

Nutrition is one of four key lifestyle pillars – alongside movement, sleep, and stress management – that determine our metabolic health.

### **Learn more about your metabolism with Lumen.**

A healthy metabolism can efficiently switch between burning fat and carbs to support your body's needs. This key capability is called metabolic flexibility, and it's critical in helping you reach health and weight management goals.

The great thing about your metabolic health is that it's truly in your hands. The same way you can keep a luxury car in good shape with premium oil, regular maintenance, and careful driving, you can keep your metabolism at peak performance by making the right lifestyle choices for your unique body.

*That's where Lumen comes in:*

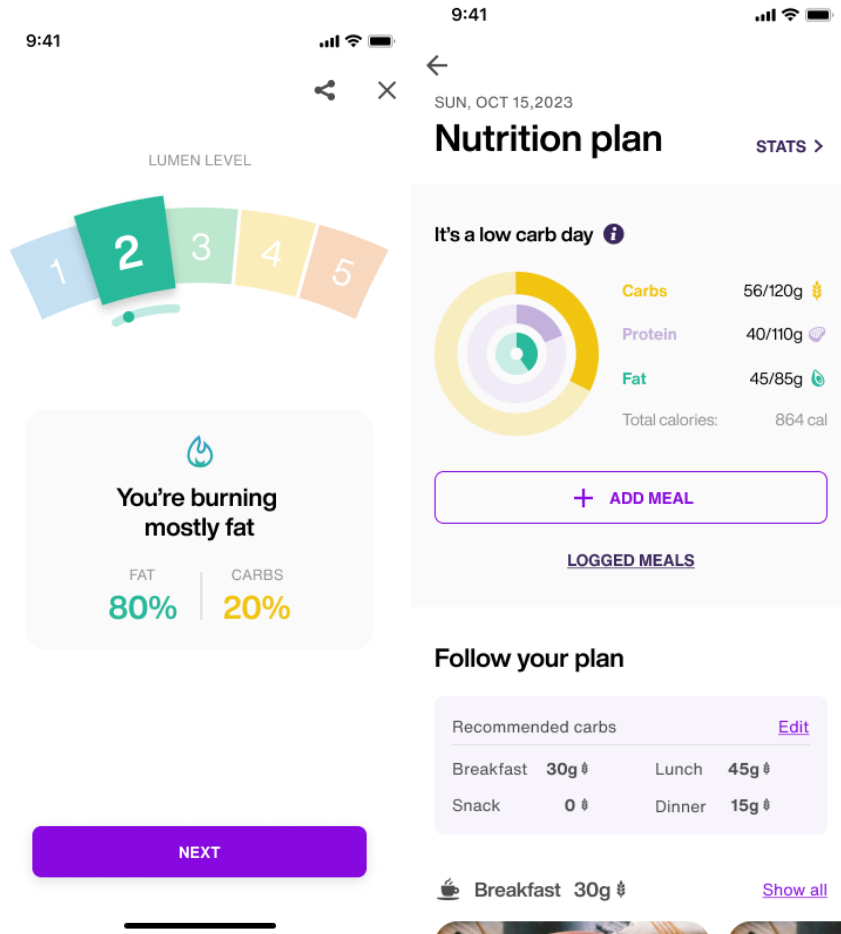
Lumen is the world's first non-invasive, handheld device and app combination, working together to revolutionize metabolic tracking. The device analyzes your breath to determine how your metabolism is functioning, including immediate feedback on whether your body is using carbs or fats for fuel. The app then provides insights into how your lifestyle impacts your metabolic health alongside tailored guidance to optimize nutrition, workout regimens, and overall health for your unique body.



As Lumen gets to know your body, your personalized guidance will empower you to align your daily activities with your fitness, dietary, and lifestyle goals.

## Use Lumen to Improve Your Metabolic Health

As you follow Lumen's nutrition and lifestyle recommendations (which adjust with you according to every breath you measure), your metabolism will improve. The goal over time is to achieve fat-burn mode in the morning and to utilize carbs more efficiently throughout the day.



As your journey toward improved metabolic flexibility unfolds, you will likely notice:

- Improved weight loss: Being able to switch from burning carbs more efficiently to fat for energy makes it easier to burn fat, achieve optimal body composition, and maintain a healthy weight.
- Higher energy levels: When your body efficiently metabolizes carbs, your blood glucose levels remain more stable throughout the day, avoiding the dreaded energy peaks and crashes that come with major glucose spikes.
- Long-term health benefits: Greater metabolic flexibility means improved insulin sensitivity and better mitochondrial function, which research shows helps to prevent chronic diseases and supports long-term health and well-being.

Get an exclusive [CADA discount](#) on Lumen today!