-5 caps with all meals
- **Matrix Aminos** - 4-6 caps just before bed time
- **Banaba Chrome** - 1-2 caps with each meal.
- **Vitamin E** -not with an Electrolyte Deficiency or Carb Burner Imbalance. (Best taken with dinner, or before bed.)

- **L-Glutamine** - an amino acid – Avoid with an Electrolyte Excess Imbalance. (Best taken after dinner, before bed, away from food.)
- **HMB** - a metabolite of the essential amino acid (Best taken with dinner.)
- **Glucosamine Sulfate** - great for joint pain when dealing with a Catabolic Imbalance. (Best taken with dinner.)
- **Apple Cider Vinegar** - a tablespoon with meals can aid digestion. Even adding some apple cider vinegar to water that you drink throughout the day can be beneficial to a catabolic. Be cautious using apple cider vinegar as it can create loose stool issues if your bile is not flowing properly.

NOTE: Most of these supplements can be ordered by contacting Mark (when ordering in Australia) or via Naturalreference.com (when ordering in the USA). You will need to enter practitioner code 40551240 to order from NR.

Avoid with this imbalance

- Fatty Acids like Fish or Flax Seed Oils
- L-Tyrosine An amino acid.

- Magnesium (depending on severity of imbalance. If you are going to take Magnesium, don't take later in the day)
- L-Taurine
- Vitamin B12
- MSM

Contact Mark

Email: mark@biosynergypro.com

Website: www.biosynergypro.com

Facebook Group:

<https://www.facebook.com/groups/biosynergyhealth>