

Lumen Metabolism Tracker through Review Glasses

Staying fit might be tedious but every process involved must be taken serious. A couple of those really important processes are progress monitoring and motivation. The Lumen Metabolism Tracker helps with these.

Lumen Metabolism Tracker assists you in monitoring and keeping record of your progress. It does not make the process of staying fit easier but it maintains and boosts your motivation to keep going.

This gadget was created by the twin sister Merav and Michal Mor. It was inspired by the Ironman race they were training for, they needed a portable, easy and reliable way to track their metabolism. Essence preceding existence. Hence, they created a device that connects with Smartphone via Bluetooth and reveals if your body is burning fats or carbohydrate for energy.

How does it work?

Lumen boasts of hacking your metabolism, so what's the code? Well, according to Lumen, it starts with a breath.

This gadget makes use of a CO₂ sensor and a flow meter to ascertain the CO₂ concentration in your breath. Your body can burn either fats or carbohydrate as fuel for energy. Lumen metabolism tracker tells you which your body is using.

While Lumen may help you understand your metabolism and ease some of your diet and workout hassle, it takes a kind of strict devotion to use it itself. As discussed by Forbes, you are to use it in the morning before eating anything. It should be at least 30 minutes after waking up and keep a 12 hours gap before your last meal and the time of checking whether your energy source consists mainly of carbohydrate or fats. WIRED however states that the gap between the last meal time and using Lumen could be 8 hours.

This gadget is built like an inhaler, although sleeker. To use it, you breathe in and out through it. To get a result out of it, you inhale through it, hold your breath for 10 seconds, then exhale through it. You could repeat this process multiple times. The mobile app will instruct you on when it is enough. The metabolism process is measured by respiratory exchange ratio. For reliable results, you use Lumen for at least a month.

How do you know if you are burning carbohydrate or fats?

According to WIRED, after breathing through the inhaler-akin Lumen enough for it to determine what fuel your body use, the mobile app scores you from 1 to 5. If it scores 1 to 2, then you are burning fats; if it scores you 4 – 5, then you are burning carbohydrate; if it is 3, then it is a mixture of both.

Further, the app advices you on what you should eat and how so as to regulate your metabolism. Basically, it advises based on your score, it recommends eating a low-, medium-, or high-carbohydrate foods. This helps with efficient dieting and workout routine.

But really, think about it, if you already have a good knowledge of your body and diets, do you need this gadget? It is really a simple ‘no’, especially when you consider the price.

Lumen seems like a luxury item. A gadget that measures your metabolism and gives diet advices and costs \$350...? Definitely, it is luxury.

However, if it is luxury you can afford and that you need, its utility value is quite commendable. Consider the pros of Lumen.

1. Chiefly, what Lumen does is “hack” your metabolism so you can have “metabolic flexibility”. This means that you can efficiently alternate between using carbohydrate or fats as fuel. As far as you follow the follow the instructions given by Lumen strictly, you could become a big time hacker – sounds cool, doesn’t?
2. Like a ripple effect, metabolic flexibility results to effective fat burning which leads to immune strengthening and better sleeping – all that equals you being healthier.
3. Lumen is very easy to use and it is pocket portable. That is a whole professional nutritionist in your jeans pocket.

Cons of Lumen Metabolism Tracker? Well, they are not much.

1. It could get really tiring to use. It makes your metabolism flexible but its usage routine is not flexible a bit.
2. The price is exorbitant (I mean, just \$49 more and you could get a PS5).
3. As much as Lumen is easy to use, it is often hard to get an accurate reading. The app might instruct you to reiterate the process of inhaling,

10 seconds breath holding and exhaling 2 to 3 times. Also, experts remain sceptical of the readings Lumen provide as they opine it cannot be exactly verified. According to Mashable after consulting two members of U.C. Davis' Health Center, experts aren't entirely convinced of its accuracy or usefulness.

There are alternatives to Lumen. If you are fine with prehistoric looking equipment, Parvo Trueone 2400 metabolic cart is an option. It is considered to be efficient. Its efficiency is so trusted it serves as a bar for Lumen as a study was done by Francisco State University to judge the performance of Lumen against that of parvo Trueone 2400. However, it is both not portable and not easy to use – someone with a fear of hangman might get an anxiety attack trying to use it. You have to wear a hood over your head so your breath can be captured for analysis. It costs \$20,000. It is certainly not for private owners.

Below are a couple of portable and similarly easy to use alternatives.

1. Foodmarble. This focuses more on providing information about foods that are more compatible with your digestive system. It uses hydrogen breath testing. When the food you eat does not digest fully, certain bacteria in your gut breaks them down. This process produces small amount of hydrogen which finds its way into your blood and gets transferred into the lungs through breathing. This makes it possible to measure the hydrogen through your breath. It costs \$159.
2. Breezing. This focuses chiefly on your energy source (carbohydrate or fats), just like Lumen; measures your resting energy; and enables you to monitor this information. It has the same mode of usage as Lumen does. It costs \$250.

[Hashtags: healthcare, fitness and wellness, healthtech, nutrition, mobile app.]