

Points to consider before trying to achieve your health and fitness goal.

If you are thinking about working with me either face to face or online or even if just on your own it is important to be clear of how the process works, what you are working towards and what this means in terms of results.

To achieve your goals you need to address the underlying factors that have prevented you achieving it so far. When the wrong behaviours are replaced with the right ones and the blocks towards your goals are collapsed you will go on to achieve your goals.

What is your goal?

Most people come to me to lose weight, improve a specific health complaint and or improve their fitness. More foundational to this goal is the desire to be happier within yourself either directly from achieving your goal or from the subsequent actions achieving your goal will allow you to do.

Whatever your goal you need to be aware of the various casual factors and different elements contributing towards your success. In trying to achieve success you should be thinking about how to address the casual problems over trying to fix the symptoms, e.g. if you have persistent headaches you can either treat the symptom by taking a headache pill or go looking for the reason the headaches are happening in the first place.

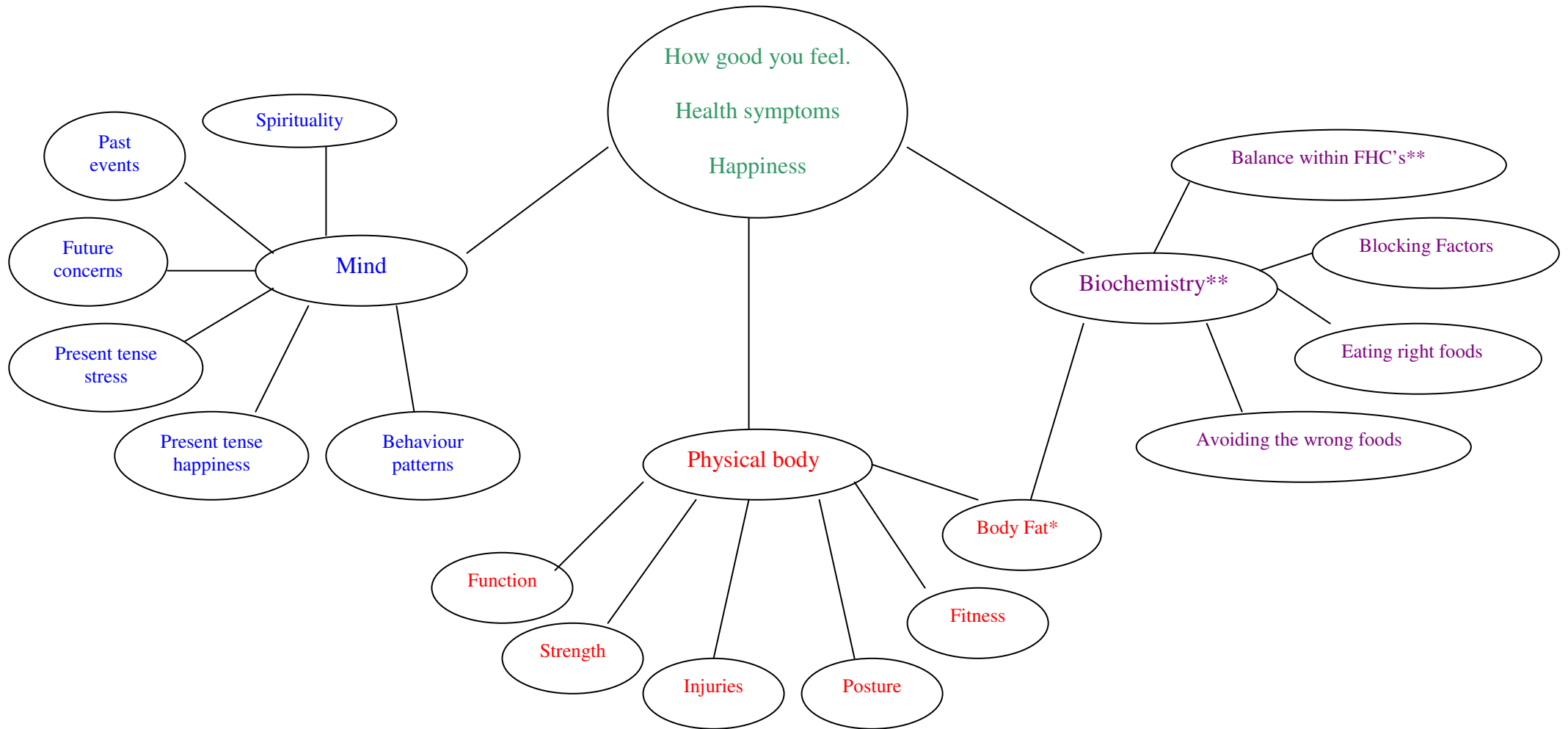
In a similar vein if you are overweight you may cut calories and hope this takes the fat away (see page 5 for why this does not work) or you can address the reasons the body has stored the fat in the first place and why it is not losing it now.

The causal factor to your problems.

The diagram on Page 2 contains the major factors upon your goal. Different goals will have different influences from the three areas of biochemistry, the physical body and the mind.

Sometimes the apparent casual factor may not be where you expect it. For example, a back or knee pain would suggest that the solution lies in posture and strength correction. However it could be from emotional or biochemical reasons in a few cases.

The most effective way forwards is to address each of the areas simultaneously. The more possible casual factors that can be resolved the greater the chance of removing this block and hence going on to achieving your goals.



* Body fat is almost exclusively related to biochemistry. See overview page 5

** Please see Page 7 for full influences upon biochemistry and explanation of FHC's.

Techniques and strategies available to you.

Over the years I have incorporated more and more techniques to help clients like you address the blocks towards your goals. The basic intake is explained below. This is available to you whether working with me online or face to face.

Basic protocol	
Biochemistry	
Metabolic typing test	Identifies correct foods and supplements for your body
Diet record sheets	Identifies ideal fuel mix ratios of Protein : Carbs: Fat.
Food reaction elimination and rotation	Identifies adverse foods and sensitivities.
Physical body	
Fitness profile	Identifies strengths and weakness in all fitness attributes.
Basic fitness programming	Address Posture, strength, fitness, injuries and function.
Mind	
EFT Personal Peace Procedure	Collapses past events which hold unresolved emotions
EFT for current and future events	Collapses present and future concerns and emotions.
Conscious reprogramming	Becoming aware of current behaviours.

Advanced options.

Depending on the luck of the draw, the casual factor of your problem / block to your goal will be covered by exploring the avenues in the basic protocol. For some people they will need to go deeper. This can be done from the very start if you are looking to maximise the body in every way possible. The majority of these tests are looking for further biochemical imbalances. Further testing and options available to you are shown below:

Advanced protocol options	
MRT testing.	Identifies type 3 and 4 allergies.
Hair tissue mineral analysis.	Identifies metal toxicity and gives further info on the body
Detoxification Procedures.	Clears metals and toxins from the body.
Hormone testing.	Analyses the steroid hormone pathway and adrenal fatigue
Biochemical assessments.	Identifies Liver, gut and immune functions.
Blood sugar testing.	Monitors blood glucose sugar levels
Parasite identification and cleanses	Rids the body of parasite overgrowths.

What do the protocols actually involves me doing?

The basic protocols involves you taking the metabolic typing test. A 150 question survey which is emailed off to the states for analysis. Within 48 hours you will usually have your results back. The goal will then be to cut out some of the most likely sensitive foods within your nutrition plan.

After this you will then aim to identify the correct amount of protein : Carbs: fat per meal so you are free from hunger, have good energy and mental clarity. Further refinement within the nutrition plan continues thereafter with the introduction of specific supplements, endocrine recommendations and more.

In short the metabolic typing test requires you eliminate some foods, introduce others and be willing to experiment with your eating strategies. The test may reveal you need to eat liberal amounts of meat and fat. It may also require you not to eat certain foods which you may like eating.

I take a better or worse approach to health and thus the focus will be on getting the majority of the meals right with special focus on meals under your control. This gives the freedom needed to sustain this long term yet also to achieve results. It is more about getting breakfast right everyday than worrying about that Saturday night out.

The fitness profile is a series of 26 measures that covers each aspect of your fitness. Every area is rated on a 1-7 level (where 1 is poor and 7 is good). This allows us to identify your strengths and weaknesses. In response to this you will need to develop a consistent and manageable routine focusing on the different areas of fitness.

The mind is addressed by using Emotional Freedom Technique (EFT). This involves tapping on certain points of the body while tuning into emotional events from the past or present/future concerns and negative emotions. EFT can involve significant levels of emotion at times. EFT is done at your own pace and comfort level.

Conscious reprogramming comes by looking at how you are thinking and behaving while discovering new behaviour patterns and coping strategies which aid your body.

The advanced protocols involves further testing measures which use, urine, saliva, blood and hair analysis. The results from this can include taking certain supplements and modifications to your eating plan.

The detoxification procedures involve regular use of coffee enemas alone or as part of other detox protocols such as liver gall bladder cleanses, cell cleanses, colon cleanses and parasite cleanses. These all have various protocols and last 1-7 days. (except the parasite cleanse which is 60 days plus).

How quickly will I get results?

This answer cannot be given for certain. It depends on your definition of results. As most people are only concerned about one or two symptoms, e.g. fat on their waist, low energy, headaches etc then for improvement in these symptoms to occur we must address the specific casual factors underneath.

For most people their goal is caused by a few factors. Therefore it is highly likely you will see some improvements through the basic protocol which addresses numerous possible casual factors already. It also takes you one step closer to discovering the true casual factors by answering questions about other elements and how they affect your body.

Even in people who are unlucky and the basic protocol does not improve their main goal, their 'symptom' they will see improvements in other areas. For example, you may improve your health by '10%' and find you have better energy, less digestive pains and improved blood pressure while your friend may improve their health by 10% also but instead lose 7 pounds of fat. You have both made great progress but she has been luckier with how the body has responded in terms of weight loss while you were luckier in terms of energy and health measures. This is the problem of looking at symptoms and not causes.

Attitudes for success.

In my experience through working with hundreds of people is that the ones who are most successful:

- Do not try and modify the programme thinking they know best.
- Stop whinging and complaining how hard it all is and instead find a way to get it done.
- Do not expect results quickly and commit to the long term process.
- Understand it is a process and try to identify possible blocks and casual factors.
- Leave their ego out of it and are open to the possibility things they know or do now may be wrong.
- Take a better or worse approach to this whole concept and not all or nothing stance.
- Understand it is only themselves who can achieve the goals.

It is always prudent to really ask yourself, why do I want some support / guidance? What am I looking for?

Weight loss overview

Most people are interested in losing weight. The area of weight loss refers more specifically to losing body fat. Weight is affected by more factors other than just fat e.g. hydration status, muscle mass etc. Losing body fat can be easy for some while difficult for others. Your body fat is almost exclusively related to your biochemistry balance and nutrition routine. In this section the influences on biochemistry are explored.

Losing body fat – The traditional view versus reality

The traditional view of losing body fat is to eat fewer calories, become active and therefore use more energy and assume the body will make up the shortfall in energy balance by burning your excess body fat. This simplistic view of energy balance does not pan out in the real world and even less so in our modern environment. The traditional view of losing body fat is way too limited in its application and does not hold up in practice.

I have seen and worked with many clients and people who eat less than the energy they expend yet still do not lose body fat. In some cases, even eating less calories than you need will not prevent you gaining more body fat. This is because the body can change its set point and thus believe it is starving. When this happens the body will lower your metabolic rate and store as many calories as possible as fat, even though you are eating much less than the 'recommended calorie intake' for you.

Real-world weight loss depends upon the balance of your body chemistry. This depends on how much of the right foods you are eating, the macronutrient ratios consumed at each meal and snack, how much of the wrong foods you are eating and the impact of other non nutritional blocking factors.

The influence on your health from non nutritional blocking factors is a concept created by William Wolcott the founder of Metabolic Typing®. It refers to how the body can be subjected to stresses from non nutrition based sources, which can prevent resolution of the health problem (which includes losing body fat) until the blocking factor has been resolved. These factors include exercise (too little or too much) and any other stresses on the body. Weight loss also depends on biochemical individuality and your metabolic balance, which includes the see-saw effect.

Biochemical individuality refers to how we are all unique in both functioning and reactions to external stimulus. This can be seen by how people will exhibit different health symptoms when the same stimulus is provided to the body. For example, two people could be very sensitive towards bread and wheat but in one, this may create excess weight gain, while in the other it may give them asthma, but no changes in body fat. The cause of their problem is the same, except that they exhibit different symptoms, e.g. excess fat versus asthma. Which problem you have is largely out of your control, but the key is identifying what problem you have and ensuring you are eating more of the right foods, less of the wrong ones and resolving the blocking factors.

The see-saw effect refers to the cumulative health on the body and its current state. This influences the effort required to turn it around. In general, the older you are and the longer the body has been subjected to the wrong stimulus the further the metabolic efficiency and biochemical balance are tipped towards poor functioning. Depending on where you are on this see-saw, it can take longer and require more effort to return it to balance and initiate fat loss. This is why most people find it harder to lose weight as they get older compared to when they were younger.

Biochemical individuality also plays a part in how you respond to restoring balance within your body both in terms of your starting point (genetic potential) and the net result of the effects of age, proper lifestyle habits, and number and duration of life stressors. Two people can both improve their 'metabolic balance' by 10 % while in one, they lose 7 kg, yet in the other they improve their energy and their blood pressure normalises. Which happens to you is, again, a little like the luck of the draw. Your focus should be on the process of eating the right foods, avoiding the wrong one and addressing blocking factors. This will then go on to produce results over time.

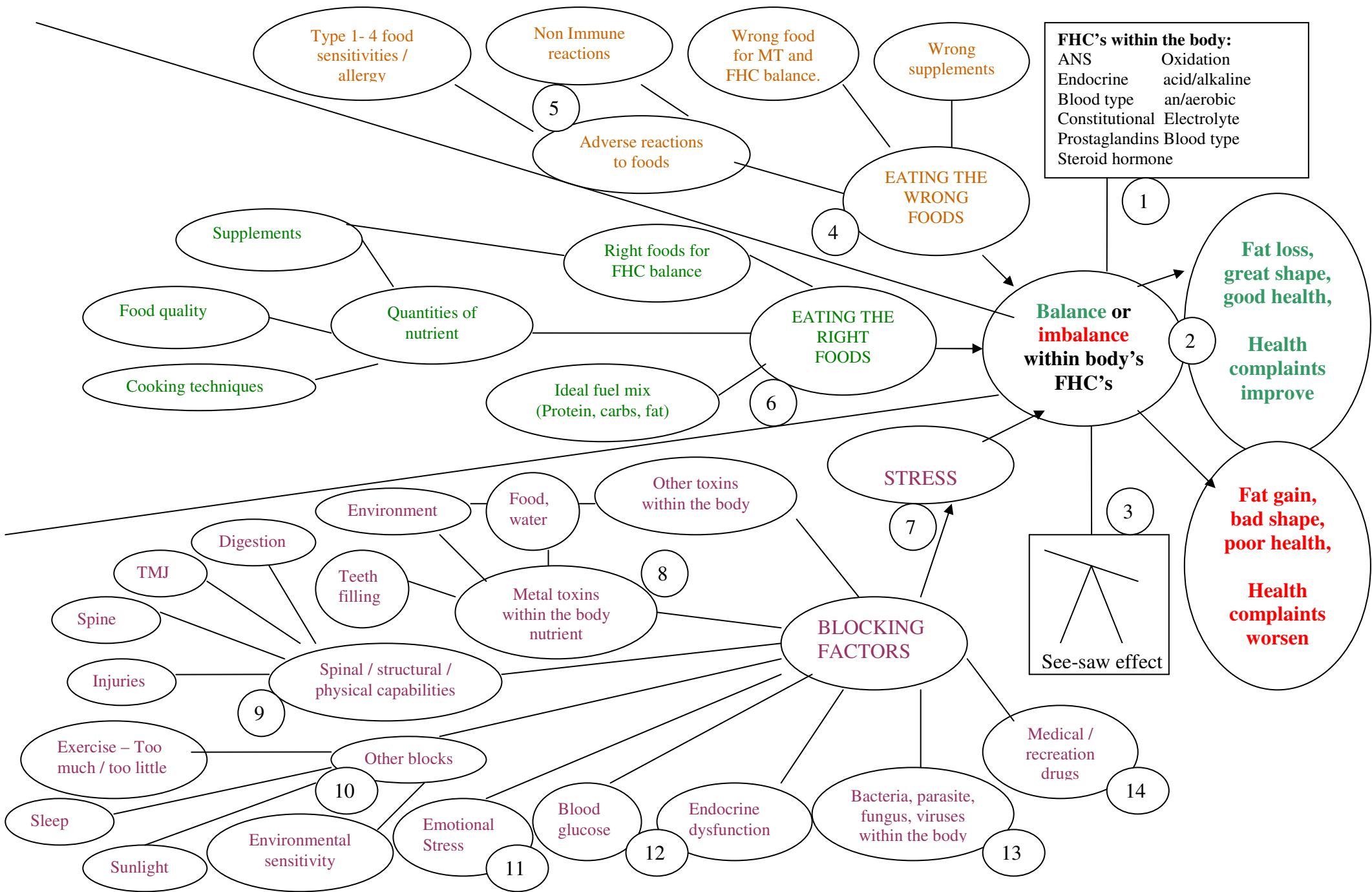
Losing fat versus not gaining fat

There is a distinct difference between gaining body fat and losing body fat. Gaining body fat occurs during a time of metabolic imbalance within the body while simultaneously consuming the wrong fuels for your body. This is dependent upon your metabolic type® and can vary between individuals. To prevent gaining further body fat you need to start consuming the right fuels and restore balance to your body. At this point many people will try cutting down on the total amount of food they consume. This can work in some cases for the short term but is an ineffective long term strategy.

This is because with the metabolic imbalance remaining, any binge eating will likely result in further accumulation of fat. One of the problems in this modern day is it is very hard to reduce calorie intake because of the abundance of food availability. This is compounded by the fact that traditional healthy eating creates a food craving in many people because the recommended amounts of protein: carbs: fat does not meet the body's requirements. This creates natural and real nutritional-based cravings which mean you are fighting temptation while trying to reduce intake. Eventually this leads to a binge and further body fat gains.

Modern society is facing an epidemic of obesity because the stresses on the body have reached an all time high. They come from our food, lifestyle, activity levels and many emotional sources. This disrupts underlying metabolic balance. When the body is in balance and functioning at peak efficiency you should not put on body fat even if an excess of food is consumed.

Losing body fat requires an appropriate level of balance and functioning within your body. This depends on numerous factors (see page 6). When normal function is resumed you should be able to lose body fat if eating the right foods for your body, i.e. metabolic type. Simply reducing calories if the body is not in biochemical balance will give limited results in fat loss and further accentuate the underlying cause.



Key for Chart

1 – The FHC – This stands for the fundamental homeostatic controls within the body. These systems determine how the millions of chemical reactions behave. Metabolic typing identifies the state of each system and an appropriate protocol to restore balance and function to the body. The main two systems to identify are the ANS and Oxidation system. This determines what foods you should eat. This is done by taking the metabolic typing test. The endocrine and steroid hormone FHC for people looking to lose weight. The overview of this system can be read in The Metabolic Typing Diet by William Wolcott.

2 – Weight loss / gain – This depends on the balance of the FHCs within your body, genetic pre-dispositions to store body fat and how you treat your body. When the body is out of balance you may find you cannot lose body fat. If the systems are out of balance and you consume the wrong foods for your body you will gain fat. Everyone is programmed to be what would now be considered a low body fat (normal 50 years ago). Some people however are more likely to gain fat than others when their FHCs become out of balance. This is the luck of the draw. The balance of your FHCs depends on how you are eating the right foods, consuming the wrong foods and the accumulated stress from blocking factors. These will combine to give the overall balance of the FHCs which will determine weight gain/loss and overall body shape.

3 – The See-saw effect – This refers to how the metabolic balance (e.g. health) of the systems can change. Once they have turned for the worse it takes more effort to restore balance and to tip the scales onto the side of good health. Likewise when the scales are already tipped towards good health your body is much more forgiving of negative behaviour in the short term. When your see-saw has tipped towards imbalance it can make achieving your goals more difficult to do and thus requires higher levels of positive actions to achieve your goals. This can be seen by how most people can lose fat much more easily in their twenties compared to thirties or forties etc.

4 – Eating the wrong foods - This can significantly disrupt metabolic balance and must be present for fat gain to occur. Wrong foods come in the form of inappropriate foods for your metabolic type, taking the wrong supplements and eating foods that produce adverse reactions. Eating the wrong foods for your body can cause fat accumulation or prevent fat loss from current levels.

5 – Adverse food reactions – This is the term that covers negative symptoms from eating. These come from either an immune or non immune response. A non immune response comes from the effects of consumption but it does not involve the immune system. This could be a pharmacological effect, e.g. drinking 7 cups of coffee will raise the heart rate. Other reasons include enzyme deficiencies, e.g. a lactose intolerant reaction to food because the stomach bacteria (not lactase) is used to digest the lactose which produces gas. Toxic reactions, such as food poisoning from bacteria, mal-absorption, e.g. an inability to absorb certain foods in the stomach so the gut bacteria takes over also causes negative symptoms. Your blood type can also react with certain foods e.g. these foods combine in sensitive individuals to their white blood cells which de-granulate and cause mediator release with similar symptoms to food sensitivities. The final reasons for negative reactions from eating include histamine reaction to foods containing it and consuming irritant foods, e.g. those foods which have the potential to simply irritate the gut like hot peppers, chillies.

An immune response refers to the release of cell mediators and the involvement of the immune system. In general, on exposure to the food the body releases an immunoglobulin (IgG, IgE, IgM) or Granocytes which then produce the release of mediators. These mediators e.g. histamine, serotonin, dopamine interact and cause a whole host of negative symptoms. There are around a 120 different mediators. These immune responses can be classified into four types of food sensitivities / allergies.

Type 1 is a true food allergy that results in sudden symptoms which can be very severe (e.g. swollen throat, skin rash, unable to breath, death). On exposure to the food IgE causes large scale release of mediators, e.g. histamine. Type 2 – Does not affect most people. Type 3 – This involves the release of IgG or IgM. The reactions from the mediators occurs within 2- 10 hours post eating. Type 4 – The mediators occur without the use of antibodies (Ig) and symptoms occur from 4 – 72 hours after eating

6 – Eating the right foods - This will deliver the necessary nutrients for the body to function optimally. The nutrients needed for your body right now are those labelled as ideal in your metabolic typing plan. This will provide the deficient nutrients to the cells. The ideal foods are different depending on your metabolic type. This varies between people and can also change during your life. As well as eating the right foods they need to be consumed in line with their ideal fuel mix at each meal (Protein:Carbs:Fat ratios). Finally, the absolute levels of nutrients consumed needs to be maximised. Food quality and preparation is crucial to this as well as the consuming the ideal supplements for your metabolic type. Supplementation is very beneficial if done correctly and important if the metabolic balance see-saw has tipped towards the side of poorer health.

7 – Blocking factors - These are non nutritional inputs which can stop you losing body fat. A blocking factor creates stress upon the FHCs and thus can cause an imbalance within them. This can then prevent achievement of your goals. There are numerous blocking factors and different ones are more crucial depending on the individual involved. The key for you to achieve your goals is to resolve the blocking factors on your goals. This decrease in stress will allow the correct application of eating the right foods and avoiding the wrong ones to produce body fat losses.

8 – Toxic Metals. These enter our body from the general environment around us and through our food and water supply. Metals should be excreted upon entering your body if it is functioning with perfect metabolic balance and efficiency. If the body is not in an ideal balance it is unable to secrete the metals and uses storage sites within the body to hide them away instead. Body fat is one of those sites along with the bones. Over time the body will accumulate more and more metals. As these build up they begin to interfere with the ideal functioning of cells. A hair test will show information regarding the current state of metal accumulation within the body and charts progress during the detox protocols which can be used to accelerate metal removal.

9 – Spinal alignment / Physical capabilities. The position of the spine greatly influences the nerves supply. A misplaced alignment can lead to reduced activation and down regulation of a body area. This can lead to reduced metabolic efficiency which can create metabolic imbalances and therefore prevent fat loss. Working with a skilled professional in spinal alignment, TMJ, cranial-sacral therapy can be crucial.

Physical abilities include the digestive system. It is said your immune system starts in your digestive tract and it is an important element to overall health. Your digestive system has numerous components to it which includes the mucosal barrier, HCL, enzyme and Biotic activity.

Physical injury also represents a stress and a drain on the body if it is has to generate resources to mending this problem. Injury also prevents an exercise routine to be followed. This block is resolved through following an exercise routine which targets posture

10 – Other blocking factors – there are other blocking factors with many not listed here. Some of the more notable ones include sleep and altered sleeping patterns. This reduces the ability of the body to restore itself during normal sleeping times / hours. This can lead to a decreased ability to handle stressors and itself can act as a stress to the body. Exercise can be both a good or bad stimulus to losing fat, depending on whether you do too much, too little, the wrong type or perform at the wrong intensity. Environmental sensitivity refers to a particular source in your environment that your body is aggravated by. It is similar to adverse reactions to food but could be anything from paint to electro magnet radiation. This includes washing powder, clothing, household materials such as carpets. Sunlight and general lighting is also a factor that can create problems within the body. Vitamin D deficiency from a lack of sunlight can be a significant factor.

11 – Emotional stress – Emotional inputs activate the stress response from the body. This can come from excessive worry, fear, anger etc. It also comes from unresolved emotional events from the past. Future concerns and fears about things to come including existential meaning (e.g. life, death, purpose etc) can also produce excessive emotions and stress. The emotional element also causes a block by influencing whether you can eat the right foods / avoid the negative foods or behaviours on your body.

12 – Blood glucose and endocrine function - When blood sugar drops below a certain value the stress hormone response is activated to normalise the sugar level within your body. This acts as a big stress upon the system. Endocrine function refers to the status of the endocrine glands, including the adrenals and thyroids. The adrenal are especially susceptible to fatigue when the body experiences any long term stressor. When they fatigue they tip the metabolic balance see-saw and require further support to restore their ability. They also directly affect the balance of the steroid hormone pathway FHC which closely relates to body fat levels.

13 – Parasites, bacteria, fungus and viruses – They represent a further drain on the body when present. As they tie up resources this means the body is unable to maintain or restore imbalance within the FHCs. To return to metabolic balance, often these will need to be removed specifically to reduce the stress on the overall system.

14 – Medical / recreation drugs – Medical drugs can disrupt balance in the various FHCs and can be a factor preventing success. Please note only your doctor can advise you about your medications. Recreational drugs including tobacco, alcohol can provide serious disturbances to the body and influence body fat.