

What is *Metabolic Testing* with the REEVUE® Machine?

Having Your Metabolism Checked with The REEVUE is As Easy As 1-2-3!

1...RELAX. REEVUE measures resting metabolic rate. It is important that you be able to reach a resting state during your test. At the time of the test, the lights are lowered, you are kept comfortable while lying covered with blankets, and soft music will be playing for about 5-10 minutes before the actual test begins and then throughout the duration of the test. This is all in an attempt to keep you as relaxed as possible. Be sure you read the special handout on “**Preparing for Your REEVUE Metabolic Testing.**”

2...GET HOOKED UP. Lying relaxed and comfortable, your Healthcare Provider at Illuminar® will then place a nose clip on your nose and you will be given a disposable mouthpiece to breathe through. This mouthpiece is connected to the REEVUE by a hose that will measure how much oxygen you are breathing out. It is very important that you breathe only through the mouthpiece so this measurement will be correct. Both the mouthpiece and the tubing are sterile items that will be used only for you.

3...BREATHE. Finally, you just lay comfortably and breathe. The REEVUE will indicate when it has calculated your metabolic rate. ***This takes anywhere from 5-10 minutes.*** The more relaxed and even your breathing, the quicker it will be able to determine your resting metabolic rate.

IT IS JUST THAT EASY!! *In a total of about 20 minutes, your doctor can know precisely how many calories your body is burning and the speed of your personal metabolism.*

How does the information from the REEVUE help me with my health goals?

Your diet can now be tailored to maintain the right caloric balance. Also, the data collected from the REEVUE assists in the diagnosis of lowered metabolic diseases such as **Hypothyroidism** (low thyroid function) or **Hyperthyroidism** (raised thyroid function). When thyroid function is low, the Resting Metabolic Rate (RMR) is low; when thyroid function is high, the RMR is high. Proper nutritional assessment, hormonal treatment, lifestyle monitoring, and a natural holistic medical approach by Illuminar can put you back on the road to better Metabolic Health!

What exactly is the REEVUE measuring and how does it do it?

The REEVUE measures the oxygen that the body consumes. Using this measurement it calculates the number of calories an individual burns at rest in a day. This technique is called Indirect Calorimetry. This information assists in medical nutritional assessment and hormonal treatment such as hypothyroidism. The REEVUE is simple to use and provides on-screen and printed results in just 10 minutes. The printout is ideal for recording progress and helps the patient to understand the results of the test.

The REEVUE has been validated against the clinical standard metabolic cart and has demonstrated equivalent accuracy in resting volunteers for both oxygen consumption and resting energy expenditure.