

Are you ready?



Transform your weight

Master Your Metabolism

Cynthia Howard RN, CNC, PhD

Phone Consultations

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INTRODUCTION



Have you have struggled with diets and weight loss? Frustrated, angry, despondent over whether “success” is possible?

You can relax – the struggle is over. This system is designed to cover all aspects of weight loss from metabolism, to emotional eating, to stress, metabolic resistance , energy and more.

Having worked with weight related issues and developed weight loss programs for over 20 years, I have put together a system that works. We have combined:

- Personalized food plan based on your body type,
- Support for lifestyle changes,
- Education,
- Breakthrough technologies for emotional release and
- Pharmacy grade supplements that remove toxins and will restore and rejuvenate you

This type of support manages your metabolism, stress, and hormonal balance while optimally guiding you toward your ideal size. We breakdown the mystery of weight loss and BREAKTHROUGH the yo yo cycle of weight loss and weight gain.

This program is not so much a diet as it is a guide to the foods that your body will do best with according to your metabolic type. Metabolic type determines the ideal ratio of carbohydrates, protein and fats for your body while selecting fruits and vegetables based on your need for minerals. This in turn creates an ideal “acid base balance” or pH. By regulating the ratio of carbohydrates and fats your body will increase metabolism and burn fat.

Are you worried, this will not work for you? Is there a tendency to feel cynical? Are you anxious about changing your routine around food? Using the rapid release methods in our “breakthrough technologies” you will finally be FREE from these energy drains of worry, self doubt and even hopelessness. We also will help you shift your beliefs so that you experience more optimism and confidence.

We combine the science of Metabolic Typing with homeopathics, functional nutrition so you can Master your metabolism and end the battle with weight. In addition to our Detox food plans and products we have specialized detoxs for Food Sensitivities, Yeast overgrowth and more. Our 52 week program will take you through the entire process of losing weight, plateaus and maintaining your weight!

Stressed? We have a complete stress relief program to help you relax and rejuvenate!

So, sit back, relax and ENJOY your success. We know this process works and know it will work for you. Start seeing and feeling your results now and your future is guaranteed. If you cannot see and experience your future as a healthy slimmer you – then you REALLY need our program to help you breakthrough this block.

If you are losing 10 lbs for the very first time in your life – then this is just about losing weight. HOWEVER if you are losing this weight over and over and over again... then losing weight is really about changing how you feel about yourself.

ARE YOU READY TO CHANGE YOUR LIFE?

Many people have given up on losing weight. They tell me they want to feel better in their clothes and about themselves or they are worried about their health BUT losing weight is not really important all by itself. Does this mean you don't really believe weight loss is possible? We help you "measure your motivation" so you can get started on some aspect of your transformation! You do not need another internal conflict just because you are not gung ho on weight loss!

I do want to spend a little time on the beliefs you may have about yourself and your body BECAUSE this is the driving force behind your motivation and ability to stick with your program. This "system" of weight loss is a system because it will address all phases of weight loss in mind, body and spirit.

If you are losing the same 10, 20, 30 pounds over and over again – then this is really a problem with your emotions more than your "weight." Ok, so you may have had a child or had some other type of life transition and yet, was it the change or the way you *felt* during this time that changed your focus from your health to the need for comfort from chips, candy, sweets, alcohol, chocolate or larger portions? And of course, that cycle sets up its' own crazy cravings – as I am sure you have experienced. So, we will cover the emotional eating and self sabotage AND I assure you that if you use the techniques presented here – you will break through. Even if you [schedule a few sessions with our Coaches](#) to experience the breakthrough - it will be THE BEST investment you could make in yourself.

*Weight
does
not
protect
you.
It traps
you.*

The bottom line here though is to be honest with yourself. That is right – you can't continue to pretend that the REASON for your weight gain is the holidays or going on vacation. THIS time get honest and admit to any out of control emotions and or fears. You do not have to tell anyone and you can pretend to other people BUT do not kid yourself or you will simply lock in the pattern of hiding behind food and an "invisible" body (in spite of its size) the rest of your life.

The beauty of this system is that it does not matter how long you have gained and regained weight, denied your fears or experienced self doubt – if you are ready to let go - this system WILL change your life!

And if you are not ready, this program will move you through the stages to get ready! So making progress is everything as this process is not just about achieving the number on the scale or the new dress/pant size – it is ALL about the journey and what you will learn and experience as you uncover the true beauty of who you are and what you are really about!

I encourage you to get started at the place you are now. If you are not ready to make changes in your diet, perhaps you can increase your water intake and start a walking program – just 10 minutes a day. Or maybe you really want to end the self sabotage and emotional eating – first – before you actually make any changes. This can be extremely helpful as the changes then follow so easily. We help you with a plan at every stage to keep you moving forward as you follow your natural progression through these changes!

If you have not taken our quick “test” to measure motivation, focus and interest, do so now.

Answer the following without over thinking the answers:

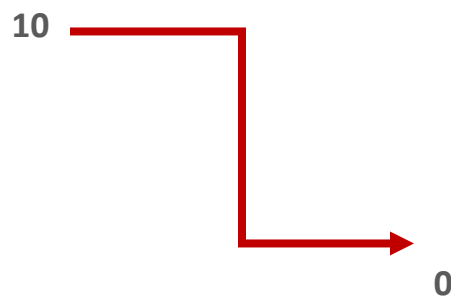
On a scale of 1-10, 10 being the strongest desire, rate each of the following:

I am ready to lose weight

I am willing to lose weight

I am able to lose weight

I will do whatever it takes to lose weight



ARE YOU **READY** TO LOSE WEIGHT?

This means that you will make/ take the time it requires to approach FOOD differently. We understand that life can take over with demands and challenges; we can provide you added support along the way.

Why not embrace your motivation and start out on our 30 day cleanse that includes a “Detox Diet.” The “diet,” or food plan is optional, however you get the best results this way. Again, we encourage everyone to do what you can - just as long as you are moving in the direction of healthier decisions!

Our 30 day cleanse begins with a 7 day Detox “Diet” and the following *amazing* detox products:

Cleanse and regenerate damaged cells in your liver and other vital organs while reducing the harmful toxins that can cause sluggish organ function. The ingredients in this precise blend of premium quality herbs have been clinically proven to help protect the liver from harmful toxins and promote the regeneration of damaged liver cells. It is your liver that is responsible for maintaining a stable blood sugar and it is the spikes in blood sugar that cause the body to STORE FAT!

Clear your intestinal tract of impacted waste, toxins and parasites with this all-natural, high fiber formula. Formulated to cleanse the colon function and promote increased elimination. Continued use of Clear can help to maintain a toxin free while promoting healthy flora balance. A clean and healthy intestinal tract discourages harmful parasites.

Purify your body by eliminating parasites and their eggs with this powerful combination of herbs. The ingredients in Purify have been used for centuries to help rid the body of parasites. Increase your vitality and sense of well-being by eliminating the various parasites that call the human body home.

[For more information and ingredients...](#)

The Detox Diet is also simple. Do this for 7 days:

- Eat as much fresh, raw and or steamed vegetables and green leafy salads. Flavor with lemon and spices
- Add ¼ - ½ avocado to salads
- 2 fruits per day – apples, pears, grapefruits, oranges
- Drink lots of water with fresh squeezed lemon
- Herbal teas sweetened with stevia; limit coffee to 2 cups per day (do not use artificial creamer!) If necessary, use cream, small amount, sweeten with stevia
- Low sodium V8 juice, (2-3) 6 ounce servings
- Low fat protein dinner with salads, veggies as above (chicken, fish, turkey)

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Do not have ANY cheese, flours/grains, sugars, nuts during the 7 days. If you need more protein add in 4 egg whites with vegetables for an omelette. You can do this very easy by preparing this ahead of time. Crack the eggs and discard the yolks, chop up the veggies in bite size pieces and put everything in a Ziploc bag. Close the bag and squeeze to mix it up. You can freeze these and when ready to eat – pull out and immerse in boiling water for 2-3 minutes. Voila! You have a meal! You can also have a salad and or servings of vegetables and or low sodium V 8 juice with this.

We have great recipes and menu plans as part of our [membership](#)! To fine tune your diet and to enhance fat burning, you will want to participate in our Webinars which are FREE when you join!

If you are bored, you will have to use the resources to manage emotional eating. We also have supplements that can help with appetite and cravings. What is so great about this plan is that you will see results in this first 7 days and this alone can be enough to lock in your commitment. Not only are you losing weight but you are clearing and supporting your colon and liver – 2 systems critical to a healthy body and a stable metabolism.

After the first 30 days, you can move into the next phase of Detox. Since everyone is different there are options depending on your profile. With our [membership](#), you have access to Webinars that walk you through more Detoxing and metabolic support. We can then recommend very specific supplements for you.

ARE YOU **WILLING** TO LOSE WEIGHT?

Being willing is a great place to be because you know there is a need to make changes in your lifestyle. Maybe you don't have enough energy to get through your day or you have aching joints, digestive problems, high cholesterol and or blood pressure and you want to make some changes to avoid taking prescription medication. Or perhaps you want to lose weight but are afraid another program is just a set up for disappointment.

In this approach, we simplify the Cleanse and Detox with a one daily drink mix that provides many nutrients your body needs while supporting detoxification and improving GI health. Spectra Greens is *delicious* (so many of the green drinks are not!) and is easily mixed in water or half juice and half water. In this program we also suggest a less stringent food plan. Remember, you WILL succeed BEST when you choose a plan you can stick to – choose the plan that is going to work for you. In both of these 30 day jumpstart plans, you will see results.

Spectra Greens – Your Detox Drink Mix



Amount Per Serving:

Fiber 5 g	Chlorella-Cracked Cell Powder 250 mg
Sugars <1 g	Wheat Grass Powder 250 mg
Protein 0 g	Red Raspberry Powder 250 mg
Soluble Fiber (Fibersol-2™ brand) 2,000 mg	Apple Pectin 250 mg
Soy Lecithin Powder 1,500 mg	Acerola Berry Juice Powder 200 mg
Spirulina 1000 mg	Alfalfa Powder 200 mg
Barley Grass Powder 500 mg	Beet Juice Powder 200 mg
Oat Beta Glucan 500 mg	Cauliflower Powder 200 mg
FOS (Fructooligosaccharides) 500 mg	Flax Seed Meal 200 mg
Carrot Powder 400 mg	Parsley Juice Powder 200 mg
Bromelain (80 GDU) 360 mg	Rose Hips 200 mg
Papain 300 mg	Spinach Leaf Powder 200 mg
Red Grape Seed Extract 300 mg	Non-Dairy Probiotic Culture (1.2 Billion C.F.U.) 200 mg
	Royal Jelly 150 mg

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Bee Pollen 100 mg
 Citrus Bioflavonoids 100 mg
 Blueberry Powder 100 mg
 Broccoli Powder 100 mg
 Cranberry Juice Powder 100 mg
 Horsetail Rush 100 mg
 Bilberry Extract (25% Anthocyanidins) 80 mg
 Milk Thistle 60 mg

Rosemary Leaf Powder 60 mg
 DMG HCl 50 mg
 Grape Seed Extract 50 mg
 Green Tea Extract 50 mg
 Eleutherococcus senticosus 50 mg
 Aloe Leaf Powder 50 mg
 Stevia 35 mg
 Licorice Glycomil 5 mg

Other ingredients: natural apple flavor, cinnamon powder.

This DELICIOUS drink mix supplement supports Detoxification Functions and is VEGETARIAN.

[Order here](#) \$42

Spectra Greens™ is a combination of nutrient rich vegetables, fruits, herbs, herbal extracts, Chlorella, Soy Lecithin, Royal Jelly, Bee Pollen, enzymes, and probiotic cultures designed to support your body's ability to cleanse, detoxify and rejuvenate. All fruits and vegetables in this product are pesticide free.

Spectra Greens™ contains powerful phytonutrients that support

Detoxification functions Antioxidant defense Immune system health G.I. Tract health

We recommend a modified diet by adding in vegetables with each meal. This accomplishes several things. First, people tend to eat the same VOLUME of food so “diets” set you up for binges. “Diets” have a smaller volume of food than what you are used to eating. Increasing vegetables allows for the same volume while reducing the calorie dense foods. Making modifications is often easier for some people that going “cold turkey” in the previous program.

Start your day with the Spectra Greens Drink. Have an apple, pear and or grapefruit mid morning. (If you know your Metabolic Type, eat fruit according to your type) For lunch have a salad with some type of low fat protein – chicken, turkey or salmon. Have a protein smoothie for mid afternoon. Enjoy a dinner of vegetables and protein, no grains. Drink lots of water throughout the day with freshly squeezed lemon. If you have sugar cravings, increase your fruit. Check out the supplements in that Chapter to manage cravings.

In this program the main focus is to **NOURISH** your body which will **strengthen** your mind and spirit! Every effort you make counts! Your body KNOWS and responds. Even one meal is enough to make a change in your body chemistry.

The Standard American Diet (S.A.D.) has made America the fattest country in the world! Read more about it here...

Use a journal to keep track of changes you feel and your eating habits. Use the resources to manage emotions, stress and any self defeating behaviors and or self talk that may sabotage your efforts!

ARE YOU **ABLE** TO LOSE WEIGHT?

Being able to lose weight means that your body can and will burn fat for fuel. Your metabolism may be so damaged from years of dieting, medications, digestive problems, toxins and or an addiction to food that you may need an approach that will take all of this into account.

Here is where you start a CONSISTENT program, go slow (I know people hate to hear this however it is the only way to break this cycle of damage!)!!!!

We highly recommend the all in one product . It is safe to take and will not interfere with medications. Of course you can first ask your healthcare practitioner if he or she agrees with you taking a full complement of vitamins and minerals. Click for ingredients.

Begin with keeping track of what you eat for at least 3 days if not a week. You may be surprised at what and WHEN you eat. What is emotionally driven and when are you hungry? Are you going all day without anything to eat? You may not be eating enough.

You may want to schedule a consultation where we can focus on your challenges.

The diet plan I would recommend here is one of moderation. Do what you can to eliminate sugars. Read labels and count sugars – not carbohydrates but sugars. Keep your intake of sugars to 15 gms per day. And if this seems too strict – then decrease your intake by 25%. For example, if you were taking in about 100 gms of sugar then drop your intake to 75 gms of sugar.

This is why it is important to keep your Food Diary, so you know what your baseline is. Any change will put you on track for **success!**

DO YOU WANT TO DO **WHATEVER IT TAKES** TO LOSE WEIGHT?

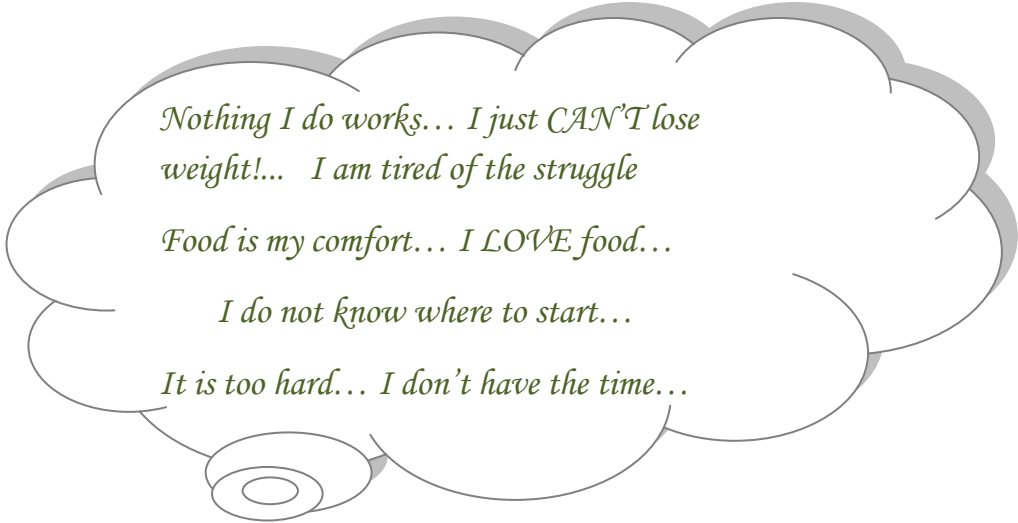
Are you sick and tired of feeling FAT? Great, then you are ready and willing and ABLE to release this weight and transform your life. Very often this degree of enthusiasm and desperation is enough to burn out after 2 -3 weeks. We want you to SUSTAIN this motivation. We want you to slow down (not your weight loss) to understand the process and stages that are important as you literally transform your body's way of regulating, generating and maintaining energy.

Detoxing, eating according to your metabolic type, exercising and rejuvenating yourself with adequate nutrients is all part of the plan. Use our tools to shift your perspective and change your thinking! When you join Master your Metabolism membership, you receive meditation audios as well as great information you can use.

This is a process of learning not only about good nutrition but about your body and your spirit! As part of the membership, we will send you what you need! In the meantime, keep a journal, reflect and just **DREAM** about the new you and your revitalized body!

We have the strategies for success and are 100% on your side. This is YOUR life – live it YOUR way!

What are you telling yourself about losing weight?



Nothing I do works... I just CAN'T lose weight!... I am tired of the struggle

Food is my comfort... I LOVE food...

I do not know where to start...

It is too hard... I don't have the time...

WEIGHT GAIN IS ONLY A SYMPTOM

Our program is designed to help you not only look fabulous but also to have you feeling great! The typical American Diet, filled with hidden sweeteners has made the US the fattest country in the world. Weight gain is actually just the symptom of a much bigger health problem. The US is also Number 1 in the world for Chronic and Degenerative Disease! Vibrant and radiant health is possible with a few lifestyle changes. We offer you common sense solutions founded in the latest research and successful practices today. We also help you keep it simple!

Many people may not feel they need to lose weight and may even think their diet is “OK.” Check the list below and see if you are experiencing any of these.

In general, the following suggest a change in diet is necessary:

- Indigestion – heartburn, gas, bloating
- Constipation or diarrhea
- Irritability, restlessness, insomnia
- Inability to handle stress
- Stiff or sore joints
- Increased heart rate (tachycardia)
- Weight gain

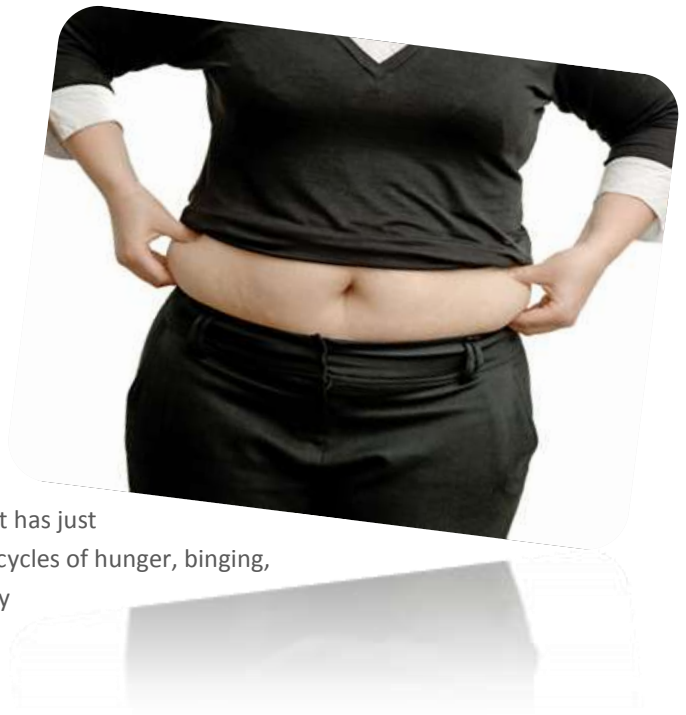


Everything on this list can be attributed to a diet low in fiber and high in processed food. If you have not already gotten my other FREE series of booklets, “It is Your Life – Live it Well,” you can [download it here](#). They go into detail about Digestion, the Liver, Gallbladder and Stress along with basics about eating healthy. It is a great reference and gives you information about how your body works and recommendations for lifestyle changes.

LOSE THE BELLY FAT

Gaining weight around the middle not only makes people feel unattractive – it is a big risk for heart disease. So why is just about everyone gaining weight around the middle?

SUGAR. That is right – it is really simple. The “legal” white powder that has just about everyone addicted; setting up cycles of hunger, binging, sluggish metabolism and the unsightly belly fat that has changed the shape of your body.



We will show you how to make the changes in your diet so you do not feel deprived and fearful as you introduce a much healthier food plan.

METABOLIC MASTERY

The purpose of metabolic typing and our program for vitality is to reset your metabolic clock, increase your energy and maximize your body's fat burning! So whether you are working on losing weight or you just want to have enough energy to get through your day - we can help you using metabolic mastery!



Everyone has a unique metabolism. How your body makes and uses energy is very individualized. This is one major reason why DIETS DO NOT WORK over the long haul. Very simply, your body has 2 hormones that control weight - one hormone tells the body to store fat (insulin) and the other to burn fat (glucagon). What you eat and when will dictate what hormone is in charge!

Whenever your body secretes insulin, your body is instructed to store fat, even if the food is low in fat! (Sugar, processed flours, breads tell your body to secrete insulin.) Your metabolic type determines how fast this happens. If there are too many simple processed sugars and carbohydrates in the food, the body starts storing the excess calories as fat. Eventually, you develop a resistance to the insulin also called metabolic resistance and the body stays in a fat storage mode creating more hunger swings, ups and down in blood sugar and great difficulty losing weight.

Our process is designed to stabilize your blood sugar AND acid/ base (pH) balance through a program of low glycemic, healthy eating along with nutritional supplements designed to boost fat burning, stimulate metabolism and restore the much needed nutrients. We show you the way back from a stalled metabolism. In addition, we help you detox, ridding your body of toxins that are also challenging your metabolism, your health and inhibiting weight loss.

Knowing your metabolic patterns helps you understand your body, metabolism and energy needs. This can take time and does require you to become more aware of how you feel when you eat certain foods. This allows you to “fine tune” the recommendations given to you during your initial consultation. It is possible to balance your metabolism over time helping you achieve freedom from restricted diet plans and yo yo weight loss & weight gain.

Rather than following a mass marketed diet plan, **Metabolic Typing is a learning process about you**, providing the structure and guidance you need about what to eat based on your body's needs.



You can take a quick test (in the Appendix) that will identify whether you have a Fast Metabolism that does best on a protein based diet or a Slow Metabolism that is optimal with more low glycemic carbs or a Balanced metabolism that can eat without this sensitivity. We also provide an option for [Hair Mineral Analysis](#) that will identify your type along with the presence of heavy metals, your level of stress and the balance of important minerals.

Basically, our system of weight loss and vibrant radiant health will:

- **Balance blood sugar** – whenever the body is subject to the ups and down of blood sugar, not only does energy wax and wane but moods, anxiety, concentration does as well. The body also stores fat and slows down metabolism making it difficult to lose weight.
- **Replace vital nutrients** and give your body what it needs for energy and ultimately fat burning. If your body does not think it is receiving all the important, essential vitamins, minerals, amino acids and enzymes – it stores fat!
- **Remove your toxic load & Restore metabolism** – by eliminating processed foods and concentrating on eating foods for your type, your body will have a better ratio of minerals, fats and nutrients as well as more protein, and carbohydrates that will serve as fuel. Eliminating the toxicities that are ultimately blocking your weight loss and metabolism is a process that we simplify for you – guiding you through stages of improving digestion, elimination & removing toxins. If you also have selected the Hair and Mineral Analysis you will receive specific detox instructions to eliminate heavy metals as well as specific formulas to balance your energy centers in the body (adrenals and thyroid).
- **Reduce Stress** – Incorporating the use of EFT and other rapid release methods, exercise, visualization will also help you reach your goal more quickly. We help you breakthrough the self sabotage that has you stuck. Our online program gives you support and inspiration when you need it. We are also available for [individual Coaching](#). What we can see & believe - we can achieve!

GETTING STARTED ON YOUR METABOLIC PLAN

Once you get your initial metabolic pattern, it is important to “fine tune” your food plan. Eating according to your metabolic type helps your body balance minerals and supports the energy generating centers. By keeping a journal for a few weeks, you can identify more refined ratios of carbs, fats and protein. If you are a stress eater or have a habit of eating compulsively, writing down what you eat and how you feels may slow things down enough to figure out what might be triggering you. Take the time and keep the journal, especially in the first 3 weeks.

INSTRUCTIONS FOR USING FOOD JOURNAL:

The journal on the next page can be used to note how food makes you feel. When you are eating for your metabolic type, the balance of protein to fat to carbs is important. The Food Journal helps you measure how you are responding to the level of protein, fats and most importantly carbohydrates. Without keeping track of how you feel at each meal – it can be difficult to determine your ideal ration of protein, carbs and fats. Use this journal to figure this out.

- Start out eating vegetables, proteins, fats before you introduce carbs and grains.
- Note how you feel before your meal and 1-2 hours after. Keep the journal
- If you feel better then continue to eat in this way until something changes.
- If you feel worse, increase the amount of nonstarchy carbs until you feel better.
- If you continue to feel bad then add in a small amount of starchy carbs until symptoms resolve.

Check out the journal on the next page...

Food Mastery Journal

All you need is a small notebook or use your calendar to jot down how you feel before and after eating. This is the best way to see how food affects you!

Category	If your meal had the Right Combination of Protein+Fat:Carbs – you will feel:	If your meal had the Wrong Combination of Protein+Fat:Carbs – then you may feel:
APPETITE FULLNESS / SATISFACTION SWEET CRAVINGS	Satisfied not hungry, no need to snack, no sweet cravings	Feels full but not satisfied; sweet cravings; desire to snack after; Feels like something missing from meal
ENERGY LEVELS	Restored; good energy	Poor energy response to meal: Jittery or shaky, hyper, wired; or fatigued, exhausted, sleepy, listless
EMOTIONS	Uplifted, improved well being, clarity, happier self talk	Mentally slow, sluggish, racing thoughts, can't focus, concentration poor, don't care, depression, sadness

Take the time to keep your journal – it is important for you to manage what you eat to *MASTER your METABOLISM!*

DO I HAVE TO COUNT CALORIES?

Energy levels and metabolism depend upon your body's ability to convert the food eaten into fuel. Depending on your metabolic type, you will need different ratios of protein, fats and carbohydrates. Calories do not matter as much as these ratios. If the mixture is not right then you will not have enough energy to get through your day much less enjoy yourself! When this happens, it is easy to reach for high sugar, starch, fatty foods. This then throws your system out of balance even more and you continue to yo yo through days with low energy, increased appetite and increased inflammation/ joint pain ending up with weight gain, bloating and swelling. Additionally, frustration and failure destroy self esteem.

Your body has its own language relating to appetite, fullness, cravings, energy level and emotional states. This program will help you improve and stabilize on all these levels for greater vitality. It is important to keep track of how you feel using the Food Journal in relation to foods, people and situations so we can fine tune your diet and supplements. We will also take you through a process of emotional clearing as you let go of the emotional connection and association food has for you,

This is a process. Give yourself **TIME** to make the shifts internally- both in metabolism and in your spirit- as you shift your relationship to food!

The ratio of protein, carbohydrates and fats is unique to your type and also to you. In order to identify your ideal, you will want to use your Food Journal to keep track of how you feel with certain proportions and foods. For example, during colder temperatures you may need more protein and with warmer temperatures, the reverse is true – you may need more carbohydrates and fat.

Stress will also change your ratios. You will need more high fiber carbohydrates with increased stress. During periods of HIGH stress, eat more protein. However keep in mind that carbohydrates DO NOT always mean starches. Use fruit and vegetables to increase your carbs, first, then go to whole grains, sweet potatoes, rice cakes and or brown rice, if you still need more carbs.

As you achieve balance metabolically, you will notice a decrease in food cravings, an increase in feeling more full, increased energy, and fewer thoughts of food.

You DO NOT need to:

- Weigh your food
- Count calories
- Limit portions

When starting out **ONLY** eat the foods on your list. Eat the ratios that initially appeal to you. Keep track of how you feel on the food journal. Using carbs, starchy and non starchy, increase or decrease based on how you feel. If you cannot find a good balance, you can eliminate ALL carbs and increase non starchy only until you notice a difference. Eat that way for several days or until you begin to feel bad and then you can add in starchy carbs, a little at a time, until you notice a difference.

RATIO AVERAGES

The following chart reflects the **starter percentages** for the various types. You can use this as a guide once you take the quick test. Keep track of how food is making you feel and adjust accordingly. Always adjust starchy carbs first.

	Carb (Slow) Type	Balanced Type	Protein (Fast)Type
Protein	25%	30%	40%
Carbs	60%	25%	30%
Fats	15%	45%	30%

ADDITIONAL INFORMATION ABOUT YOUR FOOD LIST

Fruits

Fast metabolizers will have to watch the intake of fruits esp citrus. Eat fruits right before ripe to decrease sugar content. **Slow metabolizers** will do well on fruits esp citrus however you will need to look at where you fall in the ratios to determine how much fruit you can put into your diet. Always eat fresh. Use your journal.

Vegetables are very high in minerals and depending on your metabolic type, you may find yourself feeling better on certain vegetables. Minerals are responsible for maintaining the acid base (pH) balance in your body. An Alkaline environment is best for optimal health. Disease flourishes in an acid environment. A diet high in sugar and processed food is very acid.

INCREASE vegetables!

Nuts & Seeds are meal supplements and or snacks. They are incomplete as a protein, have a lot of calories and do not provide a lot of nutrients. Fast metabolizers may needs more fats and can use nuts and or seeds. See below on “Phytates” as some nuts interfere with calcium. Take enzymes as they interfere with digestion.

Legumes/Beans – when combined with grains, they can be used by **Slow metabolizers** as a protein source. However this is very individualized. Some may find their metabolism is slowed down too much to handle these carbohydrates without gaining weight. This is not a good protein source for fast metabolizer.

Meat/ Poultry

Fast types do better on the higher purine proteins and the dark meat of poultry. Slow types do better on the light meat. The purine proteins are marked on your food list. Same for seafood. Follow this and note on your Food Journal how you feel – adjust your diet according to this. Purines contribute to gout.

Phytates are the phosphorus compounds in foods that bind with calcium and zinc and interfere with absorption. Calcium and zinc are needed abundantly by fast types. These foods need to be limited by fast types because they interfere with calcium and zinc. Foods with phytates are

legumes, cereal grains, nuts. Highest phytate foods include: soy beans, green beans, tofu, barley, oat, quinoa, rice, millet, cantaloupe, wheat, citrus and raisins.

Phytoestrogens are compounds that occur naturally in foods that in certain cases can act like estrogen. These foods are: garbanzo bean, red beans, lentils, black tea, green tea, cashews, peanuts, flax seed, sesame, sunflower seeds, walnut, barley, rye, wheat, cranberries, sprouts, cantaloupes, gooseberry, strawberry, raspberry.

Oxalic Acid are naturally occurring and combine with calcium to form oxalates. This is also what contributes to kidney stones. Foods high in oxalic acid can balance **Slow types** by decreasing calcium. They imbalance **Fast types**. because calcium is important to a Fast Metabolizer. Foods high in oxalic acid include: coffee, chocolate, berries (esp strawberries and cranberries), beet greens, bell peppers, endive, parsley, plums, grapes, mustard, currants, rhubarb, swiss chard, tea, sweet potatoes.

Thyroid Suppressing foods

The following foods suppress the thyroid by interfering with iodine uptake. If you have a sluggish thyroid – you may want to avoid or at least minimize soy, bok choy, broccoli, mustard, millet, Brussels sprouts, radish, rutabaga, turnip, peach, pine nut, artificial sweeteners and the following oils – safflower, canola, corn, cottonseed, sunflower. Coconut oil boosts thyroid function! More on the Thyroid in our book - This is your Life- Live it Well.

We have products that will support your thyroid.

BASICS FOR VIBRANT RADIANT HEALTH

1. You are what you eat! Digestion is critical to good health. If you have any digestive disturbances such as belching, burping, indigestion, gas, bloating or in any way feel like you are not digesting your food well, make liberal use of the enzymes at meals.
 - Eliminate regularly. Cleansing will help you become and stay regular.
2. Get your blood circulating to boost metabolism and release toxins:
 - use cayenne, garlic and ginger with your food
 - walk, use a rebounder, stretch, do Yoga
 - spend time outside in fresh air in the sun, 15 minutes will give your daily dose of Vitamin D!
 - cycle very hot and very cold water at end of shower
 - 5 minutes of deep breathing exercise
3. Eat ORGANIC foods, grown locally. This is the ideal however not always possible. Avoid additives, preservatives and artificial anything. Keep your ingredient list short! READ LABELS!
4. SLEEP is when your body does the hard work of rejuvenating! Get 8-9 hours of sleep per night. Go to sleep and get up at regular times every day.
5. ROUTINE - Establish regular times each day for exercise, meals, snacks, sleeping
6. STRESS REDUCTION
 - balancing work with play
 - meditation
 - practicing forgiveness/ gratitude
 - prayer
 - "Breakthrough technologies" or rapid release methods
 - Yoga/ exercise

Metabolic Patterns

Breaking food down for fuel is a complex process. Believe it or not, we each have our own ideal metabolic pattern!

About 20% of the potential energy created from your food comes from the breakdown of carbohydrates. The other potential 80% comes from a process called the Citric Acid Cycle. In simple terms, *energy is produced* from a combination of carbohydrate breakdown and fat metabolism. If at any stage of this process there is not enough fat or not enough energy produced from carbohydrates then your body does not have what it needs to maintain important vital functions. This is when your body starts stealing from other systems to get the nutrients it needs.

FAST METABOLIZER (PROTEIN TYPES)

Fast Metabolizers are poor at metabolizing fats and so they are overly reliant on carbohydrates for energy. The problem is that carbs are burned too quickly leaving a Fast type running out of energy too quickly. Fat is what will sustain energy for the Fast type. And not all fats are created equal! Because most fast and processed food is high in carbs and the wrong kind of fats, when stressed, there is tendency to eat this way. This only makes problems worse of a Fast Metabolizer. The goal is to have enough proteins with quality fats, the right blend of minerals to balance metabolism and normalize your energy production. Protein Types/Fast Metabolizers have increased activity in the adrenal and thyroid glands creating certain needs for calcium, potassium and also setting up a Type A personality. We provide the right supplementation to support these essential energy centers of the body.

Characteristics of Fast Metabolizers include:

Anxiety	Elevated blood pressure
Irritability	Oily skin
Elevated blood sugar	Frequent bowel movements

Depending on various factors such as your own bio rhythm, digestion, stress level and adrenal glands you may fall anywhere in the range of weak to strong for the Fast type. As a member, you have access to our Webinars for support and fine tuning. Use your Food Journal as well to determine what ratio of Carbs is ideal for you.

SLOW METABOLIZER (CARBOHYDRATE TYPE)

Slow Metabolizer have the same problem as Fast Oxidizers -- deficient energy production -- but for the exact opposite reasons. Slow Oxidizers are overly reliant on fat metabolism for energy production, but they are also poor at breaking down carbohydrates. Unlike the Fast Oxidizers, Slow Oxidizers do well on higher carbohydrate intakes with less protein and fat in their diets. The energy systems, the adrenal and thyroid, are usually sluggish. We offer natural approaches to support your adrenals and thyroid.

Characteristics of a Slow Metabolizer include:

Fatigue	lack of energy	sugar cravings
Low blood sugar	constipation	weight gain
Dry skin	depression	

In short, both the *kinds* of foods and the *proportions* of the proteins, fats, and carbohydrates are very different for each Metabolic Type. The minerals in foods also affect different types which is why certain foods are selected for each type. Each type requires different "fuels" and different "fuel mixes" in order to properly convert their nutrients into energy.

CONVERTING CARBS TO FUEL

Carbohydrates are not all created equal. The amount of time it takes for carbs to be broken down to sugar is called the Glycemic Index. The goal for optimal health is to eat foods that have a low Glycemic Index. This means there is more fiber in the foods, slowing down conversion. The slower it takes for foods to break down to sugars the less likely your body will store fat. Not to mention if you have metabolic resistance and or Diabetes, this means your blood sugar will remain more stable.

The glycemic index is a scale that reflects the speed with which carbohydrates are digested by the body for fuel. The scale ranges from 0 to 100 and reflects how fast the carbohydrates break down in digestion and are converted to glucose to be used by the

body for energy. White bread has a Glycemic Index of 100. It converts extremely fast to sugar. Same with white potatoes. One potatoes equals one cup of sugar!

The glycemic index is the difference in the amount of the starch granule, amylose compared to amylopectin. Food processing changes the starch granule making it more easily digested AND more quickly converted to sugar.

The more fiber in foods – the longer it will take your body to break the food down.

It can be very confusing about what carbs are okay to eat in today's world of protein diets. Atkins, the forerunner in protein based diets was a pioneer in advancing the benefits of protein for general health as well as weight loss. However, to complement the research that has been done demonstrating the value of protein based eating plans, there is more to know about the interaction of carbohydrates in the body. It is not necessary to starve yourself to start burning fat. This only serves to restrict your metabolism more and cause faster weight gain! We stress the intake of vegetables for the fiber and mineral content. If you don't like vegetables we do have supplements in a whole food format that will help.



It is interesting that often after detoxing, tastes change and people are able to actually desire vegetables. Veggies are crunchy and can satisfy the need to snack! Snow peas are sweet and can be crunched on instead of a high sugar, high fat food!

Since the 1980's research has shown that the variety of carbohydrates have a dramatically different effect in the body that impacts weight, metabolism, as well as conditions such as diabetes and heart disease. Knowing the glycemic index of foods will make the difference not only in the variety of food choices but also in the long term success of your weight loss goals and general health.

YOU HAVE TO EAT FAT TO LOSE FAT!

Often seen as the enemy of a diet, eating fat actually will help you burn fat! It is the type of fat that is important as well as the ratio of fat for your type. Avocados and walnuts are good fats as is Coconut Oil and Olive oil.



YOU ARE WHAT YOU EAT

What nutrition is actually in this burger? Are you craving fat? (Need better high quality protein. Get rid of the bun and the fries)

Maybe you crave salt? (Could mean your adrenals/ stress glands are tired!)

Do you feel satisfied after eating a fast food meal?

What do you want your body and your life to look like?

Fast and unfulfilled – just like this burger?

Or, **fresh and vibrant?**



You ALWAYS have a choice. Chose a small burger and small fried and throw away the fries after you have eaten half of them. Get a bottled water instead of a soda. Or perhaps have a salad, avoid the croutons and fried chicken – get grilled. Very little dressing. Have a small fry.

SUPPLEMENTS

Do we really need to take nutritional supplements? The short answer is YES. Regardless of how good your diet is, you need to supplement your food intake with vital nutrients your body needs. Today most people have experienced some degree of stress which rapidly depletes B vitamins, impairs digestion interfering with the absorption and utilization of necessary nutrients. Additionally, the food supply does not provide what you really need for optimal performance. Minerals in the ground are deficient so vegetables are inadequate as a source for these necessary minerals and nutrients. And finally, most people are eating on the run, taking in lots of calories but not much nutrition!

I have recommended supplements for my clients for over 15 years and have used many of the pharmacy grade products available to licensed practitioners. The products I continue to recommend have a proven track record, are backed by research and have the highest quality ingredients. I continue to search for the most cost effective products without compromising quality. Our Vibrant and Radiant Health Membership offers you a 25% discount making these quality products even more affordable. You also have the benefit of professional guidance and expertise in your selection and continued use of these products. Often, I hear the argument that products purchased in drugstores are cheaper, so why not save money and take the over the counter brand of vitamins. **You get what you pay for** and these products are made with synthesized ingredients and do not provide the results they advertise and sometimes even create more problems.

We have listed products here that can be extremely useful in your weight loss. If you have a specific question or health challenge and would like a recommendation, schedule a [Free Consult](#) and or an [Evaluation](#). For example, Fibromyalgia, Chronic Fatigue, immune conditions, autoimmune conditions, ADD/ADHD, Lymes, digestive problems and many other conditions can be helped tremendously with homeopathic detox and the restoration of nutrients. I can help you with natural solutions to your health problems. I have already helped over a thousand people with a natural approach and success in reclaiming their life and optimal health!

We have only included a few of the professional grade products we carry.

MEGA MULTI VITAMIN



This professional grade nutrient formula will give your body the raw ingredients needed to work more efficiently! Mega Multivitamin Drink mix is manufactured by a leader in professional grade supplements. I have used just about every pharmacy grade product in my practice and this one not only tastes great – it provides versatile way to get your nutrients. Keeping the lifestyle changes simple and easy is a strategy for success especially since life demands are not taking a vacation!

Mix ½ to 1 scoop with blueberries and plain yogurt for a smoothie or take it plain (the flavor is delicious). This simple to take drink in the morning will provide you with the following:

\$57 [Order Berry Flavor](#) **\$59** [Order Chocolate](#)

Supplement Facts

Servings per container: 30

Serving Size: 1 rounded scoop (21.2 g)

Amount per scoop:

Calories 40

Fat 0.5 g

Cholesterol 15 mg

Dietary Fiber 1 g

Sugars 2 g

Protein 6 g

Vitamin A (50% as beta carotene and as retinyl acetate) 7000 IU

Vitamin C (as ascorbic acid) 750 mg

Vitamin D3 (as cholecalciferol) 600 IU

Vitamin E (as d-alpha tocopheryl acetate) 100 IU

Thiamin (as thiamin HCl) (vitamin B1) 3.75 mg

Riboflavin (vitamin B2)

4.25 mg

Niacin (as niacinamide) 50
mg

Vitamin B6 (as pyridoxine
HCl) 5 mg

Folic Acid 900 mcg

Vitamin B12 (as
cyanocobalamin) 15 mcg

Biotin 750 mcg

Pantothenic Acid (as
calcium D-pantothenate)
25 mg

Calcium (as calcium
lactate) 500 mg

Iodine (as potassium
iodide) 150 mcg

Magnesium (as

www.transformyourweight.com

magnesium glycinate) 200 mg
Zinc (as zinc sulfate) 15 mg
Selenium (as L-selenomethionine) 200 mcg
Copper (as copper gluconate) 500 mcg
Manganese (as manganese citrate) 4 mg
Chromium (as chromium picolinate) 200 mcg
Molybdenum (as sodium molybdate) 250 mcg
Sodium 25 mg
Potassium 50 mg (from whey protein, guar gum, potassium citrate and potassium iodide)
Whey Protein 7 g
Malic acid 900 mg
Betaine 750 mg
Inositol 750 mg
Inulin (from chicory root) 750 mg

Hesperidin 50% (from citrus fruits) 500 mg
Taurine 500 mg
Glycine 390 mg
L-Tyrosine 377 mg
N-Acetylcysteine (NAC) 250 mg
L-Serine 240 mg
Stevia (Stevia rebaudiana) Leaf Extract 15:1 70 mg
Sweet Cherry (Prunus avium) Fruit Extract 10:1 50 mg
Cranberry (Vaccinium macrocarpon) Fruit Extract 12:1 25 mg
Bilberry (Vaccinium myrtillus) Fruit Extract 4:1 10 mg
Boron (as sodium borate) 2 mg
Lutein (from Calendula officinalis) 1.5 mg
Zeaxanthin (from Calendula officinalis) 75 mcg

Other Ingredients:

Natural flavors, guar gum, vegetable juice color, and soybean oil.

Contains soybean oil.

Contains no yeast, wheat, gluten, corn, artificial coloring, artificial flavoring or preservatives. This product contains natural ingredients; color variations are normal.

Power-packed with vitamins, minerals, and natural flavors for daily nutritional support.

We have many vitamin formulas available for you and can customize your regimen!

SPECTRA PURPLE

A delicious, anti-aging, drink mix that combines 19 nutrient rich whole fruits, vegetables and extracts. Some of nature's most protective foods are darkly colored fruits & vegetables because they are rich in antioxidants such as phenols, anthocyanins, ellagic acid, proanthocyanidins, bioflavonoids and Vitamin C, which provide a variety of health benefits. Also included are anti-aging nutrients: Alpha GPC, L-Carnosine and Folic Acid to support mental energy, focus and clarity. Spectra Purples™ has a delicious berry flavor enhanced by the natural sweetness of stevia and purple carrot.

Spectra Purples™ contains powerful color-rich phytonutrients that support:

- Healthy aging*
- Circulation & vascular health*
- Memory*
- Smooth, healthy, radiant skin*
- Mental clarity & focus*
- Immune system function*
- Cell health & function*
- Nerve and brain function*

\$42 [Order here](#)



Each packet or scoop (10.95 g) contains:

Calories41
 Calories from Fat1
 Total Fat0.5 g
 Saturated Fat0 g
 Cholesterol0 g
 Total Carbohydrates9 g
 Sugars4 g
 Fiber3 g
 Protein1 g
 Vitamin A (Retinol & Beta-Carotene)
 .31 IU
 Vitamin C2.95 mg
 Folic Acid400 mcg
 Calcium14 mg
 Iron0.687 mg
 Sodium47.3 mg
 Proprietary Fruit Powder Blend
 4900 mg
 Containing Blueberry, Blackberry, Black
 Cherries,
 Black Raspberries, Black Currants, Plums,

Elderberries,
 Bilberries, Figs, and Raisins
 Soluble Fiber (Fibersol-2™ brand)
 .2000 mg
 Proprietary Vegetable Powder Blend
 1250 mg
 containing Eggplant, Purple Carrots, Purple
 Cabbage, and Beets
 Acai Fruit Powder400 mg
 Camu camu (fruit) Powder300
 mg
 Mangosteen (Garcinia mangostana)
 Fruit Rind Extract300 mg
 yields Mangostin30 mg
 Goji (Wolfberry / Lycium barbarum) Berry
 Powder200 mg
 Proprietary "Brain Blend"100
 mg
 containing L-Carnosine and Alpha GPC
 P40p™ Pomegranate Extract40
 mg

CLA and especially the brand Tonalin, is a great product that works to burn fat! I have seen this work for hundreds of people. It is important to take 3-6 caps per day.

CLA (Conjugated Linoleic Acid) is a fatty acid naturally found in beef and dairy products. However, due to changes in agricultural practices, today's foods contain less CLA, contributing to its decreased availability in modern diets. Numerous clinical studies have demonstrated CLA's role in the maintenance of healthy body weight through its favorable effect on body composition. These studies have shown that CLA supplementation can support healthy body fat content while promoting the production of lean tissue without adverse side effects. Furthermore, initial body composition changes with CLA supplementation are maintained over time, indicating its prolonged positive effects.

[Order here](#) \$36 Save 25% with membership!



CLA AWAY

This is a combination product giving you more than just the CLA to enhance weight loss.

Protocol for Life Balance™ CLA Away™ also contains L-Carnitine. L-Carnitine is an amino acid that is necessary for the transfer of fatty acids into the fat-burning parts of the cell, facilitating energy production from fat. The combination of these two compounds, therefore, can produce a synergistic effect, making CLA Away™ an ideal supplement for weight management.

[Click for the label](#) and additional information on the product.

\$33 [Order here](#) (You can save 25% with a membership!)



THERMOSET

This product addresses those factors that may contribute to weight gain, such as energy level, hormone balance, slow fat burning and stress. It contains a full complement of natural plant extracts plus Hoodia, L-Theanine, EGCG from Green Tea and other fat burning factors to help manage hunger, control cravings, maintain blood sugar levels within normal range, and support proper fat metabolism.

Take 1 capsule, 3 times daily 30 minutes before each meal.

90 Vegetarian Capsules

Each capsule contains:

Chromium (Cr. Polynicotinate)50 mcg

A proprietary blend of Green Tea Extract,
 Theobroma Cacao whole fruit (Metabromine®
 brand), Hoodia Gordonii, (aerial stem)
 Eleutherococcus senticosus (Root)375 mg
 yielding EGCG 105 mg
 Theobromine 6 mg
 Caffeine1.5 mg
 Guarana Seed Extract 100 mg
 yielding caffeine25 mg
 L-Theanine (Suntheanine® brand) 25 mg
 Lagerstroemia speciosa L.
 (Banaba) Leaf Extract10 mgs
 yielding Corosolic Acid 0.1 mg
 Black Pepper (Piper nigrum) Seed Extract . . 5 mg

WARNING: Do not take this product if you are pregnant, nursing, have fibrocystic breast disease, high blood pressure, or if you're taking MAO or SSRI drugs or antihypertensive medications.

CAUTION: This product naturally contains caffeine; do not take if you are caffeine sensitive.

This can be a great product to jumpstart your process. You will notice a decrease in appetite and increase in energy which will speed your weight loss. Most people do not experience jitteriness however if you are sensitive to caffeine, you may experience some of this.

\$38 [Order here](#) Save 25% with membership!

MAXI-HGH



An amino acid complex specifically formulated to act as a secretagogue to stimulate the release of the body's own Human Growth Hormone (HGH) naturally. Maxi-HGH™ supports healthy blood sugar levels to reduce cravings and promote the reduction of body fat. It also supports cardiovascular output and benefits workout recovery. Maxi-HGH™ in powder form is designed to dissolve in a cold beverage.

Mix 1 scoop per day in 8 oz juice or water and take on an empty stomach at bedtime or right after a strenuous exercise.

Each scoop contains:

L-Glutamine 6,000 mg
 L-Arginine 1,000 mg
 L-Ornithine 1,000 mg

L-Lysine1,250 mg
 Glycine 1,000 mg

If you struggle with hormonal imbalance or want to reset your fat burning thermostat, this product can accomplish this. Take for at least 4 months. Combine with a low fat, protein based food plan for optimal results.

[Order here](#) **\$58** (Save 25% with membership) [Product Details](#)

RELORA WITH BACOPA

This is a fantastic product. It will help with stress AND the weight gain associated with stress!



This very unique formula supports stress management, appetite control and a stable mood. Relora® with Bacopa is a unique formula that combines the adaptogenic and neurotonic benefits of Bacopa standardized extracts with Relora®, a proprietary blend promote calm and well being.

Each capsule contains:

Relora® (a proprietary blend of a patented extract from Magnolia officinalis and Phellodendron amurense extract) . . .375 mg
 Bacopa Monnieri Extract100 mg
 yielding Bacosides A & B 20 mg

Caution: Relora® may cause drowsiness; use caution in operating automobiles and heavy machinery. Consult with your healthcare practitioner if you are on prescription medications.

This product is one many of my clients cannot do with out! It really helps to reduce the negative effects of stress. [Details on ingredients.](#)

\$32.40 [Order here](#)

We have products to help support your thyroid and adrenals. For more information, [click here.](#)

Let us provide you with a personalized weight loss program that includes Detox and Metabolic Mastery! [Contact us...](#)

HOMEOPATHICS

Homeopathics are safe, powerful and effective. They are tolerated well by most people and do not interfere with medications. Click here for an Introduction to homeopathics.

DIETARY BALANCE

Nature has blessed us with numerous and delicious ways to obtain the nutrients needed to maintain a healthy life. When we lose the desire or ability to eat in moderation, however, the results can be devastating: obesity, depression, diabetes and heart disease.

Eating can be comforting, hence the term "Comfort Food", but must be done in moderation to maintain proper balance in our lives -- not just weight balance, but physical and emotional balance as well. Millions of Americans over-indulge, not because they want to, but from compelling psychological needs due to depression, loneliness, boredom, anxiety, low self-esteem or grief.

Proper weight management requires more than counting calories and exercising. It is vital that the emotional aspects associated with over-eating be addressed. *Dietary Balance* is a homeopathic remedy that utilizes proven ingredients that provide emotional support to maintain a balanced life.

If you struggle with emotional eating and or appetite that is out of control or excessive – this is something you want to take. If you are choosing the Detox Protocol – you can still take this for support. Take 1-10 drops 2-4 times a day.

Below is a list of the ingredients in Dietary Balance and the rationale for their use:

CORTISONUM - Normalizes production of steroid hormones responsible for excessive storage of fatty tissue

ANTIMONIUM ACETICUM CRUDUM - Indicated for gluttonous appetite

IGNATIA AMARA - Indicated in excessive appetite because of nervousness and/or boredom

ANACARDIUM ORIENTALE - For gluttonous appetite and hunger related to nervousness and irritability

STAPHYSAGRIA - Controls increases in appetite related to depression, regulates the rate of metabolism and affects the growth and rate of function of many other systems in the body

NATRUM MURIATICUM - Indicated for increased appetite related to grief

\$22

[Order here](#)

FOOD SENSITIVITY DETOX

This is a powerful program that requires support for optimal results. We offer this in our Detox Membership. Details can be found [here](#). We recommend that you start with a generalized detox to prepare your body for this program. While it is stated it is a 90 day program, very often people need additional time to manage those foods and food groups creating problems.

Schedule a [FREE consult](#) if you feel this is a program you want to start with.

STOP DIETING AND LOSE WEIGHT!

DIETS ARE DESIGNED TO FAIL

Most people search for the “perfect” diet, thinking that motivation to lose weight will come from the structure of the diet. However most of the time, when the pounds do not drop off immediately, most people give up!

The diet industry is based on people going off and on diets. A long history of dieting actually makes your metabolism slow down, making weight gain even easier. Diets also do not change behavior for the long haul – so – when you stop the diet – you go back to your previous patterns!

Losing weight is all about changing how you feel about yourself and how you see food. Hopefully by now you understand that sugar and processed food changes your metabolism, stalling it and setting you up for metabolic resistance. This has many serious health consequences like diabetes and heart disease not to mention dampening your energy and motivation.

Food to the body is fuel. It provides nutrients to manage the needs of the body.

When the body does not recognize that enough fuel is consumed to meet the energy demands of the body then it will store the food taken in as fat. This is what causes metabolic slow down, making it hard to lose weight.

Do you choose your food based on it’s ability to provide fuel or entertainment?

Are you willing to explore the emotional associations with food?

Are you eating ENOUGH food and right combination for your body type to reset your metabolic rate?

Our program will help you increase your metabolism while also helping you eliminate the stress eating and negative self talk that may keep you stuck in a sabotage cycle.

RULES FOR WEIGHT LOSS

1. Slow down! The brain needs time to know that food is available for energy. More calories are consumed than needed when food is eaten on the run. Put your fork down in between bites. If you are going to eat, sit down at a table!
2. Chew thoroughly. Again this starts digestion, especially of proteins and adequate digestion is critical for the body to know that food is available for fuel.
3. Stop eating BEFORE you are full. This will encourage your stomach to shrink. In order to lose weight you have to take in fewer calories than your body needs regardless of metabolic type. Eating till you are full only encourages you to maintain your weight. Overeating will put on more pounds. (There may be emotional issues in feeling full; it will be important to explore emotional eating with Dr. Howard or associates)
4. Eat smaller meals. Use an appetizer size portion or use luncheon plates. Decreasing your portion size by 25% is relatively easy without feeling deprived. Eating too much food only increases your blood sugar causing sleepiness or fatigue after meals setting you up for further cravings and more fat storage.
5. Reduce the fillers eaten at mealtime such as breads, crackers, chips, fries. Again this just serves to increase the capacity of the stomach. Keeping the stomach stretched, increases appetite.
6. NO SNACKING! This probably sounds like a contradiction when many diet plans encourage eating every 2 hours. Again, if the stomach stays full then fat burning cannot take place. Emotionally this also encourages using food for stress relief. If your blood sugar is low and you feel like you cannot go longer without food then your metabolic system is really out of balance and this program will help you to establish a healthier metabolism. Even when you tell yourself, "popcorn is not a bad snack"; it is still filling up your stomach encouraging more eating –not to mention *it is* a starchy carb.
7. Hunger is primitive signal designed for survival and often it triggers feelings of desperation, fear, loneliness among other emotions. Taming hunger is a gradual process and the nutrients provided as part of your program will help your body feel full and satisfied. Keep a journal of what hunger represents to you and use EFT to quiet the emotion. We have excellent, safe supplements that will decrease appetite getting your through this transition.
8. Keep your eating time between 30 and 45 minutes. Don't keep going back for more. Excess fat storage is caused when insulin surges due to continual eating. If you have a hard time feeling full, this can be corrected with the use of enzymes and eating according to your metabolic type.
9. Keep a journal for at least 3 days of everything you eat. This is one way to estimate your caloric intake and see where you might have hidden calories.



10. Once you know what your calorie intake is; cut it down by 25%. Avoid mayonnaise, butter, fried foods, colas.

Did you know that 10oz of soda a day contributes to 15lbs of weight per year?

11. When eating, sit down at a table, and just focus on eating. See the color, smell the aroma, feel the texture of the food. Experience every bite with all your senses.



12. Eat color. **Red, orange, green, blue, purple**; as long as the food is fresh, organic and raw or lightly steamed, eat to your heart's content! Check out the "**Spectra**" product line that will provide you with the power packed nutrients without calories! [Learn more...](#)

13. Eliminate the whites: flour, sugar, potatoes, dairy.

14. Move more! Park farther away from the store, use the stairs, walk around the block. Fifteen minutes of walking 4 times a week will increase metabolism and generate a sense of well being!

15. Turn off the TV! Weight gain is DIRECTLY related to the number of hours spent in front of the TV.

16. **Don't give up!** Build in treats and special foods into your eating plan so that you do not feel deprived.

APPETITE

Weight, appetite, and fullness is related to level of stress, digestion, and metabolism as well as your emotional association with food. Balance is best achieved through a mind, body and spirit approach. Our metabolism and pattern of eating is directly affected by how we feel and how we manage what we feel. Appetite is influenced by many factors, in particular, being thirsty!

Often hunger is actually thirst. Drink water and wait 20 minutes then evaluate your hunger. Use the Energy Diary in the back to identify what people, places and foods increase and or decrease your energy – you may be able to identify patterns with your eating and or types of food.

Hunger is also a conditioned response. Stress increases hunger as does a diet that is too high in processed carbs. Anytime your blood sugar spikes and then drops, you will feel hunger. Eat more fiber foods and protein and you will maintain a more stable blood sugar eliminating hunger pangs..

It has also been shown that people tend to eat the same VOLUME of food over time. When portions are restricted in “diets”, there can be a backlash. Eating vegetables, salads with fruit will allow you to eat larger volumes of food, filling you up and feeling more satisfied.

Remember, only eat to satisfaction – not to fullness!

Food can represent something to many people. Is it a reward, bribe, weapon?

Does it symbolize security, love.....what does it mean to you?

Do you reward yourself with food and then punish yourself with guilt?

What relationship does this remind you? Explore your relationship with food using EFT, Heart Intelligence. Consider a [few sessions with a Coach](#) to breakthrough these patterns.

Our [Transform your Weight membership](#) offers webinars and weekly exercises to keep you on track!



YOUR ENERGY VIBE



You are essentially a vibrational being. You have an energy field that other people as well as your own body experience. What is the vibe you give out?

These images do a great job illustrating just how powerful your thoughts really are.

This crystal is of a water crystal that had been frozen and then sent thoughts of love.

This is the picture of a frozen crystal of water that had been sent thoughts of hate.



Your body is predominately water. What messages are you giving yourself?

Images from Messages in Water, Dr. Masuro Emoto

For more on how your thoughts affect you, [click here](#).

STRESS

Recovery requires *change*...

A change in how you think & a *change* in lifestyle,

You would not have low energy or be experiencing any of your current complaints, if something did not need to change.

**“According to the American Medical Association,
80% of illness comes from stress.”**

Take control – now – develop your stress program!

When a diagnosis remains a mystery or the cause of symptoms have not been identified, the problem often lies in the areas of diet, lifestyle and nutrition. It is estimated that 90% of all health problems are related to diet and lifestyle. Many people claim that “stress” makes it too difficult to make the necessary lifestyle changes that would improve health, energy and a sense of hopefulness. While, “stress” contributes to the lack of motivation or the clouded thinking - not doing anything only increase the stress cycle, making your health worse!



An [assessment at Transform Yourself](#) will help you identify your how stress is affecting you and focus your approach for a return to health and vitality!

*Get your **SPARKLE** back!*

To maintain health and prevent disease it is imperative to identify the source of stress on your mind, body and spirit. Disease results from chronic imbalances in the body.

ADRENAL GLANDS – STRESS GLANDS

The size of a walnut and weighing less than a grape, your two adrenal glands sit on top of the kidneys. But don't let their size fool you; these powerful little glands manufacture and secrete steroid hormones such as cortisol, estrogen and testosterone that are essential to your health and vitality. Without these hormones your body cannot manage the demands of life and you would die. In a significant way the adrenals affect the functioning of every tissue, organ and gland in your body, impacting also your thoughts and feelings.

For survival purposes your adrenals enable your body to deal with stress from every possible source, ranging from injury and disease to work and relationship problems. They largely determine the amount of energy your body has to protect health and meet the demands from your environment. If adrenal function is low or in overdrive, as happens in autoimmune conditions, your body cannot respond and adapt properly to these stresses. This can lead to a variety of physical and psychological health problems that are themselves a further source of stress. *Fatigue is now an epidemic.* [Learn more.](#)

It is also your adrenal glands' job to keep your body's reactions to stress in balance. For example, the anti-inflammatory activity of cortisol helps to minimize negative and allergic reactions, such as swelling and inflammation, to alcohol, drugs, foods, environmental allergens, cancer, infection, and autoimmune disorders. These hormones also tell your body:

- to store fat, around the waist and your face
- to speed up or slow down digestion
- increase and or decrease your heart rate
- add greater pressure to the thyroid gland

Once your adrenals reach the exhaustion stage, your body's ability to adapt is lost. This is when you may experience health challenges for the first time. Very often it does come during middle life and hormonal changes. We offer effective [NATURAL solutions](#) for stress and burnout.

During menopause in women and andropause in men, the adrenal glands gradually become the major source of the sex hormones circulating throughout the body in both men and women. Usually already exhausted at that stage, they can't perform, contributing to weight gain, hot flashes and other symptoms during this time of hormonal flux. Our sex hormones are

responsible for physical, emotional and psychological effects, from the level of your sex drive to the tendency to gain weight. [Natural Hormonal Solutions](#)

Our ability to maintain health and avoid chronic illness is influenced significantly by the adrenal glands. The more chronic the illness, the more demands placed upon these glands and the greater opportunity for exhaustion. Low grade chronic allergies can often set the body up for health problems mid life as the demands on the body increase. Stress comes from many levels – mechanical, emotional and chemical and the adrenals must rise to the challenge to maintain the natural balance of the body.

Consider an evaluation, it is FREE with [membership](#) to Master your Metabolism!

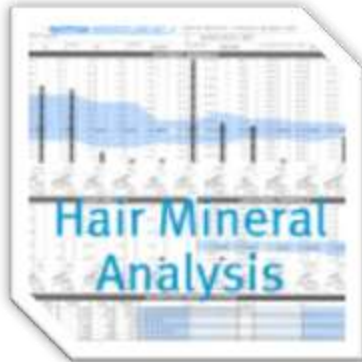
THE STRESS RESPONSE – FLIGHT OR FIGHT

The connection between stress and high blood pressure, heart disease and many digestive problems is well established in the medical literature. Stress influences hormonal activity, stimulates changes in blood sugar and causes the body to waste nutrients while overworking the immune system.

The changes caused by the overproduction of adrenal hormones become further stressors. The stimulation of the adrenal glands causes a decrease in the immune system function, increasing the tendency to catch colds and have other immune system problems, including allergies. Blood flow to the digestive tract is decreased causing many digestive problems such as indigestion, colitis and irritable bowel. Adrenal hormones cause an increase in the body's blood clotting ability leading to formation of arterial plaque and heart disease.

The progression of stress on the adrenal glands has been called the General Adaptation Syndrome. The first stage is called the **alarm reaction**. This is when someone (with healthy adrenal glands) can perform amazingly well when the need arises. The primitive man, seeing the wild animal, was able to run faster than he ever dreamed possible during the alarm reaction. If the stress continues, the body moves into the **resistance stage**, during which the adrenals become enlarged. The individual is responding to the stress and handling it. He or she may feel keyed up. The person may have cold, clammy hands, rapid pulse or reduced appetite, but hasn't begun to feel any of the more serious symptoms of the next stage.

During the **exhaustion stage** the adrenal glands begin to fail to meet the demands placed upon them. **During this stage, the individual begins to have a variety of symptoms including fatigue, digestive problems, obesity, depression, dizziness, fainting, allergies and many other problems.**



A Hair Mineral Analysis will determine at what level you are and we provide an individualized solution! [Learn more.](#)

TAKE CONTROL OF YOUR HEALTH!

While we cannot always control what happens to us, we can control our response. With a stress management program we can adapt to what happens without the negative consequences of stress. Stress has a cumulative effect. Emotional stress, stress from our body, what we eat, our sleep patterns, our jobs, our environment and other types of stimulation all affect the body the same way. The adrenal glands do not know the difference between an IRS audit, treading water or excessive sugar consumption. Excess sugar consumption adds to the stress of the IRS audit.

By eliminating the stress that can be controlled, such as lifestyle choices, the stress that is unavoidable will not have as dramatic of an effect. Eating frequent meals and avoiding sugar will reduce stress on the adrenal glands, just as learning more effective problem solving will also decrease stress.

Hanging on to anxiety over past situations is stressful. Thought has power. Worry produces all of the physiologic responses of the stress response without having a way to know when the stress is over. Worry continues to stress the body and undermines health.

[Transform your Thoughts... mastermind series!](#)

The adrenal glands simply don't know the difference between imagined danger and real danger. Think about it - if you hear a noise at night and think it's the wind, you can go back to sleep. If you think it's an intruder you can't get back to sleep even after you get up to investigate. The thought of facing an intruder made the adrenal glands start producing their

hormones, preparing you for fight or flight. At some point the body becomes “stuck” in this mode and relaxation/repair is not possible setting you up for disease and further health problems

Minimizing chemical stress is also important. We have plenty of chemical stress today. Environmental pollution, food additives, sugar, alcohol and caffeine contribute to the stress on the adrenal glands. [A detox protocol](#) may also be extremely helpful in clearing the “stressors” from your body. This is part of our program!

STRESS & DIGESTION

According to the General Adaptation Syndrome, stress first affects the adrenal system and then begins to affect the mucosal lining of the stomach creating inflammation and disrupting digestion.

Digestive symptoms can be nonspecific and include headaches, indigestion, and heartburn. Chronic stress affects the digestive tract’s ability to absorb nutrients, eliminate waste. The pH or acid-base balance and the overall health of the digestive system can be chronically impaired setting up other inflammatory problems and potential disease.

Poor digestion in the stomach compromises the lower bowel function through an overgrowth of microorganisms in the large intestine. Constipation and diarrhea are associated with this reaction in the bowel.



If you have not gotten the series, This is your life – Live it Well, [get it now](#). We go into detail on the importance of digestion and much more.



Argue for your limitations and sure enough,
they're yours.

Don't wait until you have a health challenge to change your lifestyle!

Did you know that even one meal can make a difference in your body biochemically?

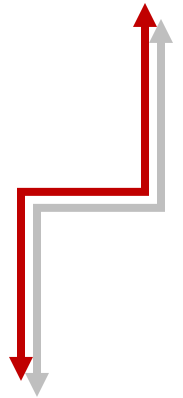
So, if you happen to binge on sugar or high fat foods – go back to eating vegetables at the next meal!

It is NEVER too late to make a change!

APPENDIX

UPS AND DOWN OF SUGAR

Eating large amounts of sugar does create nutritional stress and is a major contributor to joints aches, moodiness and metabolic resistance. Sugar today goes by many different names such as corn syrup, high fructose corn syrup, sucrose, acesulfame K, dextrose, maltase and others. We have an excellent booklet that goes into detail on the dangers of the various sweeteners that is yours FREE when you join Master Metabolism [membership!](#)



What is significant about sugars is the effect on insulin. When insulin is stimulated the body goes into a fat storage mode. Is it any wonder it is so hard to lose weight? Count up your grams of sugars associated with the carbohydrate value and subtract all fiber associated with the carbs. Ideally you would be at 14! My guess, you are closer to 100 because **the typical diet is more than 50% processed food!**

The cycle and pattern of insulin reaction usually goes like this. The blood sugar rises creating a surge of energy when the intake of sugar or simple carbohydrates is high. As the insulin responds and lowers the sugar in the bloodstream, it can drop abruptly creating a sense of weakness, irritability and at times anxiety. Often it is described as, "I feel like I am falling apart." This is a common scenario and a vicious cycle as more sugar will quickly bring relief and then send you crashing. You also lose many valuable nutrients because in order to process sugar, your body has to steal nutrients. The cycle continues although requiring more and more sugar each time to bring relief.

This is actually an addiction, although often hidden as our lifestyle is structured to provide "sugar fixes" regularly. There is the morning coffee break with a doughnut or a bagel, the snickers bar in the after noon or the soft pretzel or cookies while shopping at the mall. So much of processed or canned foods have sugar as one of the primary ingredients helping maintain a consistent level of sugar. Believe it or not toothpaste and french fries have sugar in them!

The problem with blood sugar is made worse as the liver gets overloaded. When the liver is functioning optimally the supply of sugar to the body is steady and based on need vs the dumping of a large amount of sugar resulting in the dramatic highs and lows.

The ups and down of blood sugar is stabilized with high fiber, low glycemic meals and eating more protein. However a high protein diet will also tax the liver more!



You are looking for BALANCE in what you eat and what you do!

Because the insulin reaction also responds to emotions, the body will crave sugar or processed food as a result of emotional triggers. At this point it becomes difficult to know what came first, the pattern of sugar intake or the emotional highs and lows.

THE LIVER AND SUGAR BALANCE

The liver plays an important role in the management of carbohydrates. All nutrients coming from the intestinal tract (with the exception of fats which go through the lymph system and then back to the liver) are processed through the liver before being released into the bloodstream. When the liver is functioning optimally, the peaks and drops in glucose are managed and the blood is supplied with an even flow of sugar and nutrients. This is helpful to the adrenals and the nervous system. Both ultimately responsible for the stress placed on the body by too few or too many nutrients. When functioning well, the liver stabilizes the body's internal environment contributing to the stability of mood and peace of mind.

The liver is the filter for the blood, removing any wastes, toxins, and contaminants that may damage the body or interfere with cellular function. When the liver is not functioning well, this toxic material does not get filtered causing an overall heaviness, achiness and soreness in the body as well as an uneven filtering of valuable nutrients. The circulating wastes can interfere with the nervous system and in some cases directly influence the brain and central nervous system. Feelings of apathy, lethargy and depression can be the result.

The liver is a strategic link between the mind and body processing energy flow as well as nutrients. Liver function lies in between the ability to relax and the digestive system. When digestion is interrupted through tension, worry, or obsessive thinking, the liver has to work overtime to make up for the weakened digestive system. The liver is affected by worry and rumination ultimately impacting the chemical processing of nutrients affecting energy, moods, emotional processing, weight, and the ability to manage stress. This cycle will continue to spiral downward toward more serious symptoms and dis-ease.

We can set you up with various Detox programs to suit your needs. Our weight loss program has a foundation of Detox. Check out [Vibrant Radiant Detox...](#)

ENERGY DIARY

This is a great tool to identify people, places, food and thoughts that increase your energy or drain your energy. By writing things down you will increase your awareness and by doing so learn more about your relationship to food.

Awareness is the key to changing. Denying that you feel anything will only cause the problem to get bigger. Many times you are not aware of how you feel until it is over and you have a chance to see the effect it has on you. Use this for 3 days and see if there are any patterns as you interact with food, people and situations!

Date/Time	Before Meal Mood/Energy Hunger (Use scale 1-10)	After Meal Mood/Energy Hunger/Satisfaction	Note Any Incident, Person, Place that created any change in how you felt and or what you ate (+ or -)		
First thing in AM					
Breakfast					
Lunch					
Dinner					
Snacks					
Bedtime					

METABOLIC PATTERNS: SELF TEST

1. Mood

- A. If I am upset eating meat and fatty food seems to make it worse
- B. Sometimes eating relieves my anger and it doesn't really matter what I eat.
- C. I feel more balanced after I eat a meal higher in fat and meat.

2. Anxiety

- A. Fruits or vegetables calm me down
- B. Eating almost anything helps alleviate my anxiety.
- C. Heavy, fatty food improves the way I feel and lessens my feelings of anxiety.

3. Identify foods that make you feel good when you eat them:

- A. I would choose lighter foods such as chicken, turkey, light fish, salads, vegetables, and I would sample various desserts.
- B. I would choose a combination of foods from A and C.
- C. I would choose heavy, rich, fatty foods: roast beef, beef stroganoff, pork chops, ribs, salmon, potatoes, gravy, few vegetables, or maybe a small salad with vinaigrette or blue cheese dressing; cheesecake or no dessert

4. Climate

- A. I do best in warm or hot weather. Can't take the cold
- B. Temperature doesn't matter that much. I do pretty well whether it is hot or cold
- C. I do best in cool or cold temperatures. Can't take the heat

5. Coffee

- A. I do well on moderate amounts of coffee
- B. I can take it or leave it.
- C. Coffee and I are enemies: I feel jittery, jumpy, nervous, hyper, nauseated, shaky, or hungry.

6. At breakfast, my appetite is:

- A. low, weak, or lacking
- B. normal. Don't notice it being either strong or weak.
- C. Noticeably strong or above average

7. At lunch my appetite is:

- A. low, weak, or lacking
- B. normal. Don't notice it being either strong or weak.
- C. Noticeably strong or above average

8. At dinner, my appetite is:

- A. low, weak, or lacking
- B. normal. Don't notice it being either strong or weak.
- C. Noticeably strong or above average

9. I concentrate the best on:

- A. meat and/or fatty food
- B. No particular kind of food seems to disrupt my concentration
- C. Fruits and vegetables and grain based carbohydrates

10. Cravings

- A. Vegetables, fruits, grain-based products (bread, cereal, crackers)
- C. salty, fatty foods (peanuts, cheese, potato chips, meats, etc.).

11. Depression

- A. I seem to feel more depressed after eating meats and fatty foods (and less depressed after eating fruits and vegetables).
- B. I seem to feel more depressed after eating fruits and vegetables (and less depressed after eating meats and fatty foods).

12. SUGAR

- A. I really love sweets, and/or I often need something sweet with a meal in order to feel satisfied.
- B. I enjoy dessert from time to time, but can really take it or leave it.
- C. I don't really care for sweet desserts that much; I may like something fatty or salty instead (like cheese, chips, popcorn) for a snack after meals

13. Ideal Dinner

- A. something light like skinless chicken breast, rice, salad. Maybe a little dessert
- B. Most foods work fine for me
- C. I definitely do better with a heavy meal.

14. Eating Before Bed

- A. disrupts or worsens my sleep
- B. doesn't make a difference
- C. Usually helps me sleep better

15. Eating Sweets before bed

- A. Sweets don't interfere with my sleep at all
- B. Sweets sometimes bother my sleep
- C. I clearly don't do well eating sweets before bed

16. To feel the best, I need to eat

- A. 2 to 3 meals per day and either no snacks, usually, or light snacks
- B. 3 times per day and no snacks, usually
- C. 3 meals or more a day and snacks, often something substantial

17. How important is food to you?

- A. I'm unconcerned with food and eating; may forget to eat; rarely think about food; eat more because I have to than because I want to
- B. I enjoy food, enjoy eating, rarely miss a meal, but don't really focus on food in any way
- C. I love food, love to eat, food is a big or central part of my life

18. If I do not eat, then:

- A. Doesn't really bother me. I can easily forget to eat.
- B. I may not be at my best, but it doesn't bother me, really.
- C. I definitely feel worse, getting irritable, jittery, weak, tired, low on energy, depressed or other negative symptoms.

19. Fatty Food

- A. I don't really like fatty foods
- B. They're fine in moderation
- C. I love them or crave them and would like them often if I knew they were good for me.

20. Fruit Salad Lunch

- A. It satisfies me; I do well on it and don't get hungry until dinner
- B. I do pretty well, but usually need a snack before dinner
- C. Pretty bad result. I usually get sleepy, tired, spacey, depressed, anxious, irritable and/or hungry as a result and definitely need to eat something else before dinner

21. Gaining Weight

- A. Meats and fatty foods cause me to gain weight.
- B. No particular foods seem to cause me to gain weight, but I'll gain weight if I eat too much and don't get enough exercise
- C. I tend to gain weight eating too many carbs (bread, pasta, other grain products, fruits, and/ or vegetables).

22. Energy Boosters

- A. Fruit, candy, or pastry restores and gives me lasting energy.
- B. Just about any food restores lasting energy.
- C. Meats or fatty foods restore my energy and well-being.

23. Hunger Feelings

- A. I rarely get hungry or feel real hungry, or have weak hunger feelings that pass quickly, or can easily go long periods without eating, or can forget about food altogether.
- B. I have pretty normal hunger around meal times or when I'm late for a meal.
- C. I often feel hungry; need to eat regularly and often; may get strong hungry sensations.

24. Energy Drain

- A. Meat or fatty food generally makes me more tired, lowers my energy even more.
- B. No foods in particular seem to make me down on a regular basis.
- C. Fruit, Pastry, or Candy makes me worse, usually giving me a quick lift, then a crash.

25. Insect Bite or Sting

- A. Reactions tend to be mild or weak and go away quickly.
- B. Average reaction
- C. Clearly strong reaction, stronger than most, and can take a long time to go away, even leaving discoloration afterward

26. Insomnia

- A. I rarely or never get this kind of insomnia.
- B. I occasionally wake up and need to eat in order to go back to sleep.
- C. I occasionally wake up and need to eat in order to go back to sleep. Eating something before going to sleep helps this problem or shortens the time that I am awake.

27. Meal Portions

- A. I don't eat that much. Definitely less than average. Doesn't take much to get me full
- B. I don't seem to eat more- or less- than other people
- C. I generally eat a larger portion of food, usually more than most people.

28. Fruit juice between meals

- A. It energizes me, satisfies me, and works well to nourish me until my next meal.
- B. Its okay but isn't always the best snack for me.
- C. Overall bad result. Can make me lightheaded, hungry soon after, jittery, shaky, nauseated, anxious, depressed, etc.

29. Red Meat

- A. I decrease my energy and well being. Can make me depressed or irritable.
- B. I don't notice one way or the other.
- C. I definitely feel good or better when I eat red meat.

30. Salad for lunch

- A. I do pretty well with that kind of lunch
- B. I can get by, but it isn't the best type of food for me
- C. Bad result. Makes me feel sleepy, tired, lethargic, or hyper, nervous, irritable

31. Salty foods

- A. Foods often taste too salty or I like my food salted only lightly
- B. I don't really notice salt one way or the other. Rarely seems like too much or too little. Just use an average amount on foods
- C. I really love salt, or crave it. Like a lot of salt on foods, to the point that others think my food is too salty

32. Snacking

- A. I generally don't need to snack, but if I do have one, I usually prefer and do well on something sweet.
- B. I sometimes need snacks and do well on pretty much anything.
- C. I definitely want and need snacks in order to do my best. Do poorly on sweets, but do well on protein and fat.

33. Sour Foods

- A. I generally don't care for sour foods.
- B. I don't really feel one way or the other about sour foods.
- C. I definitely like some sour foods or crave them

Congratulations on completing your self-test! All you need to do now is tally your score. It's very simple. Just follow the three easy steps below:

1. On each page of the self-test, add up the number of times you circled choices a, b, and c and write each subtotal at the bottom of the page.
2. Then add up the subtotals from each page and write them here.

Total **A** answers = _____

Total **B** answers = _____

Total **C** answers = _____

3. Your score generally reflects your metabolic pattern:

- If you have more A answers then you may be a Slow Metabolizer (your body prefers carbohydrates)
- If you have more B answers you maybe a Balanced Type
- If your have more C answers you may be a Fast Metabolizer (your body prefers protein)

GLOSSARY

- **Acid / Alkaline** (pH of the body) - the degree of acidity or alkalinity, which is regulated by several of the Fundamental Homeostatic Controls. Because all biochemical processes are dependent upon a specific, narrow pH range, the acid / alkaline balance is very important in deciding the presence of health or disease.
- **Aerobic** - Chemical processes in the body that require oxygen. Example: Long-distance running is an aerobic exercise. (see Anaerobic)
- **Allergy** - Hypersensitivity to substances including (but not limited to) environmental and foods. Some symptoms produced by allergy are sneezing, rashes, itching, fatigue, and depression.
- **Anabolic** - The building up in the body into more complex substances from simpler ones. Part of the Lipo-Oxidative Control System involving the balance of anabolic / catabolic processes in the body. Anabolic processes are anaerobic (not requiring oxygen) and involve increased levels of sterols relative to fatty acids, resulting in decreased cell membrane permeability. (see Anaerobic and LipoOxidative)
- **Anaerobic** - Chemical processes in the body that do not require oxygen. Example: Sprinting and weight-lifting are anaerobic exercises. Anaerobic processes are also anabolic in nature. (see Aerobic and Anabolic)
- **Asthma** - Condition characterized by sudden, recurring attacks of coughing, chest constriction, labored breathing, lung congestion and wheezing. Asthma involves over-reactivity by the parasympathetic vagus nerve.
- **Autonomic Nervous System** - Communications system from the brain to the organs, glands and every cell in the body, considered the master regulator of metabolism. The ANS consists of two divisions -- Sympathetic and Parasympathetic -- whose opposing, yet complementary (push / pull) interplay, results in metabolic regulation. Example: Sympathetic speeds the heart rate, Parasympathetic slows it. Together, these opposing influences regulate the heart rate.
- **Biochemical** - Processes and chemicals in living organisms.
- **Biochemical Individuality** - Inherited patterns of chemical processes in human metabolism that are unique to each person.
- **Candida** - A yeast infection which inhibits efficient digestion and assimilation, and if chronic, exhausts the immune system, thereby contributing to any degenerative process.
- **Carbo Type** - Metabolic Type (Sympathetic or Slow Oxidizer) that does well on relatively small amounts of protein and fat foods compared to carbohydrates.
- **Catabolic** - The breaking down in the body of more complex substances into simpler ones. Part of the Lipo-Oxidative Control System involving the balance of anabolic / catabolic processes in the body. Catabolic processes are aerobic (using oxygen) and involve increased levels of fatty acids relative to sterols, resulting in increased cell membrane permeability. (see Aerobic and LipoOxidative)
- **Constitutional Type** - Concerns constitutional (hot, cold, dry, etc.) qualities of the body that relate to similar constitutional qualities of foods and herbs.

- **Electrolytes** - Mineral salts in the body's fluids that conduct electricity. The balance of electrolytes in body fluids is important to ensure that vital substances (nutrients, enzymes, toxins, hormones, etc.) are effectively transported to where they need to go.
- **Electrolyte Insufficiency** - Not enough electrolytes in the body's fluids.
- **Electrolyte Stress** - Too dense a ratio of mineral salts in the body's fluids.
- **Endocrine Type** - One of the four primary energy-producing endocrine glands (pituitary, thyroid, adrenals, gonads) that play a major role in body structure and determine how and where fat accumulates on the body.
- **Enzymes** - Complex substances in plants and animals that can cause changes in other substances. Enzymes function only within a very narrow range of pH. (see Acid / Alkaline)
- **Fatty Acids** - A group of acids occurring in natural fats.
- **Gag**(reflex) - To choke, or the urge felt in the throat to vomit.
- **Glycemic Index** - All carbohydrates - fruits, vegetables, grains - are converted to glucose in the body. Carbohydrates are categorized according to the speed at which they hit the bloodstream in the form of glucose and they are ranked accordingly in what is known as the Glycemic Index.
- **Glycolysis** - see Oxidation.
- **Hair Tissue Mineral Analysis** - Laboratory analysis of a sample of hair to determine the levels of toxic heavy metals, nutritional minerals, and essential trace elements in a person's body.
- **Metabolic Typing** - Process of evaluating the creation, maintenance and control of energy and the determination of unique, individual nutritional requirements.
- **Homeostatic** - The tendency of a system, especially the physiological system of higher animals, (such as the internal environment of the human body) to maintain internal stability, due to the coordinated response of its parts to any situation or stimulus that disturbs its normal condition or function.
- **Incontinence** - Urinating or defecating involuntarily.
- **Lectins** - Protein fractions found in many foods that have an affinity for certain blood types and whose presence in significant numbers can cause digestive, allergic and other immune problems.
- **LipoOxidative** (Anabolic / Catabolic) - One of the Fundamental Control Systems concerning fatty acid / sterol (mostly unsaturated fat) balance. Catabolic processes are aerobic (requiring oxygen). Anabolic processes are anaerobic (not requiring oxygen). Catabolic (the breaking down in the body of more complex substances into simpler ones). Anabolic (the building up in the body into more complex substances from simpler ones). This Control System concerns the balance of anabolic / catabolic processes and regulates membrane permeability.

- **Macro-Nutrients** - Proteins, fats and carbohydrates in the diet. The macro-nutrient ratio at each meal is critical for efficient energy production and good health. The ideal ratio varies between Metabolic Types as well as from meal to meal.
- **Metabolism** - Sum total of all physiological and biochemical changes that take place in the body and all energy and material transformations that occur in living cells, utilizing food, air, water and light.
- **Metabolic Type** - Inherited strengths, weaknesses and patterns in metabolism that define metabolic individuality and unique requirements for nutrition.
- **Mixed Type** - Metabolic Type (Balanced or Mixed) that does best on a mixture of the appropriate foods for both the Protein Types and Carbo Types.
- **NeuroEndocrine** - The interrelationship of the Autonomic Nervous System and the Endocrine System.
- **Oxidation** - Intracellular processes that convert nutrients to energy. Oxidation involves the interplay of 3 intracellular processes: Glycolysis, Beta Oxidation and the Krebs or Citric Acid Cycle. Glycolysis concerns metabolism of carbohydrates. Beta Oxidation is involved in fat metabolism. And Citric Acid Cycle is the final step of energy conversion involving products produced from Glycolysis and Beta Oxidation. These 3 processes can be thought of as providing the recipe for energy production in the cells of the body.
- **Oxidative** - Referring to the process of intracellular conversion of nutrients to energy.
- **Parasympathetic** - Repairing and rebuilding ("rest and digest") side of the autonomic nervous system.
- **pH** - see Acid / Alkaline
- **Physiological** - The functions / life processes of living things.
- **Prostaglandin(s)** - Derived from fatty acids. Found everywhere in the body and play a role in every metabolic activity.
- **Protein Type** - Metabolic Type (Parasympathetic or Fast Oxidizer) that does well on high protein, high fat, low carbohydrate diet.
- **Sympathetic** - "Fight or flight" (stressor) side of the autonomic nervous system.

Notes: