



# The Tracking Life

## Why Track?

There are some people who naturally want to track things. Anything. You name it and they are tracking it. Trackers track their health stats, spending, eating, exercise, sleep, weather and more. Then there are people who track certain activities, usually with a goal or outcome in mind. Athletes training for an event track their HRV, heart rate as well as distances and times. Dieters track the number of calories consumed and burned each day and people with potentially serious health concerns may track blood pressure and glucose levels.

With the widespread use of tracking devices such as Fitbit and Apple Watch, many are exposed to health metrics they had never thought about and continue to not think much about! That said, tracking is a good habit to get into, especially as one gets older. A gradual or sudden change in HRV, heart rate, sleep or blood pressure can be indicative of disease onset, even if an individual feels healthy.

## Early Detection

Early detection of health impairments is crucial for initiating timely interventions, which significantly improves long-term outcomes. Regular screenings help with this though they are usually only once a year. Often borderline results are discounted because they or “in range”. It is up to individuals to educate themselves on what the results of the screening mean and to do their own tracking in between doctor visits.

According to the CDC, 30% - 39% of American adults have Metabolic Syndrome and there are studies that indicate that up to 93% of US adults have some form of metabolic dysfunction. Even with these statistics, most people do nothing until they have type 2 diabetes, cancer, hypertension or heart disease.

The good news is that you do not have to wait for serious disease. You can take your health into your own hands and do some basic tracking that can reveal potential serious problems headed your way.



## We Are Electrical Beings

We are electrical beings. Our cells have a voltage across the cell membrane, our brain communicates with other parts of the body via electrical signals, our heart beats via an electrical impulse (and generates a measurable magnetic field), and our brain contains over 100 trillion electrical synapses that make you awake and alive.

Our nervous system is the electrical highway of the body. It moves electrical information to various organs, muscles and tissues. Nervous system perturbations often precede the clinical diagnosis of neurodegenerative, autoimmune and mental health diseases by months or years. This often shows up as fatigue and digestive issues and are usually brushed off by most people.

By tracking your HRV, you can track the state of your nervous system and make appropriate lifestyle changes if you see nervous system imbalances. Metabolic Harmony + is the perfect place to start your tracking lifestyle.