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Etymology borrowed from German metabolisch, borrowed from Greek μεταβολικός "changeable, subject to change," from μεταβολή "change, transition" (from μεταβολ-, stem in noun derivation of μεταβάλλειν "to put into a different position, turn about, change, alter," from meta- meta- + βάλλειν "to reach by throwing, let fly, strike, put, place") + -ikos -ic entry 1 — more at devil entry 1 Note: The term was introduced by the German physiologist Theodor Schwann (1810-82) in Die Mikroskopischen Untersuchungen über die Uebereinstimmung in der Struktur und dem Wachsthum der Thiere und Pflanzen (Berlin, 1839), p. 229: "Die Frage über die Grundkraft der Organismen reducirt sich also auf die Frage über die Grundkräfte der einzelnen Zellen. Wir müssen nun die allgemeinen Erscheinungen der Zellenbildung betrachten, um zu finden, welche Kräfte man zur Erklärung derselben in den Zellen voraussetzen muss. Diese Erscheinungen lassen sich unter zwei natürlichen Gruppen bringen: Erstens Erscheinungen, die sich auf die Zusammenfügung der Moleküle zu einer Zelle beziehen, man kann sie die plastischen Erscheinungen der Zellen nennen, zweitens Erscheinungen, die sich auf chemische Veränderungen, sowohl der Bestandtheile der Zelle selbst, als des umgebenden Cytoplastens beziehen, diese kann man metabolische Erscheinungen nennen (τὸ μεταβολικόν [sic] was Umwandlung hervorzubringen oder zu erliden geneigt ist)." — "The question, then, as to the fundamental powers of organized bodies resolves itself into that of the fundamental powers of the individual cells. We must now consider the general phenomena attending the formation of cells, in order to discover what powers may be presumed to exist in the cells to explain them. These phenomena may be arranged in two natural groups: first, those which relate to the combination of the molecules to form a cell, and which may be denominated the plastic phenomena of the cells; secondly, those which result from chemical changes either in the component particles of the cell itself, or in the surrounding cytoplastema [fluid held to be the formative substance from which cells arise], and which may be called metabolic phenomena (τὸ μεταβολικόν, implying that which is liable to occasion or to suffer change)." (Microscopical Researches into the Accordance in the Structure and Growth of Animals and Plants, translator Henry Smith, London, 1847). First Known Use 1841, in the meaning defined above Time Traveler The first known use of metabolic was in 1841 See more words from the same year Stay on track with regular check-ins, personalized feedback, and expert advice to keep you moving forward Access doctor-prescribed GLP-1 medications and other cutting-edge treatments designed for lasting success. Access doctor-prescribed GLP-1 medications and other cutting-edge treatments designed for lasting success. Balance your hormones, boost metabolism, and improve energy levels with our tailored strategies and nutritional supplements. No bad diets here — with MRC learn healthy habits, lifestyle changes, and real solutions for long-term success. No bad diets here — with MRC learn healthy habits, lifestyle changes, and real solutions for long-term success. Simple, personalized programs designed to match your evolving lifestyle. From basic habits to complex strategies, we'll ensure your approach grows with you. Simple, personalized programs designed to match your evolving lifestyle. From basic habits to complex strategies, we'll ensure your approach grows with you. Evidence-based methods combined with personalized plans to ensure real results, every time. Evidence-based methods combined with personalized plans to ensure real results, every time. Take this 2-minute quiz to discover a plan tailored to your body, your lifestyle, and your goals. Find My Fit - Start Quiz Find My Fit - Start Quiz *Individuals following the MRC Program can expect to lose 1-2 pounds/week. LET'S GET STARTED For over 35 years, Metabolic Research Center has been helping people reach their weight loss and wellness goals. Our approach to weight loss is unique, like you. Our menus are simple, structured, and have enough variety that you and your household can enjoy the same meals. Every program is coupled with the support of a professional weight loss coach who will educate, motivate, inspire, and support you throughout your journey. Successful clients agree that our people make the difference! At MRC, we get personal with your program - tailoring it to fit your individual goals, health, and lifestyle. If prescription weight loss is what you're looking for, we offer medical programs including prescription medications, Vitamin B12 Injections, peptides, and more through all MRC offices. Our medications are made in FDA inspected compounding pharmacies. Insurance is not required and a referral is not required either. If medical weight loss isn't your jam, no problem! We have a wide variety of effective traditional weight loss menus and programs. We also offer hormone balancing, premium protein products, natural vitamin and herbal supplements, and so much more. Schedule your free consultation today to learn more and get started! Read more LET'S GET STARTED Metabolic Research Center Reviews K Everyone is amazing! They truly help you reach your goals and cheer you on along the way!! - Kendra J I love Marta! Sheâ€™s a great coach. She doesnâ€™t judge, she insâ€™t condescending, she is real and will be honest with you. The only kicker is that itâ€™s a bit pricey but ... - Jessica C Love these peeps! - Courtney Metabolic Research Center has been an amazing experience. Ever since I've been there, I have struggled with my weight loss. It has been like a yo yo, but Mrs. Gina has been very supportive and she ... - Felicia E Jeanne and Jennifer were wonderful!had an appointment this morning and it was fabulous- so glad to have returned! - Eydie M I easily met my weight loss goal with great support from the staff, they are wonderful! - Mary Caitlyn is a great coach! I've lost 70 pounds with her! - Roy B I have lost almost 15 pounds with this program and it's been great. It allows me to be quick and on-the-go too. A big thanks to Jessica and the gals for being so supportive. - Biella Over 35 Years of Weight Loss Success Carolyn - For all of my life, I had been overweight. At the age of 47, I was diagnosed with Type II Diabetes. Today, I'm down 75 pounds, and I'm off all of my diabetic medications! No more daily injections, pills, or glucose monitoring for me. I can do all of the things I love again - walking, swimming, the elliptical. And I can do them without my feet, hips, or knees causing me any pain! For the first time in my life, I feel healthy! SEE MORE SUCCESS STORIES Lori - Once I got into my early 40's, the weight stopped coming off. Even though I didn't have a lot of weight to lose, I discovered my hormones were out of balance, and that's what was keeping me from losing as easily as I used to be able to. MRC provided real solutions to get me rebalanced, and the weight started coming off right away again! Even if you don't have a lot of weight to lose, you can still benefit from the program. The coaches are positive people who always had my best interests at heart, and they helped me reach my goals! SEE MORE SUCCESS STORIES Travis - Not only does the team at Metabolic Research Center team want to help you, but they want to be a part of this very personal journey. It's about self-improvement and self control. If you've lost control like I did, you have to be willing to own your past and take a hold of your future. Are you willing? What you'll have tomorrow depends upon what you're willing to do today. The choice is yours, and MRC is there to provide you with options that are as possible, powerful, and life-changing. SEE MORE SUCCESS STORIES Healthy Begins Here Have Questions? We're here to help! Click below to contact us or visit our FAQ page. Have a question? We can help! Leave us a message and we'll get back to you shortly. Leave your phone number to have a weight loss consultant return your call. Thank you! Your metabolism is how your body uses energy (which ultimately comes from the sustenance you consume) for everything your body does. Your body's metabolism never stops — even when you're resting and sleeping. It constantly sustains basic body functions, like:BreathingCirculating bloodDigesting foodGrowing and repairing cells.Managing hormone levelsRegulating body temperatureA healthy, life-sustaining metabolism requires cells to function at rest and adapt to a changing environment. This includes adaptation to periods of:EatingFastingStarvationPhysical activityIllness or injuryPregnancy and lactationThis means that your Metabolism isn't always functioning at the same "rate." Your metabolism signals your body to use more or less energy during different times of the day and for various reasons.Metabolic processesTo break down the process of metabolism a little further, here's a look at how it works. In general, metabolism consists of two main processes: catabolism and anabolism.Catabolism is the breakdown of macronutrients (carbohydrates, protein and dietary fats) you consume into their simpler forms. For example, your body breaks down carbohydrates into glucose, which enters your blood as blood glucose (sugar). Your body also stores glucose as glycogen — mainly in your muscles and liver. These macronutrients are the basis of the fuel your body uses for all its cells.Anabolism is the opposite of catabolism. Your body takes smaller units (like amino acids) and puts them together to create bigger structures (like proteins). Anabolism is essential when you get an injury, and your body has to heal. It's also essential for bone growth and building muscles.How does metabolism affect weight?Many people think metabolic problems are responsible for weight gain or loss. But your metabolism naturally regulates itself to meet your body's specific needs. It's rarely the sole cause of weight gain or loss. In many cases, if your body uses more calories than you take in, you'll lose weight (and vice versa). But several factors affect how many calories your body needs — many of which are hard to predict or know.What's the difference between a fast metabolism and a slow metabolism?Someone with a fast metabolism and a slow metabolism?Someone with a fast metabolism or fast basal metabolic rate (BMR) burns a lot of calories even while at rest. If you have a slow metabolism or slow BMR, your body needs fewer calories to keep it going. Your metabolic rate alone doesn't determine your body size, and vice versa. Many different factors can influence your overall metabolism and your basal metabolic rate, including how active you are. (Credit: Moment/Getty Images) Metabolism is a series of processes that control how your body creates and uses energy. It converts food and drinks into energy in your body, which you can use both when you're active and when you're resting. You need it for many basic functions, such as breathing and growing. Your metabolism uses calories and oxygen to make and release energy in a form the cells in all your organs and tissues can use.Your metabolism affects how much of that energy your body uses up and how much it stores. You might hear people talk about metabolism when discussing health, weight, and nutrition. It can be low, high, slow, or fast.You might think your metabolism, whether fast or slow, is something you're born with, passed down from your parents. Some people do seem like they've been born with a high metabolism and can eat whatever they want without gaining an ounce. But there are several things that you can control that affect your metabolism and your weight. Anabolism vs. catabolismMetabolism is broken down into two processes: anabolism and catabolism. Anabolism is the storing of energy, supporting new cells, and maintaining body tissues. Catabolism is the opposite, breaking down energy to move, heat, and fuel your body.Your basal metabolic rate (BMR) is the amount of calories you need to keep your body working when you're resting. Your BMR gives your body the energy it needs for many basic functions that are happening all the time, without you thinking about it. For example, you need it to:Breathe air into your lungsPump your bloodBreak down your foodGrowHealMake and control your hormone levelsKeep your body warmPeople can have really different BMRs. About 60%-70% of the energy your body uses goes toward your BMR. But your BMR may vary depending on:How much muscle you haveHow much fat you haveHow old you areHow many calories you eatHow active you areSome people think your sex plays a role, but at least one study didn't find it to have any impact on BMR. Exercise might also change your BMR, but it's not easy to tell how. If you need to rest a lot, it may go down. If you run a lot and then stop, even that may cause your BMR to go down. Your BMR also can vary for lots of reasons that scientists and doctors don't understand. Your BMR can also change. For example, if you try to lose weight and cut calories drastically, it will make your BMR go down. That's why it can seem like you'll lose weight fast at first and then you'll see weight loss slow down.Fast metabolism vs. slow metabolismIf you have a "fast metabolism," it means that you burn lots of calories when you're just resting. If your metabolism is slow, your body can get by with less food or calories. But it might surprise you that fast vs. slow metabolism doesn't always relate to a person's weight in the way you'd expect. Many people who have fast metabolisms or BMRs can be overweight or have obesity. So, having a fast metabolism doesn't always mean you'll be thin. Your weight will depend on many other factors, such as how active you are, how much you eat, and what you eat.It's easy to blame problems with weight on metabolism. But maintaining your weight is a complex process that involves genetics, hormones, diet, lifestyle, sleep, physical activity, and stress. A lack of activity combined with lower energy needs creates a slow metabolism. If you give your body too much energy in the form of calories, that energy has nowhere to go and is stored as fat.Your metabolism is working to maintain your weight. You can't change your routine for a few days and expect major changes. A balance of good habits will help your metabolism recognize a new ideal weight.Your metabolism depends on many different factors. Some of them you can change, but others you can't. These include:Genes. How much energy your body needs is determined by a handful of genetic factors. Larger people have more muscle mass and usually need more calories. Men tend to have less body fat and more muscle mass, so they need more calories.Age. A common myth is that age causes your metabolism to slow. But age isn't the main problem. As you get older, you may not be as physically active, you may have less muscle mass, and your body is not change to suit your body's needs. All of these things lead to a slower metabolism. Diet. There are no miracle foods, eating plans, or perfect diets to maintain your metabolism. But you can still improve your metabolism through your diet. A diet of good carbohydrates, a suitable amount of calories, and consistent meals will give your body the energy it needs.One popular diet to improve metabolism is intermittent fasting. This involves eating during a set number of hours each day (often about 8 hours) and not eating for the rest of the time. Once your body exhausts the energy it took in, it starts using energy stored in your body's fat. This may allow your body to get rid of any extra fuel it has stored.Intermittent fasting can be helpful for weight loss, heart health, diabetes, and obesity. There are many plans, so it's important to pick one that works with your health and needs. Talk with your doctor before trying it.Sleep. Sleep helps regulate your glucose, or blood sugar. A lack of sleep causes your body to have trouble with glucose levels, leading to a lack of energy. Good sleep habits don't involve counting minutes and sleep aids. Make sure you're getting good sleep by:Going to sleep and waking up at the same times every dayAvoiding caffeine, nicotine, and long naps within a few hours before bedAvoiding blue light before bed, such as TVs, computers, and phonesSleep is a great time for your body to burn extra energy. Boosting your metabolism through diet and exercise will also help your body burn more calories while at rest.Exercise. An important piece of the puzzle is exercise. Moving your body uses the most energy and burns calories. Moving regularly, even a walk around the block, can boost your metabolism to help you use excess energy, burn fat, and improve your heart health.Muscle-strengthening exercises are also important to make sure you have a healthy amount of muscle. More intense strengthening exercises will help reduce the signs of common metabolic diseases.How to increase metabolismYour metabolism is complex and won't change quickly or at will. If you want to increase your metabolism, consider talking to a doctor, dietitian, nutritionist, or other specialist about factors or habits you can change that may help you speed up your metabolism. Some things that may boost metabolism include:Exercising moreEating less fat and more complex carbsPlanning your mealsEating at regular timesLimiting alcohol and sugarGetting enough sleepA metabolic disorder is a condition that gets in the way of one or more chemical reactions that are part of normal metabolism. You can have many different types of metabolic disorders. Most of them are rare. Some examples include:Phenylketonuria (PKU). In this condition, your body can't break down an amino acid called phenylalanine.Galactosemia. If you have this condition, you can't break down a sugar called galactose because of a problem with the enzymes you need to do it.Prader-Willi syndrome. Kids with this condition want to eat all the time and never feel like they're full. Doctors don't know exactly why this happens.What is metabolic syndrome?You may also have heard of something called metabolic syndrome. This isn't a specific condition. It's a group of things that can happen when your metabolism or lifestyle isn't healthy including:Metabolism includes all the chemical processes your body needs to break down food and fuel you when you're active and when you're resting. While some aspects of metabolism depend on your genes, you can influence others by changing how you eat and how active you are. But having a fast or slow metabolism doesn't always mean you'll be thin or overweight.How do I increase my metabolism?You can't change everything about your metabolism, but healthy habits may help you speed up your metabolism. Some things that can affect metabolism are how much fat or muscle you have, what and how much you eat, and how active you are. If you want to increase your metabolism to lose weight, ask your doctor what they recommend. What are the causes of slow metabolism?Some people have a slower metabolism than others for lots of complex reasons. But your metabolism could also slow down if you suddenly decrease your activity level. Your age too could cause your metabolism to slow down, but this happens slowly. The reason isn't necessarily so much your age; it may have more to do with being less active or having less muscle.What are the two types of metabolism?The two main types of metabolism are anabolism and catabolism. Anabolism involves building bigger molecules from smaller ones. Catabolism is the opposite. Your body breaks down bigger molecules into smaller ones. Ferri FF. Metabolic syndrome. In: Ferri's Clinical Advisor 2025. Elsevier; 2025. . Accessed March 4, 2025.Metabolic syndrome. National Heart, Lung, and Blood Institute. . Accessed March 4, 2025.Meigs JB. Metabolic syndrome (insulin resistance syndrome or syndrome X). . Accessed March 4, 2025.What is metabolic syndrome? American Heart Association. . Accessed March 4, 2025.Metabolic syndrome. Merck Manual Professional Version. . Accessed March 4, 2025.Bergamot. NatMed. . Accessed March 4, 2025.Fish oil. NatMed. . Accessed March 4, 2025.Garlic. NatMed. . Accessed March 4, 2025.Red yeast rice. NatMed. . Accessed March 4, 2025.Turmeric. NatMed. . Accessed March 4, 2025. Also found in: Dictionary, Thesaurus, Encyclopedia, Wikipedia. [mēt'ăb-bōl'ik] pertaining to or of the nature of metabolism.metabolic disease a disease caused by some defect in the chemical reactions of the cells of the body.metabolic syndrome a combination including at least three of the following: abdominal obesity, hypertriglyceridemia, low level of high-density lipoproteins, hypertension, and high fasting plasma glucose level. It is associated with an increased risk for development of diabetes mellitus and cardiovascular disease.Miller-Keane Encyclopedia and Dictionary of Medicine, Nursing, and Allied Health, Seventh Edition. © 2003 by Saunders, an imprint of Elsevier, Inc. All rights reserved. (mēt'ă-bōl'ik). Farlex Partner Medical Dictionary © Farlex 2012 (mēt'ă-bōl'ik)adj. Of, relating to, or resulting from metabolism.The American Heritage® Medical Dictionary Copyright © 2007, 2004 by Houghton Mifflin Company. Published by Houghton Mifflin Company. All rights reserved. adjective Referring to metabolism, see there.Segen's Medical Dictionary. © 2012 Farlex, Inc. All rights reserved. (mēt'ă-bōl'ik) Medical Dictionary for the Health Professions and Nursing © Farlex 2012Refers to the chemical processes of an organ or organism.Mentioned in: Coma, Heartburn, Peroxisomal DisordersGale Encyclopedia of Medicine. Copyright 2008 The Gale Group, Inc. All rights reserved.Q. How is it possible to have permanent weight loss if dieting slows down metabolism? well, i know that eating less will have the body adjust to the new calorie intake and thus, no further weight loss. So how is it possible to have permanent weight loss if eating less doesn't work? Please give tips and suggestions, people who have successfully lost weight, thanks so much!A. That is why you need to cycle every few weeks. Change things up and shock your body because it does plateau. But if you challenge yourself every so often you will see results continuously.Q. How could one boost metabolism by diet? I am aware for long that metabolism is the cause for poor health and fitness.So how could one boost metabolism by diet?A. Metabolism, if it is not erroneous genetically, then it can be controlled or increased by any diet. What matters is the timing and regularity you feed yourself which uses your hormones and enzymes in your body to do the task they are for. This timing and regularity depends on eating in same time regularly and working and sleeping too. To excite some hormones even if they had switched off their action in body, can be excited by exercise and feeding with small diets in regular short time intervals. To make all this happen, reduce on junk foods, please.Q. How does coffee affect a diet? does it have an affect on metabolism? on losing weight?A. Well, coffee can increase and to accelerate the beginning of burning fat during exercise (usually only after 20-30 minutes of exercise), but the overall effect is not that substantial. You should remember that it makes your kidney to produce more urine, so you should drink more.A more discussions about metabolicThis content is provided by iMedix and is subject to iMedix Terms. The Questions and Answers are not endorsed or recommended and are made available by patients, not doctors. Want to thank TFD for its existence? Tell a friend about us, add a link to this page, or visit the webmaster's page for free fun content. Link to this page:

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