

Healthexcel's Metabolic Typing Advanced Program

Client Checklist

Before Taking The Questionnaire

1. Read through the Advanced Questionnaire.
2. Note that you answer the questions as you are NOW and check only one answer to each question.
3. If you are not ready to take the test because you need to investigate some of the answers, please note those questions and ask family members or friends for their thoughts.
4. Also, test any foods that you do not know your reaction to. For example if you never eat meat for lunch, test it to see how you feel and make a note of your reactions
5. When you are ready take the test and if you are doing it online, you need to make a copy of it for your records as well as for backup in case a problem arises in transmission. The instructions are at the bottom of the questionnaire. Go over these with your Advisor/Advisor to make sure you succeed at making a copy.

The Results Session - Your Diet

You will receive your results package from your Advisor or Advisor on your computer. This will include:

- Your Advanced Program Report
- Your Diet Plan
- "Using Your Diet Plan" article
- Ultra Life catalogue

1. If you receive your full results pack before talking with your Advisor/Advisor, read all of the information and make a note of any questions you have.
2. Make several copies of your Allowable Foods List to pin up in different places and also to keep with you when you are food shopping.
3. Make lots of copies of your Diet Check Record Sheet that is contained in your Diet Plan. If you prefer the Diet Check Record Sheet by computer, ask your Advisor/Advisor to email you an on-line copy. You will be using the Diet Check

Record Sheet regularly to check in with your Advisor/Advisor so s/he can monitor your progress.

4. In your report, note your Metabolic Type.
5. First note your Dominant Type. This will be either Autonomic or Oxidative. Please read about this in your report.
6. Understand that there are three types for each dominant system, the autonomic and oxidative. Note your type. If you are oxidative dominant, you will be either fast, mixed or slow. If you are autonomic dominant, you will be either sympathetic, balanced or parasympathetic.
7. Read in your report the characteristics for your type.
8. Remember that your Metabolic Type determines the foods and nutrients that are right for you.
9. Note your subdominant type and note that this tells you whether you are a "classic type" or "non-classic type."
10. Look at which diet plan is recommended for you in your report
11. Now look at your actual Diet Plan #1, #2 or #3.
12. Look carefully through the list of foods.
13. Cross off with a pencil any foods that you do not like or any foods that you are sensitive to or allergic to. The foods that remain are the foods that you will ideally eat 90% of the time.
14. Create some very simple menus from this list of foods, making sure to eat both protein and carbohydrate foods every time you eat.
15. Decide if you will prepare these foods at home or eat out in a restaurant.
16. Look at your suggested food percentages and think of them as a starting point. You will use these percentages as a visual aid to determine what the food looks like on your plate.
17. Understand that the starting ratios may change for you as you adjust your diet over the coming weeks, using your Diet Check Record Sheet and your Fine-Tuning Guidelines (included in your Diet Plan).
18. Your ideal protein/carbohydrate ratios also may change from meal to meal as your circadian rhythm changes throughout the day.

The Results Session – Getting Practical

Below are several scenarios looking at the different ways to start using your Allowable Foods List. Read the different recommendations and see which one fits you best. If you have your own plan, that is fine too.

The Busy Person “Change Me Slowly” Approach

For the first two weeks, just try eating the foods on your Allowable Foods List. First make the effort at breakfast, then at lunch, and finally at dinner. Start thinking about your ratios of protein to fat to carbohydrates.

The “I Am Sensitive To Carbohydrates” Kind Of Person

Follow the twelve-step program in The Metabolic Typing Diet by William Wolcott and Trish Fahey. It is described in each section in Chapter 7 about how to get started.

The “I Want To Get Started Right Away” Kind Of Person

Memorize your Allowable Foods List as soon as you can and have the foods that you like stocked in your kitchen. Now look at the ratios above your foods list and start using those ratios immediately. Remember that the ratios are for what you see on your plate. They are not caloric or counting protein or carbohydrate grams. Now use your Diet Check Record Sheet daily, and see how you rate after each meal. Are you feeling better according to the symptoms listed? If not call your Advisor/Advisor.

The “I Love To Follow A Food Plan” Kind Of Person

Go over your Allowable Foods List and then look at the recommended diet plan in your diet pack. Go food shopping and pick up the foods that are on the diet plan. Follow these menus and fill out the diet record sheets and check to see how you are doing. If you need to adjust the ratios as you go along please do. Remember that you can call your Advisor/Advisor anytime for help.

The “Eating Out All The Time” Kind Of Person

First of all realize that there are going to be some restaurants where you can no longer eat. Memorize your foods list and start to really check out your food choices in various places. You may need to special order foods or call ahead and be sure that the restaurant will be serving foods that you can eat. You may also need to order side dishes and skip some of the food on your plate. Whenever possible, carry your own foods with you if you are rarely home. A hard-boiled egg and ham is a lot more nutritious from home than bought at a fast food restaurant.

You Are "The Travelling Person" And It Is Tough

If you are on the road all the time, you have the most difficult challenge of all. You need to know ahead where you are going and certainly call ahead to tell the hotel or restaurant what you need. They may also be able to help you locate health food stores. You can carry nuts and other non-perishables if you are travelling by plane, but for regular meals restaurants are a necessity. If you are travelling by car it is a lot easier to carry a cooler bag and shop as you go. Inform the staff in a restaurant exactly what you want, don't be shy. It is easy today to obtain filtered and or distilled water on the road. Your determination will win out as you travel. Where there's a will there's a way.

Long Term Challenges

- ❖ Getting your food ratios correct for each meal is a long-term challenge that you will have.
- ❖ Remember that you need to be very aware of how you feel after a meal and think about adjusting your ratios each time you have *cravings, hunger, low energy or a poor sense of well being* after you eat.
- ❖ Consider the fact that it might take some time for you to get really good at doing this.
- ❖ Be sure and look at the fine-tuning methods in The Metabolic Typing Diet by William Wolcott if you are confused. (Available from Ultra Life by calling 800.323.3842 or 618.594.7711, and online at www.amazon.com -- in hardback or paperback)
- ❖ It is very common for clients to have carbohydrate sensitivities that even a piece of fruit can set off.
- ❖ Also be aware that allergies to foods can make you feel poorly.
- ❖ Always contact your Advisor/Advisor with any questions as soon as they arise. Remember: although this is a self-help program, it is not a do-it-yourself program. You need proper answers to your questions as you go along.

Supplements

1. Read over your supplement recommendations.
2. Note that Synergy-Com #3 is recommended. This is the multiple that everyone takes to get nutrients from both sides of the metabolic equation. (This is also the supplement for the balanced and mixed type.) It provides a baseline for your other metabolic typing nutrients.
3. In addition to Synergy-Com #3 you will probably have another supplement that addresses your metabolic type specifically. The names of these are
 - Oxi-Com #1
 - Oxi-Com #2
 - Paraplex
 - Symplex.
4. These supplements address specifically your metabolic type and help push you in the direction of balance.
5. The Enzigest #1, #2, and #3
 - #1 is for the sympathetic type and the slow oxidizer.
 - #2 is for the parasympathetic and the fast oxidizer.
 - #3 is for the balanced and the mixed type.
6. The glandulars in the next section are for supporting the glandular system. The Proto-Com #1, #2, and #3 M(ale) or F(emale) are multi-glandulars
 - #1 is for the sympathetic type.
 - #2 is for the parasympathetic.
 - #3 is for the balanced.
7. The Adrenorate is a glandular that supports all metabolic types and their adrenals.
8. Please obtain these supplements through Ultra Life or through your Advisor/Advisor.
9. When the supplements arrive, start taking the breakfast supplements for a couple of days. Then add your dinner supplements and finally your lunch supplements.
10. If you have any detoxification symptoms, please stop the supplements until they go away and then resume taking them. Obtain a list of detox symptoms from your Advisor/Advisor.
11. If you are very sensitive, you might have to take fewer supplements each day than is recommended. Discuss this with your Advisor/Advisor.
12. Remember that you can cycle on and off the supplements when you have the need. Some people need to do this and others do not.

*Good luck . . . and have fun on your journey of
discovery about your own metabolic type!*

Healthexcel's Metabolic Typing
Advanced Level Advisor Training Program

Resources

Healthexcel – The computer and research center for all information pertaining to The Healthexcel Metabolic Typing Programs.

President and Founder: William L. Wolcott

Email Address: info@healthexcel.com

Postal Address: 277 West Chewuch Rd.
Winthrop, WA, 98862-9772, U.S.A.

The Metabolic Typing Education Center U.S.A. – The international education, support, training, and referral center.

Director: Dodie Anderson

Email Address: info@MetabolicEd.com

Postal Address: 7969 Caminito Del Cid
La Jolla, CA. 92037, USA

Tel: 858-454-4051 (first contact number)

The Metabolic Typing Centre UK - The education, support, training, and referral centre for the UK.

Director: Sheri Dixon, D. N. Th.

Email Address: sheri@metabolictyping.co.uk

Postal Address: 1, The Crescent,
Mottram St. Andrew, Cheshire SK10 4QW

Tel: 01625 586219, Fax: 0870 131 9155

Resources continued

Synergy - Supplier of the complete line of Metabolic Typing Supplements in mainland Europe

Director: Peter Koenigs

Email Address: peterkoenigs@compuserve.com

Tel: 0049 (0) 6158 916366

Postal Address: Duererstr. 9, 64560 Riedstadt, Germany

Ultra Life - Supplier of the complete line of Metabolic Typing Supplements in the USA

President: Lance Smith

Email Address: ullife@accessus.net

Tel: 001-800-323-3842, 001-618-594-7711
