

TREE OF LIFE CENTER FOR WELLBEING METABOLIC TYPING DIET® 12-WEEK PLAN

Metabolic Typing® works 100% of the time for 100% of the people if properly followed, this has been proven time and time again. It doesn't matter what your current state of health is or what your previous experience with food and diet has been, your body will respond when given the correct nutritional program based on your individual requirements. All you have to do is stop doing all the wrong things, and start doing all the right things for your body. I am here to guide you through the beginning steps and have put together a very comprehensive program, specifically for you, to help you obtain optimal results and meet your goals. This need not be difficult, but does require commitment. I will help you each step of the way.

This paper outlines the Tree Of Life Center 12-week support plan and includes the remarkable new video training , *Metabolic Me*, [for those subscribing to that option](#). (to see a sample of the Metabolic Me training, go to our web site on the Metabolic Typing page and sign up for the free entire Part 1 series).

Week 1: (phone, internet, or in person)

Introduction to the Metabolic Typing Diet®
Benefits of the Metabolic Typing Diet®
How to take the assessment
Finding your “*compelling why*”

Week 1 Support Materials:

Part 1- video's (for video subscribers)

- 1) Articles:
 - a) Do You Know The Right Diet For Your Metabolism?
 - b) HealthExcel Q&A
- 2) Practice Assessment Worksheets
- 3) Instructions to complete assessment online
- 4) Client Checklist (your step by step guide to getting started)

Week 2: (phone, internet, or in person)

1st Consultation; Review Your Metabolic Assessment® results
Review your diet plan
Fine Tuning your diet plan 1

Week 2 Support Materials:

Part 2 video's (for video subscribers)

- 1) Your Metabolic Assessment Results
 - a) Your MT results
 - b) Your MT diet recommendations
 - c) Your MT supplement recommendations
 - d) Lifestyle recommendations
 - e) Understanding your Metabolic Type®
 - f) Glossary

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- g) References
- 2) Diet Plan
 - a) Understanding your food list
 - b) Diet plan
 - c) How to eat using your food list
 - d) Fine tuning your macronutrient ratio's
 - e) Food list categories
 - f) Do's and don'ts
 - g) Sample menu plan
 - h) Kitchen herbs and spices usage guide
- 3) Using Your Diet Plan
- 4) Fine Tuning Detailed includes *diet check record sheets*
Article: The Kitchen Transition by: Lori Lipinski

Week 4: (email, SKYPE)

Progress update
Review your DCR's (diet check records)
Discuss food selection and preparation
Shopping guidelines
Review supplement recommendations

Week 4 Support Materials:

[Part 3 video's \(for video subscribers\)](#)

- 1) Proper food preparation
- 2) Proper food selection
- 3) Shopping guidelines
- 4) Cooking guidelines
- 5) Cooking with grains
- 6) Do You Need Metabolic Supplements?
- 7) Advanced program supplements
- 8) Ultra Life catalog
- 9) Ultra Life FAQ's
- 10) Supplement Options

Week 6: (email, SKYPE)

Progress update
Review your DCR's (diet check records)
Fine tuning 2
Glycemic index
Fats and Oils

Week 6 Support Materials:

- 1) Glycemic Index
- 2) Expected Reactions on our Metabolic Diet®

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- 3) Cooking with Fats and Oils
Article: *Fat Facts* Mary G. Enig PhD

Week 8: (email, SKYPE)

Progress update
Blocking Factors
Food intolerance
Digestion

Week 8 Support Materials:

Part 4 video's (for video subscribers)

- 1) Check list for Blocking Factors
- 2) Metabolic Typing® and your digestion
- 3) Pulse test

Article:

Food Intolerance May Be Making You Tired And Fat: _Paul Chek

Week 12: (email, SKYPE)

Not having the full results you expected? Next step to identify hidden blocking factors.

Intro to Hair Tissue Mineral Analysis (HTMA)
Intro to MRT (mediator release test)
Intro to Functional Diagnostic Nutrition (FDN)
Long-term challenges
Re-testing (why, when, and how often)

Week 12 Support Materials:

- 1) Hair Tissue Mineral Assessment FAQ's
- 2) Hair Tissue Mineral Fact of Fiction
- 3) MRT (mediator release test) Principles and Methods
- 4) MRT *Is Your Food Making You Sick?* Brochure
- 5) MRT 120 common MT panel
- Article: The Roadmap to Success With Your Metabolic Typing Program® Wolcott
- 6) FDN

Notes: additional information, articles, research documents, etc. may be provided specific to your needs.

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Metabolic Me Program

The Metabolic Me Video Program was created by the Health Balance Institute LLC. It is an in depth educational and support program designed to assist individuals to achieve optimal results from their HealthExcel Metabolic Typing Diet ® along with the coaching and support from their HealthExcel Certified Advisors. These short videos are clear, fun, and informational and are included with your Tree Of Life Center 12-Week Metabolic Typing Diet® program.

We have chosen to partner with Health Balance Institute LLC. and include this video program, in part, for the following reasons:

MT requires proper understanding to achieve a successful outcome. Clients need to understand what is happening, why it happens, and what, if anything needs to be done about it. Without right understanding, successful fulfillment of the process is almost impossible.

MT is a self-help program, not a do-it-yourself program

MT works 100% of the time with 100% of the people if properly applied

MT is not a remedy or a treatment but a PROCESS

Video Series Overview

(Part 1 is provided free of charge as an introduction to MT. The remaining videos are included in the Tree Of Life Center 12-week Metabolic Typing® Program)

Part 1: Introduction to Metabolic Typing®

- 1.1 - The Foundation of Health
 - 2.1 - Fire Up Your Metabolism & Melt Away Your Symptoms!
 - 2.2 - Why Metabolic Typing Works
 - 2.3 - The Path To Success
- The Metabolic Typing Test Walk Through

Part 2: MT Specific Map & Compass

- 3.1 - Your MT Test Results!
- 4.1 - The Map
- 4.2 - Using Your Map
- 5.1 - The Compass
- 5.2 - Special Considerations

Part 3: MT Specific Extra Support

- 6.1 - Insights Into Nutrition
- 6.2 - MT Specific Vitamins and Minerals

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Part 4: Long Term Success

- 7.1 - Removing Chronic Energy Drainers
- 7.2 - Enhancing Your Energy Gainers

Specific Details of Video Series (each video is approximately 10 minutes in duration)

1.1 - The Foundation of Health

- What is health?
- Eskimos versus Indians
- What is Metabolic Typing®?
- Your body knows how to be healthy!
- Your genetics just load the gun...

2.1 - Fire Up Your Metabolism & Melt Away Your Symptoms!

- What are proteins, fats, and carbs?
- Does your metabolic fire burn fat or carbs better?
- What symptoms are and how they are the key to your health
- Your body can heal itself!
- The health building formula (bathtub analogy)
- Genetic Metabolic Type® versus Functional Metabolic Type®

2.2 - Why Metabolic Typing® Works

- What governs your unique metabolism? (FHC? s)
- The Dominance Factor
- The six Metabolic Types®
- The most powerful drug on Earth
- Review of the Chronic Disease Pathways flow chart
- Why a computer based questionnaire to determine your Type?

2.3 - The Path To Success

- Why ask Why?
- The power of affirmations.
- The role of your Advisor to help fine-tune your program.
- Your program schedule and what's next...

The Metabolic Typing® Test Walk Through

- Using the Practice Test as a hard copy
- Explanation of each section of the test
- How different foods can affect your energy levels and moods

3.1 - Your MT Test Results!

- Review of each section of the test results report
- How to interpret your test results
- Baby steps
- Brief review of blocking factors and program enhancers

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4.1 - The Map

- Review the BEST foods for your Metabolic Type®
- Explain the color-coding on your map
- Does saturated fat make you fat?
- Cooking with and using oils

4.2 - Using Your Map

- Establish 3 ground rules
- Review your recommended ratios
- Understand relative strengths of different proteins and carbs
- How to create a meal with your map and ratios

5.1 - The Compass

- Tuning your radio dial to find your ideal station for health
- How to use your Diet Check Record
- How to listen to your body
- What does too much fat or too many carbs feel like?
- How your ratios can change with your environment

5.2 - Special Considerations

- Breakfast, lunch, and snack ideas
- Vegetarians and soy
- Alcohol, sodas, coffee, and sweeteners
- That no good Mr Phytate!
- Cooking tips and dining out

6.1 - Insights Into Nutrition

- How different amounts of vitamins affect different people
- How vitamins and minerals interact in the body
- How taking "this for that" can get you in trouble
- The circle of life and the wheel of death
- What about organic food?

6.2 - MT Specific Vitamins and Minerals

- Review of your type-specific vitamins and minerals
- Review of enzymes, HCL, probiotics, omega 3 fish oil, and others
- How to self-titrate your body's unique supplement requirements
- Detoxify or Die - time to take out the trash!

7.1 - Removing Chronic Energy Drainers

- Identify those potential bricks weighing you down
- How to remove your blocking factors to health
- In depth look at each of the bathtub drainers from Chapter 2.1
- Reveal the major sources of inflammation in the gut
- The many, many forms of stress and how to eliminate them for good

7.2 - Enhancing Your Energy Gainers

- Restoring function versus chasing symptoms

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- How is your Wellness Meter?
- In depth look at each of the bathtub gainers from Chapter 2.1
- Improving digestion, detoxification, hydration, and elimination