Metabolic Testing

Fill in Questionnaire

Enter patient information

Measure Body Weight/Body Composition

Having your metabolism checked with the KORR [R**EE**V**UE**](http://www.korr.com/products/reevue.htm) is as easy as 1-2-3!

1…RELAX.  [REEVUE](http://www.korr.com/products/reevue.htm) measures resting metabolic rate. It is important that you be able to reach a resting state during your test. You should avoid activities such as exercise or stressful situations that will prevent you from relaxing for at least two hours prior to your test. Digesting a large meal, as well as taking stimulants, such as caffeine, can raise your metabolic rate and should also be avoided prior to your test.

2…GET HOOKED UP.  You will be able to sit or lie comfortably while being tested. The technician 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](http://www.korr.com/products/reevue.htm) 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 sit back and breathe. The [REEVUE](http://www.korr.com/products/reevue.htm) 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 just 10 minutes, your doctor can know precisely how many calories your body is burning. Your diet can then be tailored to maintain the right caloric balance. Proper nutritional assessment by Korr Medical Technologies can put you back on the road to better health!