

The



Metabolic typing report
Ben Wilson

Healthexcel's "Advanced Program" Metabolic Typing Assessment Report

Prepared For: **BEN WILSON**

Date: **10 October 2006**
Name: **Ben Wilson**
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City: **Colliers Wood**
State: **London**
Zip: **SW18 2AQ**
Country: **UK**
Day Phone:
Night Phone:
Fax:

Sex: **M**
Age: **028**
Birthdate:
Height: **5'10"**
Weight: **161**
Ideal Weight: **161**
Marital Status: **S**
Blood Type:

Test Number: **4**
Hair Test: **N**

Client Current Occupation:

Personal trainer and nutritionist.

Client Primary Health Complaints:

NONE

Congratulations on the completion of your Metabolic Typing Assessment! Your analysis and program is based on over 30 years of research and development by William L. Wolcott, the world's leading authority on metabolic typing. The Healthexcel System of Metabolic Typing is the most accurate and comprehensive program for individualized, customized nutrition available today.

Results from your metabolic typing test:

Your biochemical classifications	<p style="text-align: center;"><u>You are a Fast oxidizer metabolic type.</u></p> <p>This means your Oxidation rate is too fast. Therefore you must consume the foods and nutrients that will slow down your system and therefore restore balance to your system.</p> <p>*****</p> <p>Autonomic nervous system (ANS): SYMPATHETIC</p> <p>Oxidative system: FAST</p> <p>Dominant system: SYMPATHETIC</p> <p>Endocrine gland: PITUITARY</p> <p>*****</p> <p>(See "Understanding Your biochemical report for a detailed explanation)</p>
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Autonomic nervous system results.	<p>XXXXXXXXXXXXXXXXXXXXXXXXXXXXX 39% Sympathetic</p> <p>XXXXXXXXXXXXXXXXXXXX 23 % Balanced</p> <p>XXXXXXXXXXXXXXXXXXXXXXXXXXXXX 36% Parasympathetic</p>
Oxidation system results.	<p>XXXXXXXXXXXXXXXXXXXX 17 % Slow Oxidizer</p> <p>XXXXXXXXXXXXXXXXXXXXXXXXXXXX 27 % Mixed oxidizer</p> <p>XXXXXXXXXXXXXXXXXXXXXXXXXXXXX 55 % Fast Oxidizer.</p>

<p>Your Retest Schedule</p>	<p>3 - 6 months</p> <p>It is recommended that you be re-evaluated in 3 months if this is your 1st test or in 6 months if this is your 2nd or higher retest. <u>Please Note</u> ~ During the process of metabolic rebalancing and rebuilding, it is quite common that your current <i>functional</i> Metabolic Type can shift and change more than once before stabilizing into your <i>genetic</i> type, the Metabolic Type you were born with. Until that time, periodic reevaluations are necessary to adjust your diet and supplement program, if and when necessary, to address any changes in your specific Metabolic Type requirements.</p>
<p>Your Special Considerations</p>	<p>During periods of ALLERGY-LIKE FLARE-UPS OR OTHER "ALKALINE-TYPE" CONDITIONS -- sneezing, coughing, itchy eyes, itchy skin, rashes, hives, wheals, excessive tearing, runny nose, cold sores, fever blisters, bleeding gums, excessive saliva, sensitive teeth, A.M. stiffness, cracking skin, night sweating, arrhythmia, chest pressure, asthma, hay fever, emphysema, hoarseness, drooling/excessive saliva, difficulty swallowing, dandruff, or incontinence -- consider temporarily adding: CALCITRATE and/or CAL-COM, TRAVACID X and VITAMIN C (as Calcium Ascorbate) to help support your body's efforts. Discuss amounts with your Advisor. Dietarily, consider increasing the proportion of animal protein (especially red meat), while decreasing the proportion of carbohydrates (fruits, vegetables, grains). Take care NOT to eat carbohydrate without protein. Also, restrict or diminish sugar intake. If it is summer, you may be consuming too many fruits and/or vegetables in relation to proteins and fats -- especially if you're a Parasympathetic or Fast Oxidizer Dominant.</p>
	<ul style="list-style-type: none"> • For STIFFNESS UPON ARISING, 2 CALCITRATE and 1 TRAVACID X may be taken with a glass of pure water, 1 hour before breakfast. Or, 2 tsp. apple cider vinegar may be mixed with 1 tsp. honey in 1 cup of pure water (warm or cold) and drunk (with a straw) upon arising. Apple cider vinegar and water may be consumed without honey.
	<ul style="list-style-type: none"> • In cases of very LOOSE STOOLS and/or DIARRHEA, consider including some "probiotics" (PRO-BIO 12); some psyllium seed powder (LBF #2) 1 tsp. mixed with 6 ounces water, followed by a glass of water; or one-half Cup liquid Bentonite (VIT-RA-TOX #16) 2-3 times a day away from food for 3 days. Stop all junk food. Eat only whole, natural food. Minimize consumption temporarily of parasympathetizing foods - - foods high in potassium, magnesium, B vitamins -- such as fruits and vegetables.

	<p>If BELCHING, BURPING or INTESTINAL GAS is noted DURING or IMMEDIATELY AFTER MEALS, the recommended HCL and the ENZIGEST may each be increased. Discuss how with your Advisor. If the problems persist, try increasing the PANCREATIC ENZYMES (up to 6 with each meal and before bed). [NOTE: Consideration must be given to alkalinizing influences in the Parasympathetic types.] If problems persist, consider testing for Candida overgrowth and/or parasites.</p>
	<p>STRONGLY CONSIDER THE QUALITY OF THE AIR YOU BREATHE. To sustain your life, all your body's innumerable activities of metabolism utilize 4 primary environmental factors: food, light (full-spectrum), pure water and air (oxygen). How important is the air you breathe? . . . Consider that you can live many days without food or water or light, but only a few minutes without oxygen! The pure, oxygen rich clean air breathed by our ancestors for millions of years on our beautiful planet has become a rarity in our modern civilization. The air we breathe now contains literally tens of thousands of man-made chemicals, toxins and pollutants. Exposure to these substances is worsened for many by the nature of their lifestyles -- they spend most of their daylight hours in fresh air starved office buildings and return home to their air tight, fuel efficient houses, loaded with indoor air pollutants from carpets, furniture, chemical cleansers, insecticides, construction materials out-gassing and cigarette smoke to name just a few. This "sick building syndrome" is exacerbated during winter months in the colder parts of the country by cutting down even more on outside air flow, compounded by additional air quality loss through the use of wood stoves, gas furnaces, etc. Yet, the oxygenation of all your body tissues is paramount to good health. Cancer, for example, thrives in an anaerobic (without oxygen) environment. So, in addition to daily exercise and getting plenty of fresh air and breathing properly, evaluate your indoor air quality. If you find it lacking, consider the use of air filter units, ionizers and ozonaters, and the strategic use of house plants. Research has found that 13 common house plants can neutralize most if not all indoor air pollutants. In fact, it's been discovered that since the plants actually thrived on the very chemicals that make humans ill, the more exposure they got, the more efficient they became. Just 15-20 of these wonderful plants will purify an 1800 square foot home. Choose from the following plants: AGLAONEMA treubii - Chinese Evergreen, CHLOROPHYTUM comosum Vittatum - Spider or Airplane plants, Dracaena deremensis (Janet Craig), DRACAENA fragens - Cornplant, DRACAENA marginata, Epipremnum aureum (Devil's Ivy), FICUS benjamina - Weeping Fig, HEDERA helix - English Ivy, Howea forsteriana (Kentia Palm), NEPHROLEPIS ex. Bostoniensis - Boston Fern, ORCHIDACEAE - Orchid, PHILODENDRONS, especially oxycardium - Heart-leaf, PHOENIX roebelenii - Dwarf/Pigmy Date Palm, SYNGONIUM podophyllum - Arrowhead plant, SANSEVIERIA, SCINDAPSUS aureus - Devil's Ivy, including Silver Pothos, Pothos Gold and Pothos Marble Queen, and SPATHIPHYLLUM clevelandii - Peace-lilly, White Flag.</p>

<p>Your Metabolic Type Diet Plan</p>	<p>Diet Plan # 2-O Your MT Diet Plan was determined by your "Dominance" as indicated in your Results above. See your separate MT Diet Plan document for your specific food list and detailed instructions.</p>
<p>Your Macro-Nutrient Ratios</p>	<p>Carbohydrate - 30%, Protein - 40%, Fat - 30% This ratio is a "reference point" only. <i>You MUST customize your macronutrient ratio AT EACH MEAL to your body's unique requirements, using the Fine-Tuning Guidelines and your Diet Check Record. See your MT Diet Plan and discuss with your Advisor.</i></p>

<p>Endocrine type</p>	<p>It is believed that the Endocrine System also plays a role in shaping external features. The PITUITARY Type characteristically tends to have a slightly large head, small hands and feet, and somewhat childish-looking body. Fat tends to accumulate all over the body, including on hands, feet and around the knees.</p> <p>In addition to your regular dietary recommendations, <i>the following recommendations should be ONLY followed where weight control is desired.</i> If any of these recommendations conflict with any made previously, these recommendations should be followed instead. If used, these recommendations should be applied AFTER following your MT Diet Plan and AFTER successfully Fine-Tuning your macronutrient Ratios.</p> <p>. . . As a PITUITARY Endocrine Type</p> <ol style="list-style-type: none"> 1. Restrict or minimize intake of black tea, butter, cheese, coffee, cream, ice cream, sour cream and yogurt 2. You may do better if you eat a heavy breakfast, a medium lunch and a light dinner <hr/> <p>NOTE: In some cases, the endocrine-based recommendations may conflict with your Diet Plan instruction. This is not an error. It is due to the fact that conflicting influences exist in certain metabolic types in relation to optimal dietary sources of nutrients. It's not that there is a conflict in the actual nutrient requirements for balancing body chemistry. Rather, an area where there may be the need for adjustment is in the food sources of the nutrients.</p> <p>For example, the Fast Oxidizer Dominant has a need for liberal amounts of natural fat in his diet. This poses little problem if he is also a Thyroid endocrine type. But, if instead he is an Adrenal endocrine type, then for weight control purposes it will be necessary to limit the intake of butter, even though butter would be a fine food for his type if he was not an Adrenal type and was not concerned with weight loss. To compensate, other sources such as coconut oil/butter or palm oil need be substituted in place of butter. In this way the nutritional requirements may be met for the fast oxidizing Adrenal type, but without the additional stimulation to the dominant (adrenal) gland. If you have any questions regarding your specific case, consult your Advisor.</p>
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<p align="center">Your Metabolic Type Supplement Recommendations (Read "Do You Need Supplements?" below)</p>		
<i>BREAKFAST</i>	<i>LUNCH</i>	<i>DINNER</i>
<p>Essential</p> <ul style="list-style-type: none"> • 1 Pro-Bio 12 (30 minutes before meal or upon awakening) • 1 Synergy-Com #3 • 1 Oxi-Com #2 • 1-2 Omega 3 (or 1-2 EFA-Plus if vegetarian) • 1 Enzigest #2 (as needed, up to 6 per meal) <p>Optional</p> <ul style="list-style-type: none"> • 1 Adreno-Bal • 1 HCL # 2 (as needed, up to 5 per meal) • 1 Ultra Green #2 	<p>Essential</p> <ul style="list-style-type: none"> • 1 Synergy-Com #3 • 1 Oxi-Com #2 • 1-2 Omega 3 (or 1-2 EFA-Plus if vegetarian) • 1 Enzigest #2 (as needed, up to 6 per meal) <p>Optional</p> <ul style="list-style-type: none"> • 1 Adreno-Bal • 1 HCL # 2 (as needed, up to 5 per meal) • 1 Ultra Green #2 	<p>Essential</p> <ul style="list-style-type: none"> • 1 Pro-Bio 12 (30 minutes before meal or before bed) • 1 Synergy-Com #3 • 1 Oxi-Com #2 • 1-2 Omega 3 (or 1-2 EFA-Plus if vegetarian) • 1 Enzigest #2 (as needed, up to 6 per meal) <p>Optional</p> <ul style="list-style-type: none"> • 1 HCL # 2 (as needed, up to 5 per meal) • 1 Ultra Green #2
<p>Take the MT Challenge! Whether to take supplements or not is one of those questions that can best be answered through the old adage: "The proof is in the pudding." You can easily prove to yourself what is true and what isn't and whether or not you could benefit from taking supplements designed for your metabolic type. Here's what to do: Simply take your recommended supplements for 2 months. Then stop. Then compare the way you felt while taking the supplements to the way you feel when you don't take them. Not one person in 30 years has ever told us that they did not feel noticeably better on their metabolic typing supplements.</p>		