



A Quick Guide to Metabolic Typing

Jayne Harvey
July 2006

To the Reader:

Whilst the write believes in the holistic approach to health, they cannot be held responsible for any of the choices the reader makes as a result of reading this information and strongly recommends seeking the consent of a licensed healthcare professional before embarking on any practice relating to health, This information is not intended to diagnose, prevent, treat or cure any disease. Each reader is urged to seek professional help for any medical condition.

Table of Contents

Metabolic typing	4
What do I mean by your metabolic type?	5
What is metabolic typing?	5
How to determine your metabolic type	8
The foundation of metabolic typing	10
Metabolic typing in practice	11
The self-typing questionnaire	11
Basic dietary guidelines	15
In conclusion	20
Resources	21

Metabolic Typing

We often hear the old adage that an ounce of prevention is better than a pound of cure, none more so than in the area of health. However, the normal approach to prevention, let alone cure regularly does not suffice as the diets are often standardised, they do not taking into account a person's individuality in relation to their metabolic system and is usually a one size fits all solution.

The same can be said for all the 'diets' that we are regularly bombarded with either through aggressive marketing or through our need to follow the latest celebrity diet that promises to banish our cellulite or flush our fat, from the Atkins regime, to the GI Diet to turning into what we eat, to the PH Miracle, (which indeed it can be as we will see, if it is individualised to suit each persons different metabolism). For some people these diets will be extremely effective, yet for others it can be just another disappointment on the road to health and weight loss. Have you ever 'gone on a diet' and 'put on weight'? I know I have.

It has long been known that conventional medicine is not at its best when discussing or giving dietary and nutritional advice to patients. The handouts are pretty standardised and the patient may also be referred to a dietician. In the University of Minnesota Medical School, two research-oriented nutritional scientists were hired with an obligation to provide only three hours of nutritional education to students per year. This simply is not good enough.

Unlike other methods of determining dietary individuality, metabolic typing is a dynamic, comprehensive system that encompasses all of the body's known adaptation or homeostatic mechanisms.

However, if we pay attention to the other well known adage that *one man's food is another man's poison*, then we get a hint that the standard approach to nutrition may well need revising. But many who step up and dare to be different often get ignored and despite having solid credentials, their messages about providing nutritional advice to consider individual metabolic profiles often get scorned by conventional medicine.

We have become more aware over recent years of the importance of eating good healthy food, but there is 'good' food that is good for us and 'good' food that can be 'bad' for us on an individual basis, depending on our metabolic type.

What Do I Mean By Your Metabolic Type?

When it comes to our biochemical make up we are all individuals, the way our bodies metabolise food, produce and process energy is different, and we will require different foods (fuel) best suited to our metabolic type to keep all the functions of the body, down to a cellular level, working at their optimum ability all of the time, thus reducing our risk of disease, giving us better health, more energy and restful sleep.

Harold J. Kristal, D.D.S. and James M Haig, N.C. have written a very detailed and informative book, *The Nutrition Solution; A Guide to Your Metabolic Type* and is on my 'must read' list for anyone with health challenges, especially those that are defying conventional treatments. I will do my best to give you a synopsis of their work. Dr Etienne Callebout, one of the top alternative cancer specialists has also contributed a chapter to this book on his work with Metabolic Typing and Cancer. I had the privilege of working with Dr Callebout in the mid 1990's when I received a diagnosis of breast cancer.

What is Metabolic Typing?

The key to metabolic typing is how our bodies metabolise its food, how our cells convert the nutrients from our food into energy, and maintaining a venous blood pH of around 7.46. There are 2 main systems of metabolic typing that have been identified to-date, although these too can be broken down into as many as 13 sub categories.

A person's venous blood pH can be too low (too acidic) or too high (too alkaline) which does not allow for the optimum functioning of any of our systems or organs.

The metabolism of carbohydrates, proteins and fats into energy is referred to as oxidation. Energy is formed and released at different stages during two cycles - glycolysis and the citric acid cycle. To get the most energy out of foods, both cycles need to work at the right rate. If carbohydrates and amino acids are oxidized too slowly ("slow oxidation") in one cycle or too quickly in another cycle ("fast oxidation"), energy production is reduced. Both fast and slow oxidizers suffer from inefficient energy production, but for opposite biochemical reasons.

The most common symptoms of a fast or slow oxidative rate are FATIGUE, EMOTIONAL DURESS of some type, LOWERED RESISTANCE to infections, a LOW BODY TEMPERATURE, GALL BLADDER or LIVER PROBLEMS, and being over or under WEIGHT. Your oxidation rate is influenced by both genetics and by your diet. Thus, what you eat affects your rate of oxidation and energy production which in turn affects your mental, emotional, behavioural, and in some cases, physical characteristics.

It has been found that some people obtain their energy oxidatively (the rate at which nutrients are converted into energy), whilst the others autonomically (via the neuro- hormonal system under the control of the automatic nervous system). Because of this, it has been found that the exact same foods and supplements have the opposite pH effects on the different groups. Foods that alkalise members of one group will acidify the blood pH of the other and vice versa.

For health conscious individuals there is an understanding that we need to eat healthy foods in order to be 'healthy'. This will also provide us with energy, restful sleep and freedom from many everyday conditions that plague us. If you are getting confused about which is the best diet from conflicting advice from various authorities, this is because there is no such thing.

There is no one size fits all even in the nutrition world.

We all have one dominant metabolic system controlling our metabolism, oxidative dominant or autonomic dominant, even though we have both systems working within us, and the pH of the blood is used to determine which system we belong to and which sub system we fall into. As a result of this there has been 2 main food groups identified, Group I foods (lower in protein and fat and higher in complex carbohydrates) which acidify the blood of the oxidative dominate types but alkalise the blood of the autonomic dominant types, and Group II foods (higher in protein and fat and lower in carbohydrates) which alkalise the blood of the oxidative dominate types but acidify the blood of the autonomic dominate types.

If you have ever noticed you have more energy, a better sense of wellness or more mental clarity on some days and not others, it could well be that you have eaten foods meant for your specific metabolic type without realising it. It is definitely worth looking into, particularly if you are having any health challenges.

Within the Oxidative System (the conversion rate of food to energy) there are 2 main distinctions; Slow Oxidisers (alkaline blood) and Fast Oxidisers (acid blood). And you can have both of these systems working alternately within the same person at different times of the month, especially women with their hormonal cycles. Within the Autonomic System (where the control of energy falls under the neuro-hormonal system) there are 2 main distinctions; Sympathetics (acid blood) and Parasympathetics (alkaline blood). This means that different people need to eat different foods to gain the same results.

The pH scale measures degrees of acidity and alkalinity and runs from 0 (extremely acid) to 14 (extremely alkaline). The midpoint of 7 represents the neutral position. All blood is alkaline in the absolute sense, it is just a matter of degrees so the terms acid and alkaline are used in metabolic typing to signify these degrees.

There is more understanding about how the Oxidative System produces its pH effects than the Autonomic System, but it is clear from the studies that they work very differently.

Metabolic nutrition addresses the individual at a metabolic level seeking to optimise the whole body health. A body with the ideal blood pH can bring about an increase in energy and often allergies will diminish or disappear and various disease processes slow down or reverse.

How to Determine Your Metabolic Type?

By far the best way is to consult a Metabolic Typing Practitioner as any self-test or self-questionnaire has inherent limitations, as they do not allow practitioners to check as many metabolic markers or go into as much detail about your specific health challenge or health history. However, if your health is not severely or specifically challenged, the self-test kit is a good place to start. If you are not able to visit a practitioner the results can be faxed and a report will be returned to you outlining the appropriate foods and supplements for your type. You can find registered Metabolic Typing Practitioners on the internet that will be able to provide you with the self-test kit, one such organisation is listed in the resources, *Personalised Metabolic Nutrition*.

As mentioned, the key to Metabolic Typing is the premise that there are two dominant systems the Oxidative and the Autonomic and whilst we have both of these working in us, one will be more active than the other.

These in turn can be characterised into 2 sub-groups. The Oxidative are Fast Oxidisers (acid blood types who rapidly oxidise or burn up carbohydrates) or Slow Oxidisers (alkaline blood types who oxidise carbohydrates at a slower rate).

The Autonomic types are either Sympathetic (acid blood as above) or Parasympathetic (alkaline blood as above).

Acid	Alkaline
Fast Oxidiser Sympathetic	Slow Oxidiser Parasympathetic

With regards to the food groups best suited to each of the above, as mentioned previously these fall into two sets. Remembering that food for one type can be poison for the other the food groups are recommended as follows:

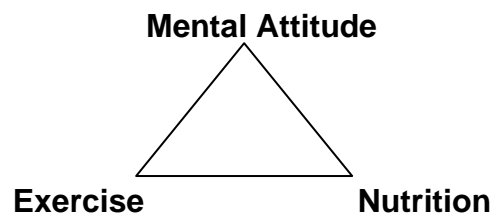
The Group I diet is easily adaptable for vegetarians whose diets are historically low in protein. Group II type require a much higher amount of protein and fat than their Group I counterparts which somewhat goes against the grain and is seen as “politically incorrect”.

When a person is eating right for their metabolic type, their weight normalises, and their energy levels increase. Cholesterol levels do not rise, and the acidity/alkalinity balance is restored.

For example, fruit and vegetable juices (representing the group I foods) has an acidifying effect on the blood pH of the oxidative dominant types, but an alkalising effect on the Autonomic dominant types; whilst a protein powder (representing the group II foods) has the reverse effect.

The Triangle of Good Health

There are three key aspects to overall good health which I refer to as the triangle of health:



Mental Attitude

Our mental attitude is based on our perceptions and beliefs that shape the reality in which we live. These in turn are based on our experiences in the past, some of which are likely to have been painful and traumatic whilst others will be uplifting and inspiring.

These experiences have moulded our character, our attitudes towards life and the thoughts that we think. Whilst we think we are living in the here and now, this here and now is tainted by what has been before.

Exercise

Exercise is vital to a person's sense of well-being, it strengthens muscles, and not just those that can be seen, it oxygenates the brain and stimulates all the vital organs, tissues and glands of our body to assist in their optimum functionality.

It is impossible to lose weight in a healthy manner without exercise and it helps keep us mentally sharp and increases the production of the feel-good neurotransmitters, the brain chemicals that play a vital part in determining our mood.

Nutrition

Good nutrition is key to the optimum functioning of our bodies and our minds and has the ability to affect changes in our mental attitude as well as all organs and systems of our bodies.

The Foundation of Metabolic Typing

The foundation of metabolic typing was laid by several great scientists, Francis M Pottenger, M.D., George Watson, Ph.D. (also founder of the pH Miracle as now promoted by Robert Young), and William Donald Kelley, D.D.S. Their combined results has prepared the groundwork for an evolving nutritional system which holds the promise of changing the way nutrition and, potentially medicine itself will be practiced in the future.

A student of William Donald Kelley, Nicholas Gonzales MD is enjoying critical acclaim with his successful work with cancer patients using Kelley's protocols.

Each of these three scientists broke through the limitations of the research in their times to make unique discoveries that when taken together give us a fuller picture of the complexities of the human metabolic system. Their combined works form the cornerstones of metabolic typing.

Determining a Type

There are various tests and questionnaires carried out to determine a person's metabolic type and from the data provided customised dietary and nutritional recommendations are made.

The Major Tenets of Metabolic Typing

<ul style="list-style-type: none">• We are all bio chemically unique with different constitutionally and genetically inherited nutrient requirements.	<ul style="list-style-type: none">• There are good foods that are bad for you, as well as good foods that are good for you, depending on your metabolic type.
<ul style="list-style-type: none">• People are predisposed to greater or lesser dominance in either the Oxidative system or the Autonomic system.	<ul style="list-style-type: none">• Any given nutrient or food can have virtually opposite biochemical effects in individuals of different metabolic types.
<ul style="list-style-type: none">• .The oxidative system consists of Fast and Slow oxidisers (determined by the speed at which they convert nutrients into energy)	<ul style="list-style-type: none">• Foods and nutrients that acidify the two oxidative types alkalise the two Autonomic types and vice versa.
<ul style="list-style-type: none">• The Autonomic system consists of Sympathetic and Parasympathetic types	<ul style="list-style-type: none">• An ideal venous blood pH of 7.46 reflects the biochemical balance and metabolic efficiency of a balanced metabolism.
<ul style="list-style-type: none">• There are foods that are bad for everyone, namely sugar, white flour products, hydrogenated oils, deep-fried foods, chemical additives etc.	

Taken from "The Nutrition Solution"

Metabolic Typing in Practice

It is still the preferred practice to consult with a practitioner of metabolic typing as they are trained in all aspects of the process and are best able to address the specific health needs of each individual client.

However it is understood that not everybody lives near a practitioner and a self-test kit has been developed for home use that will provide enough basic information for the staff of *Personalised Metabolic Nutrition* (details in resources) to determine your Metabolic Type in order that the correct diet and supplement protocol is recommended.

There is another option, the Self-Typing Questionnaire which allows you to quickly determine whether you need to follow Group I or Group II protocols. This questionnaire will not however be able to determine your specific metabolic type with regards to Fast or Slow oxidiser; Sympathetic or parasympathetic as additional tests beyond the scope of a questionnaire need to be carried out. This said, it will give you a great place to start adjusting your diet to meet your own needs.

If you wish to use the self-test kit, please contact the organisation noted in the resource section.

This simple questionnaire has been extracted from "*The Nutrition Solution*" and forms the basis of all practitioner consultations.

The Self-Typing Questionnaire

- Circle the FALSE or TRUE answer that best describes you.
- If neither choice fits you exactly, try to choose the one that comes closest to your tendencies.
- If neither choice truly applies, do not circle either.
- Try to answer the questions from your direct experience rather than from any preconceived ideas that you should be eating low-fat foods, but, in practice, fat-rich foods may actually agree with you; or you may think you are hungry between meals, when in fact you may be eating out of habit or boredom, or because food is readily available to you.

Part One

1. My appetite at breakfast is strong	FALSE	TRUE
2. My appetite at lunch is strong	FALSE	TRUE
3. My appetite at dinner strong	FALSE	TRUE
4. Going without food for four or more hours is uncomfortable	FALSE	TRUE
5. I often get hungry and need to snack between meals	FALSE	TRUE
6. I live to eat, rather than eat to live	FALSE	TRUE
7. Meat or fish at meals makes me more energetic	FALSE	TRUE
8. Vegetarian meals are not satisfactory to me	FALSE	TRUE
9. Eating meat or fatty foods restores my energy	FALSE	TRUE
10. I prefer salty and/or fatty foods to sweet foods	FALSE	TRUE

Total the number or circled items above, giving two points to each item circled (i.e. if you circled four answers in one column, write the number 8 below in the sub-total section).

Part One Sub-Total

Part Two

11. Fruits alone generally do not satisfy me	FALSE	TRUE
12. Fasting is very difficult for me	FALSE	TRUE
13. Eating before bedtime improves the quality of my sleep	FALSE	TRUE
14. Orange juice in the morning does not agree with me	FALSE	TRUE
15. Coffee tends to make me feel wired or jittery	FALSE	TRUE
16. My eyes and/or nose tend to be moist	FALSE	TRUE
17. I need to urinate often during the day	FALSE	TRUE
18. I tend to cough or clear my throat fairly frequently	FALSE	TRUE
19. I prefer to sleep in, in the morning	FALSE	TRUE
20. I cut myself, the wound heals quickly	FALSE	TRUE

Total the number or circled items above, giving one point to each item circled (i.e. if you circled four answers in one column, write the number 8 below in the sub-total section).

Part Two Sub-Total

Part One Sub-Total

GRAND TOTAL

Add together the two sub-totals and enter the Grand Total.

- ➡ If 18 or more of your answers were FALSE this suggests you should follow Group I foods (detailed further on).
- ➡ If 18 or more of your answers were TRUE, this suggests you should follow the Group II foods (detailed further on).
- ➡ If you had a score of less than 18 in either column this means you require more testing to determine which group would suit you best.

Keep in mind that the purely subjective nature of any questionnaire means that *it can never be completely accurate on its own*, but as I said before it is a good place to start if you have health challenges.

The Self-Test Kit

If your score indicates that you require additional tests, the self-test kit if available from *Personalised Metabolic Nutrition*, details can be found in Resources.

These are tests that can be done in the comfort and convenience of your own home over a period of approximately three hours. Full instructions are provided with each test as to the time of day, how long before/after food etc. The outcomes of these tests are then faxed or mailed back to Personalised Metabolic Nutrition for analysis. You are then provided with a detailed report of your Metabolic Type with diet and supplementation recommendations.

Finding a Practitioner

Whilst number of Metabolic Typing practitioners is growing, there are still a limited number available (refer to Resources for how to locate a practitioner) as this is by far the most effective way of determining your true type. They can spend more time discussing your particular health needs and can perform more in-depth testing than either the questionnaire or the self-test kit alone.

It must be stressed here however, that they are not treating you for any particular illness or disease you may have, they are working with your body to get it back in balance so that all the systems and functions of your body can work to their optimum ability.

Distinguishing Characteristic of Metabolic Types:

Below are a list of distinguishing characteristics, though is not intended to be a definitive list, again this can be useful for determining your predominant type.

These characteristics need to be seen within the context of other testing methods as very few people are 'pure' types, but are usually a mixture to one degree or another. Lifestyle factors also need to be taken into account.

A case in point, when I was introduced to Metabolic Typing in the mid 1990's when faced with the major health challenge of breast cancer, I was short and lean, dry eyes and phlegm in throat, infrequently hungry with low blood pressure, low body temperature and a hyper social procrastinator.

It transpired even during tests that I was best suited to two different dietary programmes as my metabolism altered greatly as a result of the hormone activity during my menstrual cycle.

This is why, if you can visit a practitioner or at least find one that you can converse with over the telephone for your consultations, you will get a better determination of your type.

Group I	Group II
Slow Oxidisers - Sympathetics	Fast Oxidisers - Parasympathetics
Tall and lean	Short and stocky
Pale ears	Red ears
Large pupils	Small to medium pupils
Dry eyes and mouth	Moist eyes and mouth
Dry throat	Phlegm in throat
Slow healer	Fast healer
Sleeps poorly	Sleeps well
Wakes up easily	Likes to sleep in
Poor digestion	Good digestion
Infrequent hunger	Frequently hungry
Infrequent urination	Frequent urination
Constipation	Diarrhoea
Syndrome X	Diabetes (type II)
High blood pressure	Low blood pressure
High body temperature	Low body temperature
Slow respiratory rate	Fast respiratory rate
Long breath-hold (over 50 seconds)	Short breath-hold (under 50 seconds)
Migraines	Asthma
Hyperthyroid	Hypothyroid
Goal oriented*	Procrastinates*
Solitary*	Social*
Hyper*	Calm*

- Indicate predominantly autonomic system characteristics (applying to Sympathetics and Parasympathetics, respectively) that do not necessarily apply to the Oxidative types (Fast and Slow Oxidators).

Basic Dietary Guidelines

When it comes to 'what can I eat' the Metabolic Types are divided as follows:

Group I

Slow Oxidiser (alkaline)
Sympathetic (acid)

Group II

Fast Oxidiser (acid)
Parasympathetic (alkaline)

The foods for each groups are determined based on the affect they have on the blood pH, for example two generally considered 'extremely healthy' foods, tomatoes and spinach have two very different affects on the two group types.

Group I: Lower in protein and fats
Higher in complex carbohydrates

Group II: Higher in protein and fats
Lower in complex carbohydrates

Group I Foods

Group I do best on the less rich proteins which are generally proteins with a lower fat content therefore their proteins should primarily be in the form of the lighter meats (chicken, turkey) and the less oily fish (white fish).

The sluggish metabolism of the Slow Oxidiser is further compromised by too much protein and fat, and complex carbohydrates provide the quick-burning fuel needed to speed up their oxidation rate.

By contrast, the Sympathetics are running on nervous energy of the more dynamic autonomic nervous system, too much protein and fat only serve as fuel on the fire on their already over-revved metabolism, but complex carbohydrates put on the brakes to slow down their energy production.

All grains are suitable for Group I but whole wheat is generally the best. For Group I types, wheat is very balancing: it acidifies the overly alkaline Slow Oxidisers and alkalises the overly acidic Sympathetics. Only if there is an outright allergy or gluten intolerance should wheat be avoided by Group I types.

All fruits and most vegetables are acceptable to Group I with an emphasis on leafy greens and cruciferous vegetables, although whole grains, starchy vegetables and sweet fruits should be limited in situations where weight loss or blood sugar problems are a concern, or in individuals with cancer (as these foods rapidly convert into glucose which fuels the expansion of tumours).

Proteins For Group I Types

Meat	Seafood	Dairy	Misc. Protein
Light meats:	White fish and shell fish only	Limited low-fat or non-fat products	Eggs
Chicken	Catfish	Cheese	<i>In moderation:</i>
Turkey	Cod	Cottage cheese	Beans (dried)
Pork (lean)	Flounder	Milk	Temph
	Haddock	Yogurt	Tofu
<i>Minimise:</i>	Halibut		
Organ meats	Perch		
Red meat	Sole		
	Trout		
	Tuna		
	<i>In Moderation:</i>		
	Crab		
	Crayfish		
	Lobster		
	Shrimp		
	Other shellfish		
	<i>Minimise:</i>		
	Oily fish		

Carbohydrates

Fats

Grains	Veggies		Fruit	Oils/Nuts
All OK, but whole wheat best	Emphasise the following		All OK inc but not limited to	Use sparingly
Amaranth	Beets	Lettuce	Apples	Almond butter
Barley	Broccoli	Onions	Apricots	Tahini
Buckwheat	Brussels	Parsley	Banana (ripe)	Flax oil
Corn	Cabbage	Peppers	Berries	Olive oil
Kamut	Chard	Potatoes	Cherries	
Millet	Corn	Radishes	Citrus	<i>In moderation:</i>
Quinoa	Cucumber	Sprouts (any)	Grapes	Coconut oil
Rice (brown)	Eggplant	Squash (soft)	Melons	Sesame oil
Rye	Garlic	Tomatoes	Peaches	All other nuts
Spelt	Jicama	Turnip	Pears	Pumpkin seeds
Wheat	Kale	Yam	Pineapple	Sesame seeds
	Leafy greens	Zucchini	Plums	Sunflower seeds
<i>Minimise</i>				
Oats	<i>Minimise</i>			<i>Minimise:</i>
	Artichoke	Lentils		Butter

	Asparagus	Mushrooms		Fatty food
	Avocado	Olives		Salty food
	Carrots	Peas		
	Cauliflower	Spinach		
	Celery	Winter Squash		

Taken from "The Nutrition Solution"

General Recommendations:

- Eat protein every day at two or more meals with plenty of fresh vegetables.
- Eat 3 regular meals a day.
- Eat organic meats and produce wherever possible; avoid all processed foods.
- Use unrefined oils only, preferably organically grown and cold-pressed.
- Bake, broil, grill or poach animal foods; do not overcook or blacken.
- Emphasise a variety of leafy greens, lightly cooked and in salads.
- Breads and other flour products should be made from whole grains.
- Drink 2 glasses of filtered or distilled water on rising; drink 6-8 glasses a day.
- Minimize alcohol (remove altogether if dealing with cancer) especially hard liquor and coffee and completely avoid sodas (diet or regular).
- Avoid all sugar and artificial sweeteners, use stevia, xylitol or raw honey.
- Restrict salt intake; use unrefined sea salts.

It is important for Group I to keep a regular intake of food to replenish energy reserves, to maintain stable blood sugar levels and ensure they consume enough volume of food to receive a sufficient quantity of daily nutrients.

Group II Foods

Group II require a much higher level of protein and fat which does make their diet somewhat politically incorrect in today's low-fat climate. There is no need for a Group II person to fear high cholesterol as when a person is eating correctly for their type their blood lipids (cholesterol and triglycerides) and weight tend to normalise.

Fast Oxidisers burn up carbohydrates rapidly. If the energy produced is not used up in the short term through physical activity it will tend to turn into excess serum cholesterol and triglycerides or body fat. Proteins and fat slow this process down in the Fast Oxidiser.

On the other side of the coin, Parasympathetics tend to have sluggish systems and is exacerbated in the Autonomic type by a diet too high in carbohydrates.

The Group II diet emphasises protein foods and good quality fats. Group II types often need to snack in between meals to keep up their energy levels.

Proteins For Group II Types

Meat	Seafood	Dairy	Misc. Protein
All OK but emphasise dark meats	All OK bur emphasise oily fish	All whole milk is OK	
Beef	Anchovies	Cheese	Eggs
Lamb	Fish eggs/roe	Cottage cheese	Beans (dried)
Liver	Herring	Cream	Temph
Organ meats	Mackeral	Milk	Lentils
Poultry (dark)	Salmon	Yogurt	Tofu
Red meat (any)	Sardines		
Steak	Tuna (dark)		
	Abalone		
	Crab		
	Lobster		
	Oyster		
	Scallop		
	Shrimp		
	Other shellfish		

Carbohydrates

Fats

Grains	Veggies		Fruit	Oils/Nuts
All OK except wheat, inc.	Emphasise the following:		Only have the following:	All oils, nuts & seeds OK inc
Amaranth	Artichoke	Green beans	Apples (tart ie Granny Smith)	Butter
Barley	Asparagus	Mushrooms	Banana (firm)	Nut butters
Buckwheat	Avocado	Olives	Pears (firm)	Tahini
Corn	Carrots	Peas		Oils (coconut,
Millet	Cauliflower	Spinach	<i>In Moderation:</i>	Flax
Oats	Celery	Winter Squash	Apricots	<i>Olive</i>
Quinoa			Blueberries	Sesame
Rice (brown)	<i>In Moderation</i>		Other berries	Nuts/seeds
Rye	Chard	Salad greens	Plums	Almonds
Spelt	Kale			Brazils
			<i>Minimise:</i>	Cashews
<i>Avoid</i>	<i>Minimise</i>		Citrus fruits	Filbert
Wheat and all by-products	Beets	Potatoes	Grapes	Macadamias
	<i>Broccoli</i>	Sprouts	Sweet fruits	Peanuts
	Brussels	Tomatoes		Pecans

	Cabbage	Turnip	<i>Avoid</i>	Pumpkin
	Eggplant	Zucchini	All fruit juices	Sesame
	Garlic		Vinegar	Sunflower
	Mustard greens			Walnuts
	Onions			

Taken from "The Nutrition Solution"

General Recommendations

- Eat three regular meals a day with a couple of snacks as needed. Do not eat the same foods every day.
- Eat protein with every meal; never eat carbohydrates alone.
- Eat organic meats and produce whenever possible; avoid all processed foods.
- Use unrefined oils, non-hydrogenated oils only, preferably organically grown and cold-pressed.
- Bake, broil, grill or poach animal foods; do not overcook or blacken.
- Emphasise a variety of leafy greens, lightly cooked and in salads.
- Breads and other flour products should be made from whole grains.
- Drink 2 glasses of filtered or distilled water on rising; drink 6-8 glasses a day.
- Minimize alcohol (remove altogether if dealing with cancer) especially hard liquor and coffee and completely avoid sodas (diet or regular).
- Avoid all sugar and artificial sweeteners, use stevia, xylitol or raw honey.
- Restrict salt intake; use unrefined sea salts

In Conclusion

Metabolic typing is a dynamic system for assisting the body regain its state of natural health and vitality and provides long lasting benefits for your own health and of those around you.

It is a system that works for a variety of medical conditions such diabetes, chronic fatigue, fibromyalgia and a host of environmental illness, it is also a powerful weight management system and a tremendous nutritional support programme for cancer.

It is an approach that is totally personalised to each individual dependent on their dominant system and their lifestyle in relation to external stresses.

So many health challenges can be alleviate or reversed with the appropriate use of nutrition, knowing which foods help the body recover and those that hinder the process.

If you have health challenges, I highly recommend you seek a practitioner in metabolic typing or at least take the self-test questionnaire as a basis for change or carry out the self-testing procedure.

There is no condition known to man today that would not benefit from the application of metabolic typing. It is the beginning of a new era in nutrition and medicine and it is hoped that this guide is the beginning of a new era in your journey to personal health and vitality.

Wishing you peace, harmony, health and happiness on your journey of discovery.

Resources

This information is for educational purposes only and is not to be taken as an endorsement of the services or products offered.

To Find a Metabolic Typing Practitioner

www.bloodph.com

click on Metabolic Typing Health Practitioner in your area

To Order the Self-Test Kit

Personalised Metabolic Nutrition

(415) 257 3099

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The Nutrition Solution, A Guide To Your Metabolic Type

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Published by North Atlantic Books

Available from: www.amazon.com