

# THE MARBELLA DIET



## Effective and Healthy Weight Loss

*Ut quod ali cibus est aliis fuat acre venenum*

("What is food to one, is to others bitter poison")

Source: Titus Lucretius Carus (99 BC – 55 BC)

Special Report by



Bo Nielsen M.D.

Founder of Doctor's Natural

# Contents

## PART 1

- Introduction p. 4
- Who should not join a weight loss program? p. 6
- The 6 steps to your weight loss p. 7
- Step 1: Support your weight loss program with Metabolism+ p. 8
- Step 2: Create a strong, positive mental foundation p.10
- Step 3: Metabolic Typing p. 11
- What is metabolic typing? p. 11
- Why is it important to know your own metabolic type? p. 12
- Metabolic type self-test p. 14
- Determining your metabolic type p. 29
- Tips for metabolic protein types p. 30
- Overview of recommended food sources for protein types p. 31
- Psychological aspects of being a metabolic protein type p. 32
- Tips for metabolic carbohydrate types p. 35
- Overview of recommended food sources for carbohydrate types p. 36
- Psychological aspects of being a metabolic carbohydrate type p. 37
- Tips for metabolic mixed types p. 39
- Overview of recommended food sources for mixed types p. 39
- Psychological aspects of being a metabolic mixed type p. 40
- Eat according to your type p. 41
  
- Step 4: Avoid foods that you are intolerant or allergic to (**More info in part 2**)
- Step 5: Create your personal meal plan (**More info in part 2**)
- Step 6: Choose the best foods (**More info in part 2**)
  - Metabolism+
  - Metabolic types
  - Metabolic testing
  - Psychological aspects of your metabolic type

## PART 2 (Coming soon!)

- Create your personal meal plan
  - Step 1: Identify ideal protein-carbohydrate-fat ratios
  - Step 2: Determine your allowable food servings
  - Step 3: Identify your ideal foods
  - Step 4: Plan your meals
- Choose the best foods

# Contents Cont.

- Frequently asked questions (FAQs)
  - Organic food
  - fats
  - Dairy
  - Soy
  - Grains
  - Glycemic Index
  - Gluten intolerance
  - Salt
  - Water
  - Sweeteners
  - Chocolate
  - Alcohol
  - Vegetarians
  - Sugar, artificial sweeteners and natural alternative
  - Exercise
  - Lifestyle
  - Supplements
  
- Guides and charts
  - Food choices
  - Ideal food ratios for each metabolic type
  - Glycemic Index Chart
  
  
- References **p. 42**
  
- Disclaimer **p. 44**

# Introduction

Are you fed up with diets that don't work or pills that promise weight loss but could potentially be harmful? What diet should you follow: a low-carbohydrate, high-fat, high-protein diet or a low-fat, high-carbohydrate diet? Why do some people lose weight on a particular diet while others don't? If you seek answers to these questions then this report is a must-read for you!

## Why does a diet work for someone else but not for you?

What it boils down to is that we are all biochemically unique and have a different metabolic type. What this means is that each one of us functions best on different ratios of carbohydrates, proteins and fats. This is why a particular diet can work for one person, have no effect on another and even be detrimental to a third person! So how do you figure out what the right mix of carbohydrates, proteins and fats is for you? By determining your metabolic type.

**Read about how to determine your unique metabolic type on page 29.**

## Why does a weight loss supplement work for someone else but not for you?

The same concept applies to dietary supplements: we are all biochemically unique. Most supplements contain ingredients that focus on only one weight loss mechanism that may work for someone else but not for you. Doctor's Natural researchers have developed a 100% natural weight loss supplement called METABOLISM+ which even supports your own individual metabolic type.

Metabolism+ contains a proprietary blend of evidence-based ingredients to help you lose weight healthily by influencing your carbohydrate, protein and fat metabolism.

**Read about how Metabolism+ can help you lose weight effectively and safely on page 8.**

## The importance of having the right attitude

Having the right attitude is vital if you want to succeed in any weight loss program. A strong, positive mental foundation from the onset will help keep you determined and dedicated as you make your way to a new healthy you.

**Read about how the right attitude can help you lose weight in a healthy way on page 10.**

I am not offering you a fad diet that will leave you feeling hungry, tired and irritable. Nor I am promoting a miraculous pill that will make you drop 25 pounds in a month.

What I *am* offering you is a chance to lose weight naturally, safely and effectively, in six easy-to-follow steps. Because we are all different, there is no one diet that is right for everyone. That is why I have developed my weight loss programme (the Marbella Diet) to suit the unique needs of each individual. An added advantage is that the Marbella Diet will boost your energy levels and improve your health, both physically and mentally.

If you are ready for a new healthy you, take charge of your weight today by reading this E-Book. You can also visit my website for more information:

[www.doctorsnatural.co.uk](http://www.doctorsnatural.co.uk)

# Who Should NOT Join a Weight Loss Programme?

**You should not join any weight loss programme if you...**

- Are under 18 or over 70.
- Are pregnant or breastfeeding.
- Are under active treatment for cancer.
- Are suffering from a serious chronic disease.
- Have type I diabetes (check with your doctor).
- Have type II diabetes and take anti-diabetes drugs (carefully monitor your blood sugar as you may need less medication).
- Suffer from an eating disorder such as anorexia nervosa or bulimia.
- Are allergic to any of the ingredients in Metabolism+.
- Take anti-depressant pharmaceutical drugs.
- Are not serious about changing your lifestyle, exercise routine and diet as aids to natural supplements.



## The SIX Steps to Your Weight Loss

Believe it or not, weight loss success is only six steps away! I have called it the Marbella Diet, and although it might not be a quick and easy fix, I promise you that it is very attainable and easy to follow with the guidance presented in this E-Book.

I based the Marbella Diet on the principle that a long-term weight loss strategy is essential and this is unique for each and every one of us as you will soon find out.

After you have completed these six steps, you will have all the tools you need to achieve the long-term results you desire: weight loss and maintenance as well as optimum health for life.

**Step 1: Support your weight loss programme with Metabolism+**

**Step 2: Create a strong, positive mental foundation**

**Step 3: Determine your metabolic type**

**Step 4: Avoid foods that you are intolerant or allergic to**

**Step 5: Create your personal meal plan**

**Step 6: Choose the best foods**

# STEP 1: Support Your Weight Loss Programme With Metabolism+

In order to be able to lose weight effectively, our body's biochemistry is extremely important. As you know, the nutrients (vitamins, minerals, amino acids etc.) we ingest and which are circulating throughout our various body systems are vital for us to function on all levels. Sub-optimal levels of these nutrients will slow down chemical processes or even halt them altogether. The systems that control our weight are no different; if we are lacking sufficient levels of any nutrient we are going to have a hard time losing weight, if at all.



## What is Doctor's Natural Metabolism+?

With this in mind, I developed Metabolism+, a new uniquely formulated supplement which you cannot find anywhere else on the market. Metabolism+ can help you lose excess weight in a safe and healthy manner. The key to the success of Metabolism+ is that its ingredients are combined in a proprietary blend that work with your body naturally to help you achieve your weight loss goals. Each individual ingredient is scientifically documented and proven to be effective in promoting weight loss, but it is the synergistic combination of them all that is really effective.

Metabolism + contains a proprietary blend of these 100% natural ingredients:

1. 5-HTP
2. Banaba extract
3. Garcinia cambogia
4. Green coffee bean extract
5. Gymnema sylvestre

For more information about Metabolism+ ingredients, visit my website:

<http://www.doctorsnatural.co.uk/news/208/Why-is-Doctors-Natural-Metabolism-so-effective.html>

## How can Metabolism+ help you lose weight?

- Suppresses your appetite by enhancing your sense of satiety.
- Helps you burn more calories.
- Fights your sugar cravings.
- Prevents excess carbohydrates from being turned into fat.
- Prevents fat from being stored in your body.
- Lowers blood glucose, cholesterol and triglycerides.

## How much weight can you expect to lose with Metabolism+?

A realistic and safe amount to lose per month is between two and five kilos. Gradual weight loss will ensure that you maintain your weight long-term. As part of a combination of a healthy diet and Metabolism+ you can finally take charge of your weight long-term without having to make tedious lifestyle changes now or in the future.

**BUT DO REMEMBER TO STOP EATING WHEN YOUR BODY TELLS YOU THAT YOU ARE FULL!**

## Why is Metabolism+ so effective?

The research and development of Metabolism+ has taken my team of international researchers and I over three years to develop what is one of the most effective, safe and 100% natural weight loss supplements. We have evaluated over one thousand scientific studies and even tested the ingredients on ourselves before we decided exactly which dosages were ideal for a safe and constant weight loss.



## How can you achieve maximum weight loss results with Metabolism+?

Many vitamins, such as B2, B3, B6, B12, C, D, E as well as minerals like chromium, zinc and calcium are, in appropriate dosages, known to support weight loss. For this reason, we strongly recommend that you always combine Metabolism+ with vitamins and minerals. Visit my website for a special pack offer of Metabolism+, vitamins and minerals that will save you over 20%:




<http://www.doctorsnatural.co.uk/products/36/weight-loss.html>


## VERY IMPORTANT:


As you know, we are all different on the inside (metabolism) as well as on the outside. This is why some of us may need a stronger dose of Metabolism+ than others to achieve the desired effects.


**IF YOU HAVE NOT ACHIEVED A SIGNIFICANT EFFECT IN 4-6 WEEKS, I SUGGEST THAT YOU START TAKING DOUBLE DOSE METABOLISM+.**

Contact Doctor's Natural Health Advisors for free advice; they speak English, Danish, Swedish and Spanish.

 United Kingdom: +44 (0)2070 431 256

 Denmark: +45 70 23 03 05

 Sweden: +46 08 5000 6608

 Spain: +34 924 980 032

 Canada & USA: 1-800-961-5116

Or send an email to [support@doctorsnatural.com](mailto:support@doctorsnatural.com)



## STEP 2: Create a Strong, Positive Mental Foundation

Having the right attitude is essential if you want to succeed in any weight loss programme. Believing in yourself, getting rid of negative thinking and setting goals and positive affirmations are aspects you should focus on and reinforce during the programme.

### Believe in what you are doing

For this programme, or any programme to be effective, there are certain things you should keep in mind:

1. You should **START** this programme when you are in a calm period of your life and not while you are in the middle of a crises or a stressful period.
2. You must **DECIDE** for yourself that you seriously want to lose weight.
3. You must **LEARN TO STOP** eating when your body tells you that you are full.
4. You must set positive affirmations and tell yourself things like: “**I believe in myself and my abilities and I can achieve anything I want!**”
5. Follow **ALL** of the 6 steps.



## STEP 3: Metabolic Typing

As already mentioned, you are unique, even down to your body's biochemistry. As you will find out, there is no one diet that is right for everyone. Your specific genetic metabolic "print" decides what diet works best for you. To understand why this is and why it is so important for you to know what your metabolic type is I suggest you continue reading!

### What is metabolic typing?

Metabolic typing is a method based on research and extensive clinical experience that combines the knowledge of the ancient systems of medicine with our modern knowledge of bodily processes and biochemistry.

"Metabolic typing is simply a way to find out what food sources are the best for you."

### Over thousands of years we have adapted our body's biochemistry to our environment

For thousands of years, our ancestors lived in small groups often confined to one geographical area. Consequently, their body's biochemistry adapted to the surrounding environment. For example, if the food sources available in a given area were mainly fruits and vegetables, the biochemistry (metabolism) of the indigenous people would adapt and evolve to break down and utilise these specific food sources. Likewise, people who lived in geographical areas where animals were available, "trained" their metabolism to break down and utilise animal food sources.

## Why is food healthy for Eskimos poison to East Indians?

The answer lies in the metabolic differences between a traditional Eskimo and a vegetarian East Indian brought about by their adaptation to the environment. Over generations, the Eskimos have “trained” their bodies to metabolise up to eight pounds of meat (even raw), lots of fat and almost no vegetables. Despite this “unhealthy” diet, cardiovascular disease and cancer are very rare among the Eskimos. Why? Because generations and generations of natural adaptation, natural selection and genetic mutation have enabled the Eskimo’s metabolism to adjust perfectly to the environment and to the foods naturally available in it. In order to survive and stay healthy, Eskimos have developed a genetic need for high-fat and high-protein food sources.



The same principle applies to East Indians, who have been vegetarian for hundreds of years due to the scarcity of animal food sources in their environment. What would happen if you made the Eskimos eat a predominantly vegetarian diet and East Indians a predominantly high-protein and high-fat diet? Both groups of people would start developing cardiovascular disease, cancer, allergies and many other “lifestyle” diseases.

## What your ancestors ate has created your unique genetic needs

All species of animals eat what they are genetically adapted to eat – except for humans who freely choose their diet. This is why mammals, birds and fish are not afflicted with degenerative lifestyle diseases, such as heart disease, cancer, diabetes and arthritis, which are responsible for over 80% of human illnesses.

## Why is it important to know your own individual metabolic type?

There is no one diet that is right for everyone; our specific genetic metabolic “print” tells us what foods suit us best. Success with any diet depends on the dieter’s metabolic type; the same diet-for-everyone approach is simply not effective. Determining your metabolic type and the ratios in which you should eat carbohydrates, proteins and fats are essential to creating the meal plans that will work for you.

Medical doctors and nutrition pioneers have used metabolic typing for decades to help people lose weight and overcome chronic diseases.

We know that eating according to our metabolic type can help us:

1. **Improve our well-being**
2. **Increase our energy levels**
3. **Improve our mood**
4. **Lose weight**
5. **Achieve better quality sleep**
6. **Develop a stronger immune system**
7. **Support healthy joints and muscles**
8. **Reduce our risk of many diseases**
9. **Decrease the signs of aging and improve our appearance and complexion**

However, if you feel worse in any way an hour or so after eating, such as:

- You develop a craving for sweets
- Your energy level drops
- You feel hyper, nervous, angry or irritable
- You feel depressed
- You still feel hungry even though you are physically full

...then it may be due to an improper combination of carbohydrates, proteins and fats in your previous meal that is **not in accordance with your metabolic type**. Or it may be due to food intolerances (see “Step 4”).

## Get to know your specific metabolic type and stay healthy!

Today, we know that our bodies have a genetic need for particular types of food if we are to attain optimal health and energy levels. If these needs are met, we can expect to be healthy, energetic and fit. On the other hand, if we do not regularly obtain our genetically required food, we will experience all kinds of complaints, such as aches and pains, headaches, weight gain, asthma, heart disease, cancer, diabetes and so on.

Our metabolic type defines the way in which our body reacts to nutrients.  
**Different metabolic types react differently to the same nutrient.**

**In other words, any given food is neither good nor bad; a food is good for some metabolic types but may be bad for other metabolic types.**

That raises the question: how can there only be one treatment or programme that works for all people? The answer is, there isn't, which is why some people lose weight on a low-carbohydrate, low-fat diet while others do not. And this is why knowing your metabolic type and eating accordingly is so important!

## How do you diagnose what is good for you and what is poison?

Metabolic typing allows us to determine one's “medicine” from one's “Poison” and select the proper diet and nutritional supplements accordingly.

But because of the fact that most of us have moved away from our ancestor's original habitat and mixed with people from other cultures, it is no longer evident at first glance what our metabolic type is. Nor is there a blood or genetic test that can tell us what foods we are programmed to metabolise in order to stay healthy, fit and energetic.

### **But do not despair!**

There is a very simple and free test that quite accurately tells you what foods your body has been programmed to utilise the best: the metabolic type self-test. How can you determine your metabolic type? Read on and take the metabolic type self-test!

## METABOLIC TYPE SELF-TEST

**This simple test is currently the most effective way to determine your metabolic type.**

The results are divided into 3 main metabolic types; however, unless ALL of your answers fall into only one of these types, you are probably mainly one of these types, but also (to a lesser degree) are able to break down and utilise food items belonging to other metabolic types. I will explain this in more details when you have completed the test.

**Instructions for how to interpret the test scores follow after the test.**



## INSTRUCTIONS

To ensure an accurate result, answer the questions honestly according to how you actually feel, not how you think you should feel. There are no right or wrong answers!

For each of the following questions, please mark the one response (A, B or C) that best applies to you. If you don't usually pay attention to your body's cues before and after eating, then do so for a few days (while continuing your current eating habits) before taking the test.

### **What if I don't know what to answer?**

If for any given question you are certain that none of the responses apply to you, leave that question unanswered. For questions with only 2 responses, choose the one that applies to you. If none of them apply to you, leave that question unanswered. In some cases you may find that none of the responses to a given question describe you exactly. In these cases, don't worry about the fact that a given response may not describe you with absolute precision – just choose the answer that best describes your general tendencies.

### **What if I find some of the questions irrelevant?**

You may find some of the questions irrelevant, but I suggest you answer them anyway as according to my experience they help to determine your metabolic type more accurately.

### **Ask someone to help you read the questions**

In order for a precise metabolic type diagnosis, I suggest that you ask someone else read the questions out aloud to you. This will enable you to focus on answering the questions honestly rather than trying to find a pattern to your answers. For this purpose, I have mixed A, B and C answers so that answer A doesn't always come before answer B and so forth. If you read the questions out aloud to someone, then read the answers as they appear and do not mention whether this is an A, B or C answer! At the end of the test you will be asked to count the total number of A's, B's and C's which will indicate the metabolic type.

### **Be honest with yourself and take your time answering the questions**

Though you should not have to struggle with any question or aspect of this test, accuracy is important. So it's best to take your time and not rush through it.

You can always take the test again at any point in the future. This is something you will want to do periodically anyway to see if your body chemistry has changed, which can occur.

## QUESTIONS

### 1. Ideal breakfast

Some people say that breakfast is the most important meal of the day. But this simply isn't true from a metabolic perspective. Actually, every time you eat anything, what you eat is very important because your ability to function depends on the kind of fuel you provide your "engines of metabolism." What kind of breakfast gives you the greatest energy, sense of well-being, peak performance, and satisfies your hunger the longest?

- B. Egg(s), toast, fruit.
- C. Something heavy like eggs, bacon or sausage, hash browns, toast; or steak and eggs.
- A. Either no breakfast or something light like fruit; and/or toast or cereal; and/or milk or yogurt.

### 2. Meal preference

Pretend it's your birthday and all rules and restrictions for dieting and (supposed) good health are thrown out the window. You're ready to cut loose and treat yourself to your favourite foods and just have a good time. If you went to a sumptuous buffet dinner tonight, what kinds of food would you choose?

- A. I would choose lighter foods such as chicken, turkey, light fish, salads, vegetables, and I'd sample various desserts.
- C. I would choose heavy, rich, fatty foods, roast beef, beef Stroganoff, pork chops, ribs, salmon, potatoes, gravy, few vegetables, or maybe a small salad with vinaigrette or blue cheese dressing; cheesecake or no dessert.
- B. I would choose a combination of foods from answers A and C.

### 3. Coffee

Coffee, when organically grown, properly prepared, and not misused, is an acceptable beverage for some metabolic types. Of course, anything that is overdone can be bad for you, even water. Nonetheless, coffee affects different people in different ways. Please indicate how coffee affects you.

- A. I do well on coffee (as long as I don't drink too much).
- C. I don't do well with coffee. It makes me jittery, jumpy, nervous, hyper, nauseated, shaky, or hungry.
- B. I can take it or leave it.

#### 4. Appetite at breakfast

Appetite varies dramatically from person to person, from ravenous to normal to very little. Of course, your appetite can vary from day to day to some degree, but what is being asked about here is your overall tendency. A "normal" appetite is to feel hunger around regular mealtimes (morning, noon, and evening), but not to a noticeable extreme in either direction.

My appetite at breakfast is typically

- A. Low, weak, or lacking.
- B. Normal. Don't notice it being either strong or weak.
- C. Noticeably strong or above average.

#### 5. Appetite at lunch

For many people, appetites can change from breakfast to lunch to dinner. For others, it remains pretty much the same throughout the day. Please circle the answer that best describes your typical tendency—the way you are most of the time.

My appetite at lunch is typically

- C. Noticeably strong or above average.
- A. Low weak, or lacking.
- B. Normal. Don't notice it being either strong or weak.

#### 6. Appetite at dinner

For many people, their strongest appetite is at dinner. For others, it's just the reverse. How does your appetite at dinner compare to your appetite at other times of the day? Choose the answer that best describes your usual appetite around dinnertime.

My appetite at dinner is typically

- A. Low weak, or lacking.
- B. Normal. Don't notice it being either strong or weak.
- C. Noticeably strong or above average.

## 7. Climate

Climate, temperature, environment—all can make a big difference in a person's sense of well-being, energy levels, productivity, and moods. Some thrive in the heat, while others wilt. Some come alive when it's cold, while others retreat and "hibernate." For others, temperature and climate don't seem to make much difference. Please select the choice that best describes how temperature affects you.

- B. Temperature doesn't matter that much. I do pretty well whether it's hot or cold.
- A. I do best in warm or hot weather. Can't take the cold.
- C. I do best in cool or cold temperatures. Can't take the heat.

## 8. Desserts

Foods provide various combinations of the six tastes; sweet, sour, salty, bitter, astringent, and pungent. We like to experience each of these effects from time to time, and they all have beneficial roles to play in our health. For example, everyone likes sweet foods, but not to the same degree and in the same quantity. What's your general feeling or attitude toward having desserts after meals?

- A. I really love sweets, and/or I often need something sweet with a meal in order to feel satisfied.
- B. I enjoy dessert from time to time, but can really take it or leave it.
- C. I don't really care for sweet desserts that much; I may like something fatty or salty instead (like cheese, chips, popcorn) for a snack after meals.

## 9. Dessert preference

What are your favorite kinds of desserts? Which would you choose most often? Even if you don't particularly like desserts, if you were forced to choose, which kinds would you gravitate towards?

- A. Cokes, cookies, fruit pies, candies.
- C. Heavier, fatty types like cheesecakes, creamy French pastries.
- B. Truly no preference. I'd choose different kinds each day.

## 10. Ideal dinner

The right kind of food at dinner can provide great energy and well-being for the entire evening. Whereas the wrong dinner for your type can leave you feeling exhausted, and initiate a strong case of couch potato-itis. What kind of meal works best for you at dinner time?

- A. Something light like skinless chicken breast, rice, salad, maybe a little dessert.
- C. I definitely do better with a heavier meal.
- B. Truly no preference. I'd choose different kinds each day.

## 11. Cravings

Some people do not have food cravings, so answer this question only if you do. Sugar is intentionally not listed as a choice here because most people, when low on energy, will begin to think of something sweet. Please indicate any other kinds of food cravings you might have besides sugar.

- C. Salty, fatty foods (peanuts, cheese, potato chips, meats, etc.).
- A. Vegetables, fruits, grain-based products (bread, cereal, crackers).

## 12. Eating before bedtime

Eating before bed helps some people sleep better, while it clearly disrupts other people's sleep. For some, it depends on what they eat. For others, eating anything at all is a problem. This question concerns the latter.

Eating just about anything before going to bed

- B. Doesn't seem to make a difference; I can take it or leave it.
- C. Usually helps me sleep better.
- A. Disrupts or worsens my sleep.

## 13. Eating heavy food before bedtime

Please indicate what reaction you would typically have to eating heavy foods before bedtime. "Heavy food" refers to protein foods or fatty foods like meat, fowl, and cheese.

- A. It prevents or disturbs my sleep.
- B. It's usually okay, as long as it isn't too much.
- C. It improves my sleep.

## 14. Eating light food before bedtime

Please indicate what reaction you would typically have to eating light foods before bedtime. "Light food" refers to carbohydrates like bread, toast, cereal, or fruit—perhaps accompanied by small amounts of foods like milk, yogurt, or nut butter.

- B. I can take it or leave it.
- A. I usually don't do well eating before sleep, but I definitely do better with lighter food.
- C. It's better than nothing, but do better with heavier food.

### 15. Eating sweets before bedtime

People have quite a range of reactions to sweets and sugars. Some can eat sugar before going to sleep and note no ill effect; it does not keep them from sleeping or disturb their sleep in any way. For others, sweets can cause insomnia, prevent them from sleeping soundly, or cause them to wake up, needing to eat something in order to go back to sleep. (Skip this question if you know you have Candida overgrowth problems or are diagnosed as hypoglycemic or diabetic.) How do sweets affect your sleep?

- B. Sweets sometimes bother my sleep.
- C. I clearly don't do well eating sweets before sleep.
- A. Sweets don't interfere with my sleep at all.

### 16. Eating frequency

How often do you eat each day? The answer to this question should reflect your need to eat. For maximum energy and performance, some people need to eat more than three times a day. For others, twice is plenty. How often do you need to eat in order to maximise your well-being and productivity?

- B. 3 times a day and no snacks, usually.
- C. 3 meals or more a day and snacks, often something substantial.
- A. 2 to 3 meals a day and either no snacks, usually, or light snacks.

### 17. Eating habits

Different types of people have different feelings toward food. Some people are very focused on food. They think about it a lot. They imagine what they'll be eating long before meal times. They enjoy talking about food, particularly about their likes and dislikes, or recounting stories of great meals or restaurants. These are the "live to eat" types. For others food is almost the last thing on their minds, even to the point of forgetting to eat. They tend to view food more as one of life's unavoidable necessities, as compared to ones of life's real pleasures. Having to eat is bad enough, but talking about food is an uninteresting waste of time. They're the "eat to live" types. What's your attitude toward food?

- A. I'm unconcerned with food and eating; may forget to eat; rarely think about food; eat more because I have to than because I want to.
- C. I love food, love to eat, food is a big or central part of my life.
- B. I enjoy food, enjoy eating, rarely miss a meal, but don't really focus on food in any way.

## 18. Skipping meals

Some metabolic types hardly notice when they haven't eaten. They often just happen to look at their watch and realise that it's long past their mealtime. But other metabolic types don't do well at all if they miss a meal. Their bodies let them know in no uncertain terms that it's time to eat. If they miss a meal, their performance drops dramatically. What happens to you when you go four hours or more without eating or skip a meal altogether?

- B. I may not be at my best, but it doesn't bother me, really.
- C. I definitely feel worse, getting irritable, jittery, weak, tired, low on energy, depressed, or other negative symptoms.
- A. Doesn't really bother me. I can easily forget to eat.

## 19. Fatty food

Contrary to popular opinion these days, fatty foods are not bad for everyone. They're actually beneficial for certain metabolic types. How do you feel about fatty foods? Remember, don't respond by indicating how you think you're supposed to feel. Value judgments aside, how much do you like or dislike fatty foods in general?

- A. I don't really like fatty foods.
- C. I love them or crave them and would like them often if I knew they were good for me.
- B. They're fine in moderation.

## 20. Fruit salad lunch

How would you tend to feel after eating a (large) fruit salad with a little cottage cheese or yoghurt for lunch?

- A. It satisfies me; I do well on it and don't get hungry until dinner.
- B. I do pretty well, but usually need a snack before dinner..
- C. Pretty bad result. I usually get sleepy, tired, spacey, depressed, anxious, irritable and/or hungry as a result and definitely need to eat something else before dinner.

## 21. Gaining weight

When you eat foods that are wrong for your metabolic type, what usually happens is that the food does not get fully converted to energy but gets stored as fat instead. Which of the following options best describes your tendency to gain weight?

- B. No particular foods seem to cause me to gain weight, but I'll gain weight if I eat too much and don't get enough exercise.
- A. Meals and fatty foods cause me to gain weight.
- C. I tend to gain weight eating too many carbohydrates (bread, pasta, other grain products, fruits, and/or vegetables).

## 22. Energy boosters

Food is our fuel for life. But different foods have different energy-boosting effects on different metabolic types. Most people know how to bolster their energy using either wholesome foods or quick pick-me-ups like sugar or caffeine. What kinds of foods generally boost your energy and give you lasting energy?

- A. Fruit, candy, or pastry restores and gives me lasting energy.
- B. Just about any food restores lasting energy.
- C. Meat or fatty food restores my energy and well-being.

## 23. Heavy-fat-meal reaction

Liking fat is one thing, but how you react to it is another. Let's find out here. Note that this question concerns how you feel after eating fat, not whether you think fat is good for you. Please choose the option that best describes how you would react to a high-fat meal.

- A. decreases my well-being and energy, or makes me sleepy, or too full, or causes indigestion.
- C. increases my well-being; makes me feel good, energetic, satisfied, like I "had a good meal."
- B. No specific reaction.

## 24. Hunger feelings

Getting hungry can produce a variety of symptoms, ranging from occasional thoughts of food, to all-out hunger pangs, even to the point of nausea. What kind of hunger signals do you typically get from your body?

- A. I rarely get hungry or feel real hunger, or have weak hunger feelings that pass quickly, or can easily go long periods without eating, or can forget about food altogether.
- B. I have pretty normal hunger around mealtimes or when I'm late for meals.
- C. I often feel hungry; need to eat regularly and often; may get strong hunger sensations.

## 25. Energy Drain

What kinds of foods take your energy level down a notch or two instead of giving you the boost you're looking for?

- B. No foods in particular seem to take me down on a regular basis.
- C. Fruit, pastry, or candy makes me worse, usually giving me a quick lift, then a crash.
- A. Meat or fatty food generally makes me more tired, lowers my energy even more.

## 26. Meal portions

Almost everyone eats at least three meals a day. But the amounts at each meal can vary dramatically. Some people eat a lot of food, and may even have two or three helpings. Others eat very little but still feel full as a result. If you're not sure, think of it this way: When you eat out, do you usually eat less than others, more than others, or about the same as others?

- A. I don't eat that much. Definitely less than average. Doesn't take much to get me full.
- B. I don't seem to eat more or less than other people.
- C. I generally eat large portions of food, usually more than most people.

## 27. Personality

People have distinctly different personality traits, and many of these traits are related to, or heavily influenced by, one's biochemical makeup. Which of the following choices best describes your natural tendency in social gatherings, or your preference with respect to day-to-day interactions with other people?

- B. I'm pretty average, neither introverted nor extroverted.
- C. I tend to be more social, a "people person" or extroverted.
- A. I tend to be more aloof, withdrawn, a loner or introverted.

## 28. Anger and irritability

Sometimes we all get angry "for good reason." But for some people, feelings of anger or irritability occur frequently or even daily, and are specifically influenced by what is or isn't eaten. Skip this question if you do not experience anger or irritability that is affected by food.

- A. When I feel angry eating meat or fatty food seems to make it worse.
- C. I often notice that feelings of anger or irritability have abated after I eat something heavy and fatty like meat.
- B. Sometimes eating relieves my anger and it doesn't matter what I eat.

## 29. Anxiety

Some people have a tendency to be anxious, apprehensive, or worried. In many cases these feelings are increased or lessened by the kinds of foods that are eaten. Don't answer this question if you do not experience anxiety that is influenced by food.

When I feel anxious

- A. Fruits or vegetables calm me down.
- C. Heavy, fatty food improves the way I feel and lessens my feelings of anxiety.
- B. Eating almost anything helps alleviate my anxiety.

### 30. Concentration

Concentrating or intense mental activity actually uses up a lot of energy and thus requires sufficient fuel. But it also requires the right kind of fuel to enable individuals to maintain mental clarity and stay focused. The wrong kind of fuel can make your mind hyper, causing a flood of uncontrollable thoughts. Or you could feel spacey or sleepy, or experience thoughts that seem to dissipate as soon as they arise. What foods worsen your ability to concentrate?

- A. Meat and/or fatty food.
- C. Fruit and vegetables and grain-based carbohydrates.
- B. No particular kind of food seems to disrupt my concentration.

### 31. Depression

Like other emotional issues, depression can arise from many possible causes. Yet depression is often alleviated or worsened by what you eat. If you suffer from depression and have noticed a connection to food, select the appropriate choice below

- C. I seem to feel more depressed after eating fruits and vegetables (and less depressed after eating meat and fatty foods).
- A. I seem to feel more depressed after eating meat and fatty foods (and less depressed after eating fruits and vegetables).

### 32. Goose bumps

The formation of goose bumps is a reaction produced by the nervous system. They often appear on the arms and legs as the result of fright, or a sudden chill, or light brushing or couching of the skin. Some people form goose bumps very easily and often, while others rarely, if ever, seem to form them. Are you prone to goose bumps?

- A. I often get goose bumps.
- B. I occasionally get goose bumps.
- C. I rarely, if ever, get goose bumps.

### 33. Insect bite or sting

No one likes to get stung by a bee or bitten by a mosquito. But reactions can be extremely varied, ranging from a very small or mild reaction that disappears quickly to a very strong reaction (non-allergic) involving itching, pain, bruising, or welts that take a long time to go away, sometimes leaving discoloration for weeks or months. How do insect bites or stings affect you?

- A. Reactions tend to be mild or weak and go away quickly.
- C. Clearly strong reaction, stronger than most (can involve swelling, pain, itching, bruising, redness), and can take a long time to go away, even leaving discoloration afterward.
- B. Average reaction.

### 34. Insomnia

There are many kinds of insomnia. But with a certain type of insomnia, people routinely wake up in the middle of the night for reasons other than having to use the bathroom. Typically with this type of insomnia, people need to eat something in order to fall asleep again. With that in mind, do any of the following choices apply to you?

- A. I rarely or never get this kind of insomnia.
- B. I occasionally wake up and need to eat in order to go back to sleep.
- C. I often wake up and need to eat in order to go back to sleep. Eating something before going to sleep helps this problem or shortens the time that I'm awake.

### 35. Itching skin

This question concerns itching skin that is not due to bites or stings. Everyone's skin itches occasionally. But some people find that their skin itches on a regular daily basis, typically the scalp, arms, or calves. Because they're so used to it, they may not even be conscious of their frequent scratching.

- C. My skin tends to itch often

### 36. Fruit juice between meals

If you're hungry, say between meals, how does drinking a glass of orange juice (or other fruit juice) affect you? Overall, is it a good effect or a bad effect? Does drinking fruit juice satisfy your appetite and leave you feeling well until your next meal? Or does it result in some kind of adverse reaction?

- B. It's okay, but isn't always the best snack for me.
- C. Overall bad result. Can make me light-headed, hungry soon after, jittery shaky, nauseated, anxious, depressed, etc.
- A. It energises me, satisfies me, works well to nourish me until my next meal.

### 37. Potatoes

Potatoes are a wonderful food and they have many excellent nutritional attributes. But they aren't the best food for all metabolic types. 'Whether or not you think that potatoes are good for you, how do you feel about potatoes?

- A. I don't really care for them that much or don't like them at all.
- B. I can take them or leave them.
- C. I really love them, could eat them almost every day.

### 38. Red meat

Contrary to conventional wisdom, red meat is a healthy food choice for some metabolic types. When you eat red meat like steak or roast beef how do you normally feel afterward? Here we are seeking your reaction to red meat, not your belief as to whether or not you think it's good or bad for you.

- C. I definitely feel good or better when I eat red meat.
- A. It decreases my energy and well-being. Can make me depressed or irritable.
- B. I don't notice one way or the other.

### 39. Salad for Lunch

If you eat the wrong foods for lunch, you're likely to tank in the afternoon. Instead of being productive, you may find that you can barely keep your eyes open, or that you need coffee or candy to try to stay alert and focused. If you eat a large vegetarian salad for lunch, what effect would it have on your productivity through the afternoon?

- A. I do pretty well with that kind of lunch.
- C. Bad result. Makes me feel either sleepy, tired lethargic, or hyper, nervous, irritable.
- B. I can get by, but it isn't the best type of food for me.

### 40. Salty foods

Salt, like sweet, is one of the six tastes. And like sweet, people have a varied reaction to and interest in salt. Some people salt their food heavily and seem to crave salt. Others really aren't that interested in it and actually find that many prepared foods taste too salty. Whether or not you feel that salt is good for you, how do you feel about salt?

- A. Foods often taste too salty, or I like my food salted only lightly.
- C. I really love salt, or crave it. Like a lot of salt on foods, to the point that others think my food is too salty.
- B. I don't really notice salt one way or the other - Rarely seems like too much or too little. Just use an average amount on foods.

### 41. Snacking

Assume for this question that you eat three meals a day. If this is the case, do you typically need to snack, or to eat something between meals? Or are those three meals all the food you need for peak performance?

- A. I rarely, if ever, want or need snacks.
- B. I occasionally want or need to snack between meals.
- C. I often want or need to snack between meals.

## 42. Snack preference

A good snack should provide you with lasting energy and improve your emotional well-being, in addition to satisfying your hunger. It should also not produce a negative effect, such as a craving for sweets. With this in mind, which of the following choices best describes your preference for snacks?

- C. I definitely want and need a snack in order to be at my best. Do poorly on sweets, but do well on protein and fat (meat chicken, cheese, hardboiled egg, nuts).
- A. I generally don't need snacks, but if I do have one, I usually prefer and do well on something sweet.
- B. I sometimes need a snack and do well on pretty much anything.

## 43. Sociability

Many people believe that social tendencies are learned behavior. But one need only look at siblings in a family to see that people have innate tendencies with regard to sociability, even though these tendencies are influenced to a degree by life experiences. How would you describe your natural, innate tendency toward sociability, apart from the way your family or friends may have influenced you in this regard?

- A. I tend to be a little "antisocial," in that I enjoy being alone, feel awkward at social gatherings or parties, and usually prefer to leave quickly or not to go at all.
- B. I'm in the middle—not really antisocial, but also not particularly compelled to be with others.
- C. I tend to be very social, a "people person," and love company and to be with others, prefer not to be alone.

## 44. Sour foods

Sour, like sweet and salty, is one of the six tastes. Some people really like, love, or even crave sour foods like pickles, sauerkraut, vinegar, lemon juice, or yogurt. Others have an aversion to sour foods, or just don't like them all that much. Which of the following best describes your reaction to sour foods?

- C. I definitely like (some) sour foods or crave them.
- A. I generally don't care for sour foods.
- B. I don't like or dislike them much more than any other food.

#### 45. Physical and mental stamina

Stamina refers to physical endurance, or the ability to persevere or work long hours without exhaustion. This capacity is greatly dependent on what we eat. Some foods optimise physical and mental stamina, while other foods noticeably reduce it. What type of foods best support your stamina?

My stamina is better when I eat:

- A. lighter foods like chicken, fish, fruit, vegetables, grains.
- B. pretty much any wholesome food.
- C. heavy foods, fatty foods.

#### 46. Consuming sweets

Hardly anyone doesn't like sweet from time to time. But this question is not concerned with whether or not you like sweets. Rather, how do you react when you eat something sweet all by itself (e.g., cake, cookies, candy, etc.)?

- A. Sweets don't bother me even when I eat them by themselves. Generally sweets satisfy my appetite and don't produce bad reactions.
- C. I usually don't do well eating sweets by themselves. They usually produce some manner of bad reaction and/or create a desire for more sweets.
- B. I'm sometimes bothered when eating sweets by themselves and often they don't satisfy my appetite.

#### 47. Meat for breakfast

In this question, meat refers to flesh proteins like ham, sausage, bacon, steak, hamburger, and salmon. How do you feel after consuming meat for breakfast as opposed to going without it? Remember, this question does not include eggs, milk, or cheese as a substitute for the other animal proteins listed above.

- A. I don't feel as well as I do without it. Tends to make me feel more tired, sleepy, lethargic, angry, irritable, thirsty, or causes me to lose my energy by midmorning.
- B. I can take it or leave it, varies.
- C. I feel much better with it; more energetic, have good stamina, keeps me going without getting hungry before dinner.

#### 48. Red meat for lunch

In this question, red meat refers to flesh proteins like beef or lamb. How do you feel after consuming some red meat at lunch, as opposed to going without it? This question does not include eggs, milk, or cheese as a substitute for the other animal proteins listed above.

- A. I don't feel as well as I do without it. Tends to make me feel more tired, sleepy, lethargic, angry, irritable, thirsty, or causes me to lose my energy by mid afternoon.
- B. I can take it or leave it, varies.
- C. I feel much better with it; more energetic, have good stamina, keeps me going without getting hungry before dinner.

#### 49. Red meat for dinner

In this question, meat refers to flesh proteins like beef or lamb. How do you feel after consuming some red meat for dinner, as opposed to going without it? This question does not include eggs, milk, or cheese as a substitute for the other animal proteins listed above.

- A. I don't feel as well as I do without it. Tends to make me feel more tired, sleepy, lethargic, angry, irritable, thirsty, or causes me to lose my energy.
- B. I can take it or leave it, varies.
- C. I feel much better with it; more energetic, have good stamina, keeps me going without getting hungry before bedtime.

#### 50. Dinner preference

Pretend you're on vacation. It's night time and you have been driving for hours and are quite hungry. You just spotted a sign that says "CAFETERIA AHEAD. 10 KILOMETRES." NEXT RESTAURANT, 150 KILOMETRES. You're hungry, so you decide to pull into the cafeteria. There you find that there are only three choices on the menu: Menu 1, 2, and 3. Since you have a long drive ahead of you, it's essential for you to eat the kind of food that will keep you awake and energised. Which menu would you choose to give you the best stamina, energy, and alertness?

- B. Menu 2: a combination plate including a little of everything from menu 1 and 3.
- A. Menu 1: skinless chicken breast, rice, salad, apple pie.
- C. Menu 3: pot roast cooked with carrots, onions, and potatoes served with bread and gravy, cheesecake.

## DETERMINING YOUR METABOLIC TYPE

Congratulations on completing your metabolic type self-test! You're about to determine your metabolic type!

All you need to do now is to count your score. It's very simple; just follow the easy steps below:

1. On each page of the self-test add up the number of times you marked choices A, B and C and write them down in the scoring box below:

Total A answers = \_\_\_\_\_  
Total B answers = \_\_\_\_\_  
Total C answers = \_\_\_\_\_

2. Next, refer to the scoring box above and select your metabolic type classification, using the following criteria:

- If your number of A answers is 5 or more higher than both B and C, then you are a Carbohydrate Type  
(Example: A=20, B=15, C=15)
- If your number of C answers is 5 or more higher than both A and B, then you are a Protein Type  
(Example: A=15, B=15, C=20)
- If your number of B answers is 5 or more higher than both A and C, then you are a Mixed Type  
(Example: A=15, B=20, C=15)
- If neither A, B nor C are 5 or more higher than both of the other two, then you are a Mixed Type  
(Example: A=14, B=19, C=17)

**Please note:** your score may indicate that you belong to one of these three **main types**; however you may be a Carbohydrate Type according to your score even though you have more than 10 C answers (Protein Type). What this indicates is that the majority of your food should be according to what Carbohydrate Types should eat; but unlike a true Carbohydrate Type, you can tolerate a little more protein. In other words, you may predominantly belong to one of the three main groups, but may also have a tendency towards one of the other groups and will be able to tolerate their food items as long as it is in moderate amounts and not on a daily basis.

**Now you're ready to learn about the different metabolic types.**

Some of the statements below are not based on hard scientific data, but rather theories based on many years of observation.

## METABOLIC PROTEIN TYPE

If you are a Protein Type, your ideal diet should include plenty of high-density, high-fat proteins (high-purine proteins). Protein Types feel hungry all the time because they tend to metabolise food more quickly than other types. So, more substantial proteins like **red meat, dark meat chicken and turkey and heavier kinds of seafood such as salmon, tuna, herring, sardines, mussels, caviar and anchovies** are a good choice to keep you satiated. Most protein types can also eat whole fat foods in the form of **cheese, eggs, cream and milk freely**. These foods have long been considered “unhealthy” because of their high fat content, but in reality saturated fat is not the cause of disease; refined carbohydrates, processed foods and hydrogenated oils are. If you are a Protein Type, you probably **love food**.



In the autonomic nervous system of a Protein Type, the parasympathetic branch is generally more dominant than the sympathetic branch. This means a Protein Type needs a high-protein intake in order to strengthen their sympathetic branch and create a better autonomic nervous system balance. (Please see “the psychological aspects of being a Metabolic Protein Type” for more details).

*Protein Types who eat too many carbohydrates tend to crave sugar and once they start eating sugary foods, they want more and more and may find it difficult to stop. Sugar often causes a jittery feeling and energy levels to drop.*

Many Protein Types cannot lose weight successfully by dramatically cutting calories and they feel miserable in the process. When Protein Types eat the wrong kind of food, they will likely experience a drop in energy levels and extreme fatigue. Eating the wrong kind of food may make a Protein Type feel better immediately, but worse soon after. The energy ups and down are clear signs of a discrepancy between metabolic type and choice of food sources.

### Tips for Protein Types

- **Include protein in every meal and snack.** Eating only carbohydrates causes fluctuations in blood sugar levels, which causes hunger, fatigue, anxiety and cravings for more carbohydrates. Including protein, in particular animal protein, in every meal and snack will help regulate blood sugar levels and leave you feeling satiated throughout the day. Always remember to listen to your body; pay attention to which meals and snacks leave you hungry or craving for more.
- **Eat small meals frequently or healthy snack between meals.** Protein Types need to eat regularly otherwise they may suffer from very low blood sugar levels. Going too long between meals (or snacks) will create extreme hunger, which in turn will cause overeating at the next meal – only to lead to lethargy and an uncomfortable feeling afterward.
- **Avoid refined carbohydrates.** Foods such as bread, crackers and pasta – especially those made from wheat – can create lots of problems for Protein Types. Wheat is converted into sugar faster than any other grains and causes large quantities of insulin to be released. Additionally, more and more people seem to be intolerant to wheat which will worsen the well-being of ALL metabolic types.
- **Avoid most fruits and fruit juices.** Fruits are wonderful and healthy, but Protein Types need to be very careful about choosing their fruits. Some fruits are quickly converted to sugar in the bloodstream and cause extreme blood sugar fluctuations. That said, some people may be able to eat different types of fruit more regularly than others.

## THE METABOLIC PROTEIN TYPE DIET

Overview of recommended primary food sources

Many more details in PART II

MEAT/FOWL	SEAFOOD	VEGETABLES	FRUITS	DAIRY
Bacon	Abalone	Artichoke	Avocado	(Whole)
Beef	Caviar	Asparagus	Banana	Cheese
Brains	Clam	Beans	Olive	Cottage cheese
Duck	Crab	Carrot (some)	Apple (some)	Cream
Goose	Crayfish	Cauliflower	Pear (some)	Eggs
Kidney	Herring	Celery		Milk
Lamb	Lobster	Corn		Yogurt
Liver	Mackerel	Lentils		(Dairy is not a substitute for meat/fish/fowl)
Pork rib	Mussel	Mushroom		
Fowl, drumstick	Octopus	Peas		
Fowl, thigh	Oyster	Potato (some)		
Fowl, wing	Salmon	Spinach		
Red meat	Sardine	Squash		
Sweetbread	Scallop	Peanuts		
Veal	Shrimp			
Venison	Squid			
Heart	Tuna, dark			
	Anchovy			

NUT/SEED	GRAIN	FAT/OIL	DESSERT	BEVERAGE	MISC
All OK	All OK	All OK	Butter-based pastries	Diluted fruit juice	Cream soup
			Cheesecake	Vegetable juice	Sauces, gravies, meat stock
			Ice cream		Salt, miso, soy sauce
					Tamari
					Yeast

Focus your diet on eating the following rations and add as much variety as possible every day:

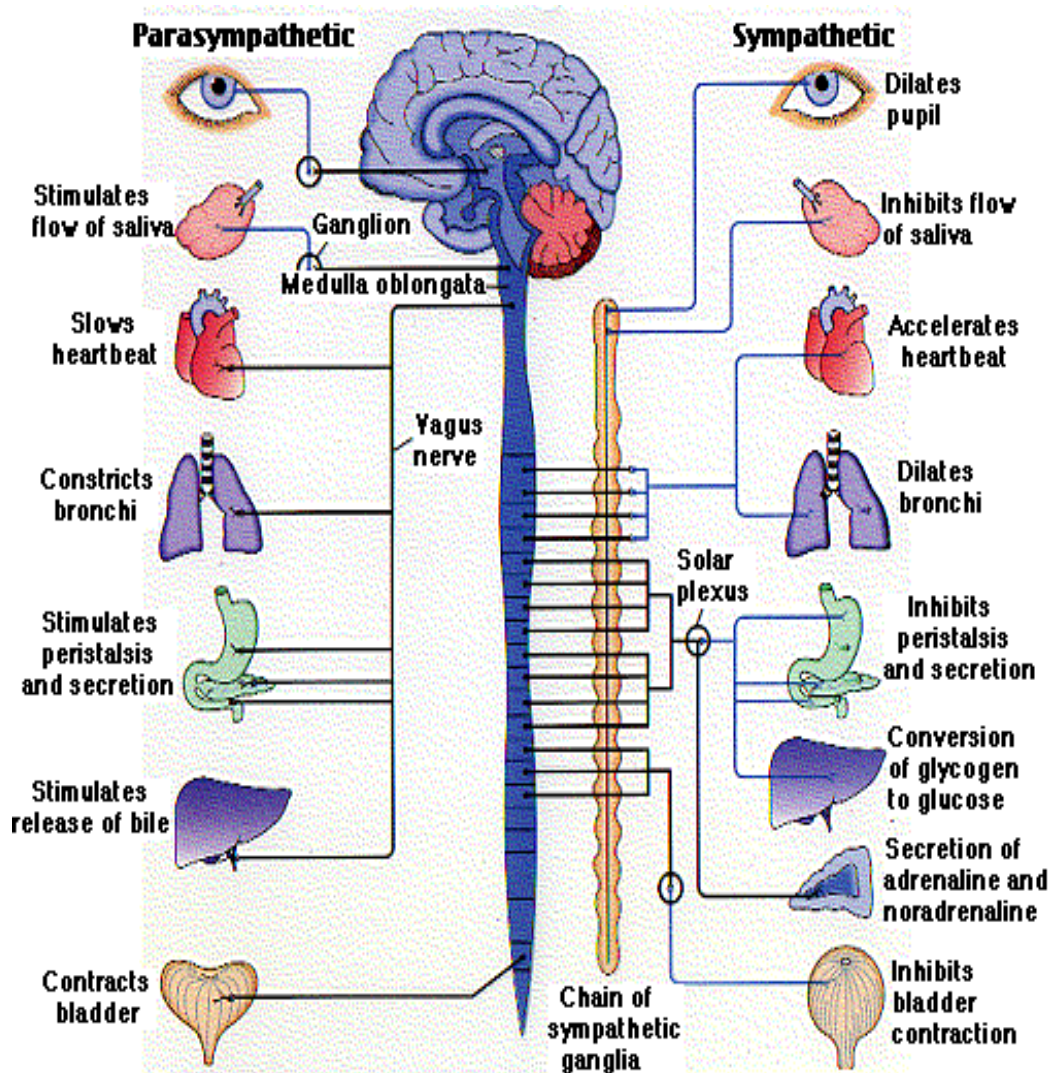
1. **40%-45% protein** (protein = meat, fowl, seafood, dairy)
2. **50%-55% carbohydrates** (carbohydrates = fruits, vegetables, grains)
3. **10%-15% oils/natural fats** (fats = butter, oils, fatty foods e.g. nuts, seeds, cheese, other fatty foods)

## THE PSYCHOLOGICAL ASPECTS OF BEING A METABOLIC PROTEIN TYPE

The following is mainly based on observations and not on hard scientific data: a group of nutritionists and doctors including William Wolcott, Francis M. Pottenger, M.D., and William Donald Kelley, D.D.S. has introduced a different way of looking at the importance of metabolic typing. They claim that your metabolic type most often is related to either a sympathetic dominance (Carbohydrate Type), a parasympathetic dominance (Protein Type) or a balance between the two extremes (Mixed Type). You may believe in these theories or not, but maybe they can help you understand why people behave the way they do.

### What is the Autonomic Nervous System?

The autonomic nervous system (ANS) is a part of our nervous system which controls many functions such as heart rate, breathing, sweating, digestion and metabolism.



Our ANS is made up of two branches, the sympathetic and parasympathetic nervous system. The sympathetic branch is responsible for speeding up our metabolism and plays an active role in our muscular system, heart, thyroid, ovaries/testes, uterus/prostate and the adrenal medulla (adrenalin secretion). The parasympathetic nervous system slows down our metabolism and plays a role in the immune system, lungs, pineal gland digestive system organs and adrenal cortex (cortisone secretion).



### **If you are a protein type...**

You are most often parasympathetic dominant. Read on to find out what it means to be a parasympathetic dominant as well as some of the characteristics, strengths and weaknesses of your type.

### **Parasympathetic dominant type**

You are most often parasympathetic dominant. Read on to find out what it means to be a parasympathetic dominant as well as some of the characteristics, strengths and weaknesses of your type.

#### ***Characteristics:***

- Relaxed and easy-going, sometimes to the point of being lazy and lethargic. They don't like to be rushed.
- Large appetite, are usually always hungry and enjoy fatty and salty foods.
- They don't like to exercise.
- Friendly, talkative and slow to anger.
- Are inclined to have large frames, rosy complexions and small eyes.
- They need to eat meat and if they are very parasympathetic, they particularly need liver and other organ meats.

#### ***Strengths:***

- Lasting energy and a high stress tolerance.
- Digest food and burn sugar quickly.

Have a strong:

- Immune system
- Pineal gland
- Lungs
- Adrenal cortex
- Spleen
- Digestive system
- Stomach
- Intestines
- Liver
- Gall bladder
- Pancreas

**Weaknesses:**

Are prone to:

- Low blood sugar
- Diarrhoea
- Overweight
- Low blood pressure
- Depression
- Heavy sweating
- Frequent urination
- Viral infections
- Allergies
- Asthma
- Cold sores
- Leukaemia
- Osteoarthritis
- Sexual problems

The above is only a partial listing of the characteristics and tendencies of a parasympathetic dominant type. Keep in mind almost no one is purely sympathetic or parasympathetic and that regardless of your dominance, “prone to” does not mean you will develop a specific condition associated with your metabolic type.

## METABOLIC CARBOHYDRATE TYPE

If you are a Carbohydrate Type, you will benefit most from a low-fat, relatively low-protein diet. This includes carbohydrates in the form of vegetables, fruits and whole grains. However, a low-protein diet does not mean a no-protein diet; in fact, many Carbohydrate Types will need to include protein in most meals. Leaner, lighter meats, poultry and seafood are preferred over red meat. For example, **light meat chicken and turkey and lighter seafood such as haddock, cod, perch, sole, catfish and flounder.**



Carbohydrate Types typically don't have a strong appetite and often are OK with small amounts of food and don't give it much thought until they feel hungry. Some people may even go for extended periods without eating, which sends their metabolism into starvation mode, which often leads to weight problems and obesity.

Compared to other metabolic types, Carbohydrate Types tend to depend more on caffeinated drinks, but this only serves to weaken their appetite even more.

A Carbohydrate Type can have a high tolerance for baked goods and starch vegetables – not a good thing because it leads to overeating these items and conditions such as low blood sugar, insulin resistance and diabetes.

### Tips for Carbohydrate Types

- **Choose low-fat proteins.** Low-fat protein such as light meat poultry and fish should be included in every meal. High-fat proteins should be avoided or eaten only occasionally to prevent lethargy, depression or fatigue.
- **Select dairy products carefully.** Carbohydrate Types tend not to digest dairy products easily. Observe how you feel after you have consumed dairy with a meal. If you feel lethargic or tired shortly after, cut down on your dairy intake.
- **Select carbohydrates carefully.** Low starch vegetables such as broccoli and salad greens should be eaten more regularly than starch foods such as bread, pasta and grains. If you feel tired, sleepy or hungry after a meal consisting of a low-fat protein, a vegetable and a grain, you may have eaten too much grain. Try increasing the protein amount and decreasing the grain amount the next time you have this same meal.
- **Observe how you feel after eating legumes.** The type of protein contained in many legumes is not easily digested by most Carbohydrate Types. Cut down on the frequency you eat legumes and listen to what your body says when you combine them with specific foods.
- **Cut down on nuts and seeds.** Nuts and seeds contain a lot of fat and may not go down well with many Carbohydrate Types. They may be OK as a protein snack, but lean animal meats are better protein choices for meals.

## THE METABOLIC CARBOHYDRATE TYPE DIET

Overview of recommended primary food sources

Many more details in PART II

MEAT/FOWL	SEAFOOD	VEGETABLES	FRUITS	DAIRY
Chicken, breast	(Light fish)	Bean sprouts	Apple	(Low-fat only)
Turkey, breast	Cold	Beets	Apricot	Cheese
Pork, lean	Flounder	Broccoli	Berries	Milk
Ham	Perch	Brussels sprouts	Cherry	Yogurt
Eggs	Scrod	Cabbage	Grape	
	Sole	Celery	Lemon	
	Tuna, white	Cucumber	Lime	
	Turbot	Eggplant	Melon	
		Garlic	Orange	
		Horseradish	Peach	
		Kale	Pear	
		Leek	Pineapple	
		Lettuce	Plum	
		Mustard greens	Tangerine	
		Onion		
		Pepper		
		Potato/sweet potato		
		Scallion		
		Spaghetti		
		Squash		
		Tomato		
Yam				
Zucchini				

Focus your diet on eating the following ratios:

- 70%-80% carbohydrates** (carbohydrates = fruits, vegetables, grains)
- 15%-20% protein** (proteins = meat, fowl, seafood, dairy)
- 5%-10% oils/natural fats** (fats = butter, oils, fatty foods e.g. nuts, seeds, cheese, other fatty foods)

## THE PSYCHOLOGICAL ASPECTS OF BEING A METABOLIC CARBOHYDRATE TYPE



The following is mainly based on observations and not on hard scientific data: a group of nutritionists and doctors including William Wolcott, Francis M. Pottenger, M.D., and William Donald Kelley, D.D.S. has introduced a different way of looking at the importance of metabolic typing. They claim that your metabolic type most often is related to either a sympathetic dominance (Carbohydrate Type), a parasympathetic dominance (Protein Type) or a balance between the two extremes (Mixed Type). You may believe in these theories or not, but maybe they can help you understand why family members, friends or working companions behave the way they do.

### **What is the Autonomic Nervous System?**

(Please see “The psychological aspects of being a Metabolic Protein Type”).

### **If you are a Carbohydrate Type...**

You are most often sympathetic dominant. Read on to find out what it means to be a parasympathetic dominant as well as some of the characteristics, strengths and weaknesses of your type.

### **Sympathetic Dominant Type**

#### ***Characteristics:***

- Workaholic, self-motivated, highly competitive and ambitious.
- Lots of nervous energy, enjoy exercise and mental stimulation.
- Excellent concentration powers.
- Function well under stress.
- Anxious, impatient, quick to anger and have emotional swings, although rarely depressed.
- Enjoy vegetables, fruits and sweets.
- Tend to be slender and pale with big eyes.

#### ***Strengths:***

Have a strong:

- Muscular system
- Heart
- Thyroid
- Ovaries/testes
- Uterus/prostate

**Weaknesses:**

- Digest food and burn sugar slowly

Are prone to:

- Constipation
- Diabetes
- Digestive problems
- Anaemia
- Cancer
- High blood pressure
- Bacterial infections
- Non-fatal heart attacks
- Poor circulation
- Migraine
- Headaches
- Insomnia
- Rheumatoid arthritis
- Hardening of the arteries

The above is only a partial listing of the characteristics and tendencies of a parasympathetic dominant type. Keep in mind **almost no one is purely sympathetic or parasympathetic** and that regardless of your dominance, “prone to” **does not** mean you will develop a specific condition associated with your metabolic type.

## METABOLIC MIXED TYPE

If you are a Mixed Metabolic Type, you need an equal amount of carbohydrates, proteins and healthy fats. You also need to eat an equal combination of high-fat, high-purine proteins and low-fat, low-purine proteins as well as grains, legumes, vegetables and fruits. A varied diet will support both your parasympathetic and sympathetic nervous systems and will keep your cellular oxidation rate in balance.



A Mixed Type's appetite can vary greatly throughout the day – hungry at meals but not in between or ravenous at times and no appetite at others. They don't usually get cravings, BUT if too much sugar is eaten, they can develop strong sugar cravings.

A Mixed Type can sway more towards a Protein Type or a Carbohydrate Type and so can have more characteristic of one type over another. Trial and error and observing your body's reaction after meals is the best way to determine which foods make you feel good and which do not. Finding the right balance of carbohydrates, proteins and fats is essential to lose weight, feel energised and attain optimal health.

### THE METABOLIC MIXED TYPE DIET

Overview of recommended primary food sources  
Many more details in PART II

MEAT/FOWL	SEAFOOD	VEGETABLES	FRUITS	DAIRY
All OK	All OK	All OK	All OK	All OK

NUT/SEED	GRAIN	FAT/OIL	DESSERT	BEVERAGE	MISC
All OK	All OK	All OK	All OK	All OK	All OK

Focus your diet on eating the following rations and add as much variety as possible every day:

- 1. 40%-45% protein** (protein = meat, fowl, seafood, dairy)
- 2. 50%-55% carbohydrates** (carbohydrates = fruits, vegetables, grains)
- 3. 10%-15% oils/natural fats** (fats = butter, oils, fatty foods e.g. nuts, seeds, cheese, other fatty foods)

## THE PSYCHOLOGICAL ASPECTS OF BEING A METABOLIC MIXED TYPE

The following is mainly based on observations and not on hard scientific data: a group of nutritionists and doctors including William Wolcott, Francis M. Pottenger, M.D., and William Donald Kelley, D.D.S. has introduced a different way of looking at the importance of metabolic typing. They claim that your metabolic type most often is related to either a sympathetic dominance (Carbohydrate Type), a parasympathetic dominance (Protein Type) or a balance between the two extremes (Mixed Type). You may believe in these theories or not, but maybe they can help you understand why family members, friends or working companions behave the way they do.

### **What is the Autonomic Nervous System?**

(Please see “The psychological aspects of being a Metabolic Protein Type”).

### **If you are a Metabolic Mixed Type...**

You are most often sympathetic-parasympathetic balanced. Read on to find out what it means to be a parasympathetic dominant as well as some of the characteristics, strengths and weaknesses of your type.

### **Balanced Metabolic Type**

In people with a balanced autonomic nervous system, neither the sympathetic nor parasympathetic branch is dominant. They neither burn their food too fast or too slowly and they do equally well, or not (if they are sick) on all kinds of food. When they become ill, they can be prone to the conditions of either sympathetic dominant or parasympathetic dominant types, but generally not to the extreme of either type.

It is not better or worse to have a sympathetic or parasympathetic dominant or balanced metabolism, although balanced metabolisms have more freedom.

## EAT ACCORDING TO YOUR TYPE

Now that you have identified your metabolic type, the next step is to tweak your diet accordingly. This will help you identify:

1. exactly what foods are compatible with your body chemistry.
2. How to combine carbohydrates, proteins and fats in a ratio that is just right for you.

In the pages above, you will find detailed lists of food items that are compatible with your metabolic type, including specific kinds of meat, fish, vegetables, fruits etc.

These lists are just a starting point! Within each metabolic type, there is plenty of variation.

**Please see Part II.**

You will know when you have discovered the ideal diet for you because your meals will leave you feeling great and satiated and free of cravings and hunger pangs.

Eating according to your metabolic type will allow you to last 4 to 5 hours between meals and snacks without feeling hungry. You will also get a lot of energy and mental clarity and get rid of fatigue, irritability and other problems that commonly result from a mismatch between diet and metabolic type.

The best thing is that you will notice lots of long-term benefits like losing weight and keeping it off, a stronger immune system and greater stamina. Additionally many common health disorders can be significantly eased and even prevented or reversed.

Here is a summary of the long-term benefits you can experience:

- Improve your well-being
- Increase your energy levels
- Improve your mood
- Lose weight and keep the weight off
- Achieve better quality sleep
- Develop a stronger immune system
- Support healthy joints and muscles
- Reduce your risk of many diseases
- Decrease the signs of aging and improve your appearance and complexion



# References

1. A Week in the Zone: A Quick Course in the Healthiest Diet for You by Barry Sears and Deborah Kotz (2004)
2. altmedicine.about.com/od/popularhealthdiets/a/MetabolicType.htm
3. American Heart Association Healthy Family Meals: 150 Recipes Everyone Will Love by American Heart Association (2011)
4. American Heart Association Low-Fat, Low-Cholesterol Cookbook, 4th edition: Delicious Recipes to Help Lower Your Cholesterol by American Heart Association (2010)
5. Betty Crocker's Low-Fat, Low-Cholesterol Cooking Today by Betty Crocker (2000)
6. Bland, Jeffrey S., Ph.D. Genetic Nutrioneering. Keats, 1999
7. Blood Type O Food, Beverage and Supplemental Lists by Peter J. D'Adamo and Catherine Whitney (2002)
8. Cooking Well: Healthy Vegetarian: Over 125 Recipes Including A Complete and Balanced Nutritional Plan for the Vegetarian Lifestyle by Anna Krusinski (2011)
9. Dr. Anderson's High Carbohydrate and Fibre Diet (Positive Health Guide) by James W. Anderson (1984)
10. Dr. Atkins' New Diet Revolution, Revised Edition by Dr. Robert C. Atkins MD (2002)
11. Eat Right 4 Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight by Peter J. D'Adamo and Catherine Whitney (1996)
12. Eat Right for Your Metabolism: The Individualized Diet Plan to Balance Body Chemistry, Lose Weight, and Prevent Disease by Felicia Drury Kliment (2006)
13. Gluten Free Recipes: Hamlyn All Color by Hamlyn 2011
14. Gluten-Free in Five Minutes: 100 Rapid Recipes for Breads, Rolls, Cakes, Muffins, and More by Roben Ryberg (2011)
15. Health Secrets of the Stone Age, Second Edition by Philip J. Goscinski MD (2005)
16. I'm With Fatty: Losing Fifty Pounds in Fifty Miserable Weeks by Edward Ugel (2011)
17. Metabolize: The Personalized Program for Weight Loss by Kenneth Baum and Richard Trubo (2000)
18. New Atkins for a New You: The Ultimate Diet for Shedding Weight and Feeling Great. by Eric C. Westman, Stephen D. Phinney, and Jeff S. Volek (2010)
19. Pottenger, Francis M., M.D. Symptoms of Visceral Disease. Mosby, 1944 Rick Gallop (2005)
28. The Good Carbohydrate Revolution: A Proven Program for Low-Maintenance Weight Loss and Optimum Health by Terry T. Shintani (2002)
29. The Healthiest Meals on Earth: The Surprising, Unbiased Truth About What Meals to Eat and Why by Jonny Bowden Ph.D. C.N.S. (2011)
30. The Hormone Diet: A 3-Step Program to Help You Lose Weight, Gain Strength, and Live Younger Longer by Natasha Turner ND (2011)
31. The Joslin Diabetes Healthy Carbohydrate Cookbook by Bonnie Sanders Polin PhD, Bonnie Sanders Polin, and Staff of Joslin Diabetes Center (2001)
32. The Little Book of Slimming by Margaret Miles-Bramwell (2001)
33. The Mediterranean Diet by Marissa Cloutier and Eve Adamson (2004)
34. The Mediterranean Prescription: Meal Plans and Recipes to Help You Stay Slim and Healthy for the Rest of Your Life by Angelo Acquista and Laurie Anne Vandermolen (2006)
35. The Metabolic Typing Diet: Customize Your Diet to Your Own Unique Body Chemistry by William Linz Wolcott and Trish Fahey (2002)
36. The New Becoming Vegetarian: The Essential Guide To A Healthy Vegetarian Diet by Vesanto Melina and Brenda Davis (2003)
37. The New High Protein Diet: Lose Weight Quickly, Easily and Permanently – 2010 by Dr. Dr. Charles Clark and Maureen Clark
48. The Nutrition Solution: A Guide to Your Metabolic Type by Harold J. Kristal, James M. Haig, and John R. Lee (2002)
39. The Paleo Diet: Lose Weight and Get Healthy by Eating the Food You Were Designed to Eat by Loren Cordain (2002)
40. The Raw Food Detox Diet: The Five-Step Plan for Vibrant Health and Maximum Weight Loss by Natalia Rose (2006)

41. The South Beach Diet Supercharged: Faster Weight Loss and Better Health for Life by Arthur Agatston MD and Joseph Signorile PhD (2009)
42. The stone age diet: Based on in-depth studies of human ecology and the diet of man by Walter L. Voegtlin (1975)
43. The Thyroid Diet Revolution: Manage Your Master Gland of Metabolism for Lasting Weight Loss by Mary J. Shomon (2011)
44. The Ultimate Metabolism Diet: Eat Right for Your Metabolic Type by Scott Rigden and RN Barbara Schlitz (2008)
45. The UltraSimple Diet: Kick-Start Your Metabolism and Safely Lose Up to 10 Pounds in 7 Days by Mark Hyman (2009)
46. The Zone: A Dietary Road Map to Lose Weight Permanently : Reset Your Genetic Code : Prevent Disease : Achieve Maximum Physical Performance by Barry Sears and Bill Lawren (1995)
47. Vegetarian Gluten-Free Recipes: Quick and Delicious Mouthwatering Dishes for the Healthy Cook by M.D., Carol Fenster 2011
48. Watson, George, Ph.D. Nutrition and Your Mind: The Psychochemical Response. Harper and Row, 1972
49. Weight Watchers Weight Loss That Lasts: Break Through the 10 Big Diet Myths (Weight Watchers (Wiley Publishing)) by James M. Rippe and Weight Watchers (2005)
50. What if It's All Been a Big Fat Lie? New York Times Magazine, July 7, 2002
51. What to Eat When You're Eating Out: What to Eat in America's Most Popular Chain Restaurants (2nd Edition) by Hope S. Warshaw (2009)
52. Wiley, Rudolf A., Ph.D. BioBalance. Essential Science Publishing, 1998
53. Wolcott, William. The Metabolic Typing Diet. Doubleday, 2000
54. [www.mayoclinic.com/health/lactose-i...](http://www.mayoclinic.com/health/lactose-i...)
55. [www.metabolictyping.com](http://www.metabolictyping.com)
56. Zone Meals in Seconds: 150 Fast and Delicious Recipes for Breakfast, Lunch, and Dinner (Zone (Regan)) by Barry Sears and Lynn Sears (2004).

## END OF PART 1

# Disclaimer

Information given in this E-Book is generally based on scientific research and/or the physician's own clinical experience and is not a substitute for pharmaceutical drugs, medical advice, diagnosis or treatment recommendations from the patient's own doctor or other qualified health professionals. This EBook is strictly for members and any reproduction or publication, in whole or in part, is permitted only with the prior written authorisation from Doctor's Natural.