

The



Special Report:

Metabolic Typing

Hi,

Welcome to your guide on Metabolic Typing. My name is Ben Wilson. I am personal trainer, nutritionist and behaviour change coach. I have been using Metabolic Typing to help my clients lose fat and increase energy for many years. Personally I used Metabolic Typing to overcome asthma and allergies which I suffered for over twenty years. .

This report is designed to give you an overview of how Metabolic Typing works. If you have any questions then please email me. I am always happy to help. To this point I send a weekly newsletter which covers more about Metabolic Typing, nutrition, exercise and motivational strategies.

This guide will introduce you to the how Metabolic Typing works. If after reading this report you feel you would like to take the Metabolic Typing Advanced Test then full details are available on the website:

<http://www.one2onenutrition.co.uk/programmes/Metabolic-Typing-Weight-Loss.htm>

Best wishes

Ben Wilson

Certified Metabolic Typing Advisor



Ben Wilson is a personal trainer, nutritionist and behaviour change coach. Author of the book [Change Your Thinking, Change Your Shape](#) He is one of most experienced Metabolic Typing advisors in the UK. A regular in the media he has appeared on the [BBC Breakfast show](#), [Five News](#), [OK! TV](#) and in many print magazines.

Metabolic Typing

Metabolic typing is the science of personalized nutrition. It is a highly accurate system of determining the foods and nutrients your body needs. Metabolic Typing answers the foundational questions of nutrition by telling you:

- What to eat
- How much to eat
- Which foods to specifically avoid.
- All other aspects of nutrition including supplements, food quality etc

Metabolic Typing Testing

The reason Metabolic Typing gets great results is because it is nutrition based off how your body is functioning. To understand you current body and what foods it needs you need to complete a Metabolic Typing Test. The official test is 150 questions and is analysed by the creators of Metabolic Typing.

The test separates you into one of 6 main Metabolic Types. These are Sympathetic, Balanced, Parasympathetic, Slow Oxidizer, Mixed Oxidizer and Fast Oxidizer. Each plan has a specific list of foods which help or hinder your body. An example plan is shown below-

A, Sympathetic Dominant

Legend:
Bold = Ideal (eat these foods at every meal)
Black = For Variety (but emphasize "Ideal" foods)
Italics = Least Desirable (eat only rarely)
~~Strikethrough~~ – Avoid (don't eat at all)
 See notes on page 2

Legend:
 ** = very high sugar * = high sugar > = best choices

| Seafood | | | Legumes | | Beverages | |
|----------------|--|--|---|--|---|--|
| <i>water</i> ^ | Catfish ^ Pompano Shark ^ Swordfish ^ Whitefish Abalone + Arctic char + Clam + Crab ^+ Crayfish + Lobster ^+ Octopus ^+ Oyster + | Perch (ocean) + Salmon ^+ Shrimp + Squid + Trout + Tuna (dark) ^+ Anchovy ++ Caviar ++ Henning ++ Mackerel ^++ Muscel ^++ Sardine ++ Scallop ++ | Black-eyed Pea ^ Garbanzo Bean Navy Bean Pink Bean Pinto Bean White Bean | Mung Bean Red Bean Tempeh Soy Bean Tofu | Water (purified) > Oat Milk * Rice Milk * Tea (green) Tea (herbal) Vegetable juice | Fruit Juice * Beer Liquor Soft Drinks (colas) * Soy Milk Water (tap) Water (carbonated) Wine (red) Wine (white) |
| <i>water</i> ^ | | | Azuki Bean Black Bean Fava Bean Great Northern Bean Lentil Lima Bean | do not consume legumes along with flesh proteins | Almond Milk Coffee (decaf) Coffee (caffeinated) Tea (black) | drink water purified by reverse osmosis when possible |
| Seeds | Grains | Greens | Vegetables | | Sea Vegetables | |
| | Amaranth Barley * Buckwheat * Cornmeal ** Kamut Millet ** Oat * Quinoa Rice (basmati) ** | very low starch Argula Beet Greens Cilantro Collard Greens Dandelion Green Endive Kale <i>lettuce (bitter)</i> | low starch Broccoli Brussels Sprout Cabbage Cucumber Pepper(hot, all colors) Tomato Dandelion + | medium starch Bamboo Shoots * Bok Choy Daikon Eggplant * Jicama Kohlrabi * Pepper(bell, all colors) Radish * | high starch Beet * Parsnip ** Potato (all kinds) ** Pumpkin * Squash (winter) * Yam ** Artichoke + | Arame Dulse Kombu Laver Nori Agar Hijiki Irish Moss |

Within each plan there are also personal variations that need to be identified and tailored towards you. To take the Metabolic Typing Test and discover which of the nutrition plans will allow you to lose weight and increase energy go to -

<http://www.one2onenutrition.co.uk/programmes/Metabolic-Typing-Weight-Loss.htm>

Why is it Metabolic Typing needed?

Metabolic typing is needed because conventional nutrition is full of contradiction, confusion and failure. There is no clear consensus on any topic and it is clearly seen that if different people eat the same foods they do not respond equally with some people doing well on the food others poorly.

This obvious and readily identifiable fact is sadly not accepted across the nutrition industry or in government recommendations. I am sure you find it strange how the Atkins diet is a contradiction to the government's low fat recommendation, yet why are there always people on the TV saying they lost so much weight doing it? The reason is their body chemistry is very suited to it and hence they respond very well to eating this way. By the same token the reason they were in the position to lose so much weight in the first place was that the 'healthy diet' they were following was wrong for their body chemistry.

The fact is your nutritional needs are unique and different to other people's, even other members of your own family. As this is the case the question is how can I accurately discover my own requirements? 50 years in it's evolution metabolic typing is the theory that can answer that.

The reason we are all different is through natural selection over the last few thousand years. Just like in the animal kingdom you were born into an area and the individuals who responded best to the food before them would become the strongest and reproduce. This led to diversity within us all. In this modern area we are all a complete genetic mix and it is compounded by the fact we can buy almost any food in the world down the local supermarket.

Metabolic Typing History and Evolution.

The theory took its first steps in the 1920's when a dentist, Dr Weston Price travelled the world chart the nutrition, health and lifestyle of the different ethnic tribes around the world. He compared the effect of western food compared to their traditional food.

He found that there was a large variance in types of diet eaten. He saw the Eskimos ate a diet of almost exclusively protein and fat, from seal, fish etc. opposite to this was tribal groups in South America who had an almost meat free diet. The two groups, and many in between these extremes had no cancer, heart disease, mental illness, very little tooth decay and were what could be said to be 'very good health'. When subjected to western foods these groups would succumb to the same degenerative conditions prevalent in the west.

He went on to conclude that people had evolved to live off the foods before them through natural succession. The different and individual nutritional needs were backed up by Dr Roger Williams in the 1950's in his book Biochemical individuality. His work reviewed thousands of medical studies. He found that there was a large variety in almost every measure of the human body from organ size and shape to enzyme and blood concentrations and effectiveness. Through his own studies and in review he showed how vitamin and mineral requirements for individuals varied considerably. From this he coined the term, the Genotrophic approach to

health. This states that if you fulfill your genetically inherited nutritional requirements you will optimize your health.

Biochemical individuality is expressed in the way we look. We all have eyes, ears and a nose yet none of us look identical. This is exactly what happens inside. We all have the same enzymes, organs and structures but they vary greatly in size, shape and efficiency. Hence do not handle the food the same.

The theory then took began to develop with two scientist each creating a system to treat patients. Dr William Kelly used the autonomic nervous system to classify and treat his patients while Dr George Watson used the Speed of oxidizing carbohydrates for his treatment protocols. Both very effective systems they did not produce complete success and more strangely were complete contradictions off each other. Where one said a nutrient would do this, the other would say it would do the opposite.

This lead to the biggest break thought innutrition to be made by William Wollcott in 1984. He is the founder of metabolic typing and who trained and allowed me to use his theory today.

The breakthrough was called the dominance factor and stated “In every person either the Autonomic system or oxidation system would influence the behaviour of your whole body” In simple terms the same food could have the complete opposite biochemical affect in two people. So an apple could send my body alkaline, but your body acidic. This means no food can be deemed healthy in its own right but only in relation to your body.

Subsequent to this various different scientific researcher and theories have been included within the theory in a quest for the true solution and bring us to where we are today with metabolic typing being the most complete and powerful nutrition system in the world

Metabolic Typing Today

Metabolic typing today recognizes eleven systems within your body that need to be balanced for true health to occur. First you need to discover where your primary two systems lie (Autonomic nervous system and Oxidation system) as these determine the foods you need to eat day in day out. Using Metabolic Typing you can therefore answer the fundamental questions of nutrition through:

What should I eat?

It is the role of the main two systems that provide the exact answer to this question. In order to know what you need to eat you must be classified along your Autonomic nervous system and oxidation system. In simple terms the autonomic nervous system is what controls the behavior of all the organs that you do not think about, e.g. you do not think lets beat my heart 70 times this minute, it just happens. The oxidation system refers to how the body processes food to produce energy.

It is possible to classify people along these systems by looking at traits associated with different ends of the two systems. For example, if you are someone who has strong hunger, you are showing one sign of a fast oxidation rate, those who do not want to eat very often are showing a slow oxidation trait. When you analyze a further 150 of these traits associated within each system it is possible to build a picture of your body's behavior and classify you along these two systems.

Your classification along each systems is what is known as your metabolic type. Further analysis of other eight systems gives a more detailed look at your metabolic type, allowing higher levels of health to be attained.

Once your metabolic type is known it is vital you eat the foods to balance your systems, for example, if your oxidation system was too fast you would eat the specific foods that would slow your system down. Or if the fight or flight (sympathetic) branch of your nervous system was too strong you would support the other rest and recovery branch (Parasympathetic) by eating the appropriate foods that stimulate this.

Putting the science of metabolic typing aside the main thing you need to be aware of is that there is no one diet or food that will balance everyone's body chemistry. Therefore in order to be healthy you must know exactly where you are at the moment and which foods are needed to balance your systems. Therefore certain vegetables, even though commonly believed to all be 'good for us' can in-fact unbalance certain metabolic types.

How much should I eat?

When you are eating the right foods you will go a long way towards achieving your goals. To complement this you must also eat these foods in the right amounts. This is important because to ensure metabolic typing is successful and allow the body to be healthy the cells must be able to effectively utilize energy. This can occur only when the cells receive everything they need in the right amounts. This depends very much on the type of food you eat (as determined above) but also the relative ratios of protein, carbohydrates and fat consumed.

Due to the relative ratios of reaction intermediates within the process of oxidizing foods we do not all need to consume the same amounts of protein, carbohydrates and fat at each meal. Every metabolic type will have a ball park amount that they should roughly consume when discovering what their body needs but this can vary greatly between individuals, even of the same metabolic type and also during different times of the day.

When the right amounts are consumed the body effectively can produce energy within the cells. This gives off a series of positive body language signals .e.g. feel energized, not craving food, not hungry etc. When the wrong proportions are eaten negative reactions occur such like sugar cravings, the feeling of hunger soon after eating, energy dips etc. Can you think of a time when you or your clients complain of snacking an hour after eating a meal? Or get a drop in energy or bloating feel? All signs that the meal was miscalculated and in need of further investigation. This is central to my metabolic typing programs and ensures my clients achieve long term results. Experiment using this form below.

Ask yourself how do you feel 1 -2 hours after eating: (Tick all those that apply)

| Time | | | |
|------|---------------------------------|---|---|
| | APPETITE SATIETY CRAVINGS | Feel full, satisfied | Feel physically full, but still hungry |
| | | Do NOT have sweet cravings | Have desire for something sweet |
| | | Do NOT desire more food | Not satisfied, feel like something was missing |
| | | Do NOT feel hungry | Already hungry |
| | | Do NOT need to snack before next meal | Feel the need for a snack |
| | ENERGY LEVELS | Energy feels renewed | Meal gave too much or too little energy |
| | | Have good, lasting, "normal" sense of energy | Became hyper, jittery, shaky, nervous or speedy |
| | | | Felt hyper, but exhausted "underneath" |
| | | | Energy tanked from meal – lethargy, sleepiness, |
| | MIND EMOTIONS WELL-BEING | Improved well-being | Mentally slow, sluggish, or spacey |
| | | Sense of feeling refueled, renewed and restored | Inability to think quickly or clearly |
| | | Some emotional up liftment | Hyper, overly rapid thoughts |
| | | Improved mental clarity and sharpness | Inability to focus or concentrate |
| | | Normalization of thought processes | Apathy, depression, withdrawal or sadness |
| | | | Anxious, obsessive, fearful, angry or irritable |

What not to eat?

Metabolic typing looks closely at the issues of what foods to avoid, as this can upset the balance in one or more of the body’s ten systems. Primary to the theory is avoiding non metabolically correct foods. Remember this includes certain vegetables and fruits, recall how there is no one food that is healthy (balances your metabolic type) for all of us.

Isolating intolerances to certain foods is vital to success. A food intolerance is the negative reactions of the body to a certain food source. It occurs because the body has difficulty in handling the food for a variety of reasons. Any food can become intolerant to your body but it is usually the most commonly eaten foods that develop into intolerances, especially those with certain properties making them more difficult to handle. Some very common food intolerances include pasteurized dairy, wheat (gluten) and oats. Any health attempt will be totally undermined if you are eating foods you are intolerant to.

To lose weight it is essential you allow your endocrine glands to be at their optimal health. This fundamental system looks at which one gland is more active in comparison to the others. These glands (adrenal, thyroid, pituitary and ovaries) will influence the pattern in which you store your body fat. Look at your body; where do you store most of your fat? below the waste? On your stomach? All over your body? These are clues about the internal body chemistry of the endocrine glands. It is believed over reliance on the specific foods that excite your dominant gland can play a major role in fat storage. To lose fat you therefore restrict the specific foods that stimulate your dominant gland, this will allow balance to be restored to this system.

Blood type influences are dependent on the blood type interactions with specific proteins called Lectins. In a certain individuals this can cause food intolerances, immune responses and agglutination of the blood. This can lead to many negative health complaints. The blood type recommendations therefore also refer to which foods to avoid within the nutrition plan.

Other issues

There are also other issues in nutrition that metabolic typing covers:

Food quality

Though this is a large area for debate, in general buy whole, unprocessed natural foods wherever possible. Avoid any thing processed and try to choose organic food choices if possible. Try to ensure much of what you have is also raw, vegetable juice is a powerful way to do this.

Food variety

We are creatures of habit and love sticking to the foods we know and having just one or two types of meal. The biggest case in point is the effect of wheat in today's society. It is common to see cereal for breakfast, sandwich (wheat) for lunch and pasta for tea (wheat). Eating the same food (wheat) three times a day each day causes many problems within the body. Especially if that food is not right for your metabolic type. Wheat is not going to balance the body chemistry for the majority of metabolic types.

Whatever you are eating it is advised to start rotating your foods so that you do not eat the same things. Instead of cereal each morning introduce a vegetable juice. For other meals rotate the vegetables, grain used and protein sources.

This will ensure you will have a greater selection of nutrients. Food intolerances can really deplete your body's resources. Any food can be intolerant to your body. In general look at the foods you eat the most first and then go onto other specific ones. Using my system you can pick up any food intolerances fairly easily.

Food cravings

Many people say they just listen to their body and go with their food craving as your body must know best. Sadly this is not the case; the more closely you eat for your metabolic type the more your food cravings are accurate. The vast majority of people though are not eating optimally and thus their craving for caffeine, bread, grains or the like simply are the product of inadequate nutrition and offer no credible source for what to eat.

Putting addictions to sugars/ grains aside you will naturally crave the foods that stimulate your dominant gland. Therefore reliance of these foods for your energy is simply masking your inadequate food intake and will eventually lead to negative health complaints of some variety.

I would advise you specifically avoid the food cravings you have. Instead see if by playing with ratios of food per meal you can remove this craving. Different people crave different foods depending on the dominance of glands within the body, e.g. thyroid, adrenal, pituitary etc. These will influence what food you will crave and these same foods will most likely make you store body fat. The metabolic typing analysis can reveal these.

Supplements

The role of supplements is a controversial one in nutrition. In general a few key supplements can greatly change your health and I advise all my clients to take some vital ones. However, different Metabolic Types need different supplements to optimise weight loss, health and energy. Taking the wrong supplement can do as much harm as good.

Supplements can provide a massive benefit if you are eating the correct diet. However, if your diet is off you will not progress despite the supplements beneficial effect. When the nutrition and supplements are in correct combination you will find they have a fantastic affect upon your body.

Metabolic Typing summary

To improve your weight, energy, general health or combat a specific condition the rules of nutrition are the same. It is vital you eat the exact foods your body needs. This unique nutritional requirement is greatly different between individuals. There is no food that can be said to be healthy for everyone, not even something like broccoli, for some people this will cause further imbalances in their body chemistry. The only way to accurately determine this is metabolic typing.

As well as eating the right foods you must eat them in the right amounts while avoiding any specific foods that can cause trouble in your body. The issues of food quality and variety need also be considered as is using a few key supplements to optimize health on top of your diet.

More than just nutrition?

Metabolic typing covers everything you need to know about nutrition. However true health depends upon more than just what you put into you mouth. To the right foods you need also to perform the right exercise routine. This must be backed up by ensuring any environmental blocks are addressed. Finally, without ensuring your mind and other emotional aspects are supporting your efforts true health will never be attained.

Taking it further

If you are one of the many people who completely 'get' what this article is telling you. Then you would have realised that without Metabolic Typing you will forever be guessing about your nutrition and restricting your level of results. You would have realised also that if done properly Metabolic Typing as part of a holistic approach will completely and totally transform your health.

Discover your Metabolic Type

I offer the Advanced Metabolic Typing analysis. Upon signing up you will receive the Metabolic Typing Test. The 150 question analysis looks at how your body is functioning. The test is non-invasive (e.g. does not use blood, urine tests) instead it looks at patterns within the body, e.g. hunger, reaction to certain foods, physical traits. On receiving your test it is sent off for analysis. The results should be back within two days.

This will give you a Metabolic Typing Report, a recommended diet plan and a results guide with your results explained and instructions on how to start and how to follow it long term. This information is backed up by a series of videos of me explaining the key concepts you must put in place to get results from your Metabolic Typing plan.

To get started go to:

<http://www.one2onenutrition.co.uk/programmes/metabolic-typing-courses-index.htm>

), Fast Oxidizer Dominant

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BOLD = Ideal (eat these foods at every meal)
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/italics = Least Desirable (eat only rarely)
Strikethrough - Avoid (don't eat at all)
 See notes on page 2

| Seeds | Grains | Greens | Legumes | Vegetables | Beverages | Sea Vegetables |
|-------|--|--|--|---|---|--|
| | Seafood | | | | | |
| | Salmon ++ Sardines ++ Scallops ++ Shrimp + Squid + Trout Tuna (dark) + ^ Calfish ^ Shark ^ Shall/Escargot + Swordfish + Whitefish | Bass (freshwater) Bass (sea) Cod ^ Flounder Gouper ^ Halibut ^ Mait-mahi ^ Perch (freshwater) Rockfish ^ Roughy ^ Snapper ^ Tuna (light) ^ Turbot <i>3x best protein source</i> | Adzuki Bean Black Bean Fava Bean Great Northern Bean Lentil Lima Bean Mung Bean Red Bean Tempeh | Garbanzo Bean Navy Bean Pink Bean Pinto Bean White Bean Black-eyed Pea Soy Bean Tofu | Water (purified) > Almond Milk Raw Goat Milk Coffee (decaf) Tea (green) Tea (herbal) Tea (black) Vegetable juice <i>drink water purified by reverse osmosis when possible</i> | Agar Hijiri Irish Moss Kelp Wakame Arame Dulse |
| | Seeds | Grains | Legumes | Vegetables | Beverages | Sea Vegetables |
| | high starch Amaranth Triticale low starch Barley + Buckwheat + Kamut Oat + | very low starch Spinach + > Collard Greens Lettuce (bibb) Lettuce (loose-leaf) Lettuce (romaine) Turnip Greens Watercress | low starch Asparagus + > Cauliflower + > Celery Mushroom + > medium starch Avocado > Green Bean + > | low starch Cabbage Cucumber Ginger Root medium starch Bamboo Shoots Bok Choy Daklon | low starch Broccoli Brussels-Sprouts Cauli Coles Pepper (hot, all colors) Salsin Shallot | |

"Shift That Weight NOW" programme

This programme combines Metabolic Typing with a personalised exercise programme and uses motivation strategies (As discussed in my book Change Your Thinking, Change your Shape). For more information on this go to -

<http://www.one2onenutrition.co.uk/programmes/Shift-That-Fat-NOW.htm>

Face to face Metabolic Typing consultations (London)

If you live in London then please contact me about face to face Metabolic Typing consultations or using Metabolic Typing alongside personal training sessions. Email me on ben@london-personal-training.com

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www.one2onenutrition.co.uk