



# Explaining the RMR Test with MedGem and BodyGem Devices to Your Patients and Clients

## Introduction to the RMR Test

The MedGem/BodyGem Resting Metabolic Rate (RMR) test is an important tool for understanding your unique metabolism. When we conduct this test, we're essentially capturing your personal "metabolic fingerprint." This process provides a detailed look at how your body burns energy at rest.

## How the Test Works

The RMR test uses a method called indirect calorimetry. By measuring how much oxygen you consume while at rest, we can determine the exact number of calories your body burns just to perform its most basic functions. This includes keeping your heart beating, your lungs breathing, and your cells operating, without accounting for any exercise or digestion.

## Personalized Measurement

Unlike standard formulas that estimate your calorie needs based on general factors such as age or weight, this test provides a direct and personalized measurement. It takes into account unique aspects of your health, including any medications you may be taking or variations in thyroid function—details that generic formulas often overlook.

## Using Your Results

With the precise data from your RMR test, we can develop a custom nutrition plan tailored to your body's actual needs (using the [MedGem and BodyGem Analyzer Software](#)). This approach ensures your plan is both effective and sustainable, supporting your goals in a way that's specific to you.

## Accurate and Validated Devices

The MedGem and BodyGem devices used for this test are validated and backed by scientific research. They provide reliable results, making your assessment both simple and accurate.

Save this explanation or adjust it for your own practice. If you want the gold-standard in accurate RMR testing, visit [www.MeasureRMR.com](http://www.MeasureRMR.com) or contact Nora Neely at 713-858-2445 for more information.