

# The Case for Metabolic Archetypes: A Credible Evolution Beyond Traditional Metabolic Typing

White Paper



**Hormesis Health & Fitness**  
Evolutionary Vitality



Hormetic Code™

Metabolic Archetypes™



CARB EFFICIENT  
METABOLIZER



FAT ADAPTED  
METABOLIZER



LEAN MUSCLE  
METABOLIZER



CARBOHYDRATE-  
SENSITIVE FAT STORER



HYPER METABOLIC  
OUTLIER

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The information in this article is part of the proprietary system developed by Hormesis Health and Fitness LLC, including The Archetype Engine™, The Hormetic Code™, The Biological Fitness Map™, and Metabolic Archetypes™.

These concepts and their related methods are protected intellectual property. Patent protection is pending.

## Executive Summary:

The quest for personalized nutrition and metabolic optimization has led to several frameworks over the past century, including metabolic typing, oxidative rate models, autonomic nervous system dominance, and somatotypes. While each sought to explain individual variability in metabolic function and dietary response, none have achieved scientific consensus or broad clinical adoption due to methodological limitations and lack of empirical validation. This white paper introduces the concept of *Metabolic Archetypes™* as a modern, scientifically plausible alternative grounded in genetics, metabolic biomarkers, and physiological indicators. This framework offers the potential for enhanced precision in health coaching and clinical practice.



# Background and Historical Context:

## 1. **Metabolic Typing**

1. Originated in the 1960s by William Donald Kelley and expanded by Wolcott and Kristal.
2. Based on combinations of oxidation rate, autonomic dominance, and acid-alkaline balance.
3. Widely criticized as pseudoscience due to inconsistency and lack of reproducibility.

## 2. **Oxidative Types**

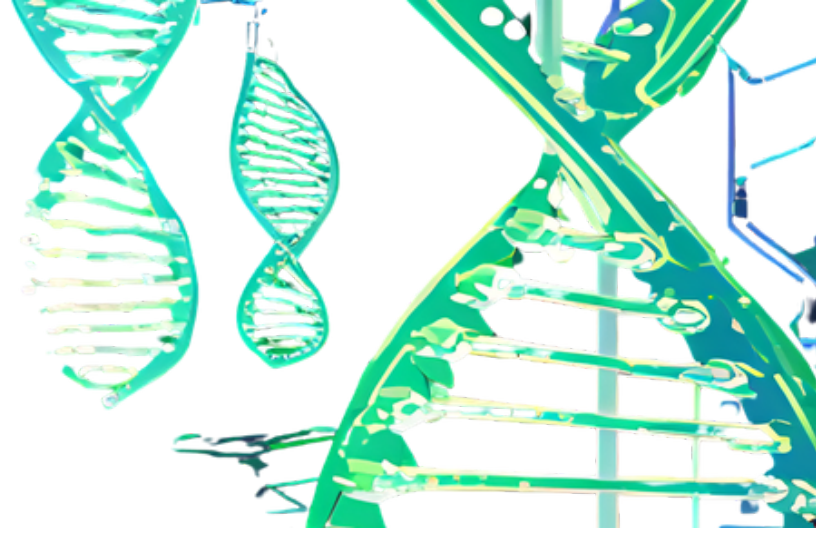
1. Divides individuals into fast or slow oxidizers based on cellular ATP production speed.
2. Recognizes variability in substrate preference (fat vs. carbohydrate).
3. Scientifically plausible but overly simplistic and difficult to measure directly.

## 3. **Autonomic Nervous System Dominance**

1. Categorizes people as sympathetic or parasympathetic dominant.
2. Acknowledges the role of stress and nervous system tone on metabolism.
3. Lacks diagnostic precision and predictive power for dietary or training interventions.

## 4. **Somatotypes**

1. Classifies individuals as ectomorphs, mesomorphs, or endomorphs.
2. Correlates loosely with metabolic tendencies, but heavily influenced by environment and training.
3. Outdated and not reflective of dynamic metabolic processes.



### **Introduction to Metabolic Archetypes™:**

Metabolic Archetypes™ represent a modern reinterpretation of individual metabolic variability, leveraging genetic markers (e.g., FTO, PPARA, APOE, AMY1), insulin sensitivity indicators, lipid metabolism genes, and traits associated with mitochondrial efficiency, hormonal balance, and inflammatory response.

# **Core Principles of Metabolic Archetypes™:**

- **Genetic Foundation:** Uses SNPs and polygenic profiles to classify individuals into archetypes.
- **Phenotypic Integration:** Considers insulin resistance markers (e.g., fasting insulin, HOMA-IR, TyG index/triglyceride-glucose index), lipid ratios (e.g., triglyceride-to-HDL), and indirect calorimetry data where available.
- **Behavioral and Environmental Context:** Accounts for training response, dietary habits, and circadian tendencies.

# Comparative Credibility and Scientific Plausibility:

Framework	Scientific Basis	Modern Relevance	Limitations
Metabolic Typing	Very Low	Obsolete	No empirical support; pseudoscience
Oxidative Types	Moderate	Partially useful	Hard to measure; lacks nuance
ANS Dominance	Low-Moderate	Limited	Lacks diagnostic clarity
Somatotypes	Low	Outdated	Based on appearance, not function
<b>Metabolic Archetypes™</b>	<b>Moderate-High</b>	<b>Emerging</b>	Requires more validation studies

# Positioning Against Current Tools:

## Today's common personalization tools include:

- **Macro-based coaching** (limited precision)
- **Wearables and glucose monitors** (real-time, but reactive)
- **Standard nutrition guidelines** (population-level, not individualized)

### **Metabolic Archetypes™ offer:**

- *Proactive metabolic classification* rather than reactive monitoring
- *Stronger mechanistic foundation* rooted in genetic predisposition
- *Custom training and nutrition pathways* tailored by archetype

### **Conclusion and Forward Path:**

Metabolic Archetypes™ hold greater scientific promise than any previous framework attempting to categorize human metabolic individuality. While full clinical validation remains in progress, the convergence of genomics, endocrinology, and performance science makes this framework the most credible and potentially impactful approach to personalized health coaching. It bridges the gap between outdated typologies and today's biomarker-heavy, yet often fragmented, health tech ecosystem.

Future development should prioritize validation through longitudinal studies, integration with wearable and biochemical data, and the development of decision-support tools for coaches and clinicians. Metabolic Archetypes are not merely a revival—they are an evolution.

# Disclosure & Disclaimer

The information provided by Hormesis Health and Fitness is for educational and informational purposes only and is not intended as medical advice, diagnosis, or treatment. Always consult your healthcare provider before making changes to your nutrition, physical activity, or lifestyle—especially if you have a medical condition or take prescription medications.

Hormesis Health and Fitness promotes strategies aligned with our evolutionary biology—what the human body fundamentally needs to thrive. These principles support general vitality and biological fitness, and while they may benefit those with chronic conditions, they are not disease-specific protocols. Rather, they are rooted in what promotes health for all.



Our approach leverages The Archetype Engine™, The Hormetic Code™, The Biological Fitness Map™, and Metabolic Archetypes™ to guide personalized strategies that support the body's natural capacity for resilience and vitality. When we honor our biological design—giving the body what it needs and avoiding what degrades it—health is not just possible, it's expected.

