

**Title: Slowed-BMR.** Slowed metabolism in healthy and unhealthy population affection on weight loss:- causes, investigation (BIA technology Vs Indirect calorimetry plus laboratories) and Treatment

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TDEE is always variable according to each case measurments, genes and target. TDEE of weight loss is so critical as it has to be calculated to lose most of the weight from fats not muscles and water, to reach the ideal shape and ideal health with the ideal weight. BMR counts almost 70% of the TDEE and because of many medical and non-medical factors some cases suffer from Slowed-BMR which particularly affects the TDEE, total health and the target so they fail to lose weight in a healthy manner.

In FitoverfaT we have made hunderds of Natural body Transformations using Nutrition and workout plans according to each case measurments and target, by using our clinical data (BIA/IC) and follow up of different cases (over 140,000 assessments) we can put guidelines to deal with the TDEE and it's composition from Proteins/Carbs/Fats specially with the Slowed-BMR cases.

Some of our results could be checked on our below mentioned business accounts.

**Biography**

Ramy Mansour has completed his bachelor of medicine from Faculty of Medicine Ain-Shams University. He is the director of FitoverfaT, a natural body transformation clinic. He has been certified from Harvard medical school (lifestyle medicine for weight management), Stonebridge college (weight management and consulting diploma), ESPEN (Screening and last updated assessments), COSMED (BMR assessment specialist), an African and Worldcup field hockey player.

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