

Eat According to Your Type

When you identify your metabolic type and fine-tune your diet, you'll learn two primary things:

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

In The Metabolic Typing Diet you'll find very comprehensive lists of foods that are compatible with your metabolic type -- including specific types of meat, poultry, fish, dairy products, grains, legumes, vegetables, fruits and nuts.

The book provides very detailed information about why specific types of foods are good for you, and the specific influences they exert on the regulatory (homeostatic) mechanisms that control your metabolism. Just as importantly, you'll learn why certain types of food are bad for you, i.e., why they cause you to feel poorly and put on weight, and exactly why they have a negative influence on your body chemistry.

The list below gives you a brief preview of the three general metabolic type categories and the diets that correspond to each category.

But please remember that these three categories are just a starting point! Within each category, there is plenty of variation.

So what you'll want to do once you identify your basic category is use the book's fine-tuning techniques to customize a diet to your own highly individualized needs.

You'll know when you've identified the diet that's just right for you because your meals will leave you feeling full and satisfied, and free of the hunger pangs and food cravings that many people experience shortly after eating.

When you eat according to your metabolic type, you'll be able to last 4 to 5 hours between meals and snacks without feeling hungry. You'll also have lots of physical energy and mental clarity, and be free of fatigue, irritability and other problems that commonly occur when you fail to eat according to your genetically-based needs.

Needless to say, you'll experience plenty of longer-term benefits as well, including the ability to lose weight and keep it off, strengthened immunity and stamina, and the ability to prevent, reverse or greatly alleviate many kinds of common health disorders.

Below are brief highlights of the three basic Metabolic Type diets -- your

starting point on the road to truly effective, customized nutrition . . .

The Protein Type Diet

In general or simplistic terms, if you are a protein type it means one of two things -- either your cells tend to burn carbohydrates too quickly (meaning you're a fast oxidizer), or the parasympathetic branch of your autonomic nervous system is stronger and more dominant than the sympathetic branch. This means you need a high-protein intake in order to strengthen your sympathetic system, and in turn acidify your too-alkaline metabolism. Or you need protein to slow down your overly rapid cellular oxidation rate, thereby alkalizing your too-acid metabolism.

Protein types do very well on a diet that includes plenty of high-density, high-fat proteins known as "high-purine" proteins. These include foods like red meat, dark meat chicken and turkey, and various kinds of seafood such as salmon, tuna, herring, sardines, mussels, caviar and anchovies. Most protein types can also eat freely of whole fat foods in the form of cheese, eggs, cream and milk. It's especially important for protein types to include a significant amount of protein at every meal, and to moderate their intake of carbohydrates (grains, vegetables and fruits), especially the carbohydrates that are high in sugar and starch.

The Carbo Type Diet

Generally speaking, if you're a carbo type you need a higher percentage of carbohydrates in your diet in order to strengthen the parasympathetic branch of your nervous system, which is weaker than your sympathetic system, and thereby alkalize your too-acid metabolism. Or you need more carbohydrates to speed up your naturally slow cellular oxidation rate, thereby bringing it into balance by acidifying your too-alkaline metabolism.

Carbo types typically do well on a low-fat, relatively low-protein diet -- one that includes liberal amounts of carbohydrates in the form of vegetables, fruits and whole grains. However, carbo types need to remember that a "low-protein" diet does not mean a "no-protein" diet. In fact, most carbo types will find that they need to include protein at most meals, but they need to focus on leaner, lighter meats, seafood and poultry than protein types. They should restrict their consumption of red meat in favor of light meat chicken and turkey and lighter seafood such as haddock, cod, perch, sole, catfish and flounder.

If you're a carbo type you should stick to low-fat dairy products, but you can eat a very wide selection of vegetables, fruits, and grains. However, many

carbo types, like protein types, do best by focusing on vegetables that contain low or moderate levels of sugar and starch.

The Mixed Type Diet

If you're a mixed type, it means you're somewhere in the middle of the other two types, which have more pronounced or clear-cut metabolic imbalances. You actually need to eat a mixture of protein type foods and carbo type foods. This will accomplish two things: 1) it will support both sides of your autonomic nervous system -- both the sympathetic branch and the parasympathetic branch; and 2) it will keep your cellular oxidation rate, which is neither too fast or too slow, in balance.

Mixed types need to consume relatively equal ratios of proteins, fats and carbohydrates. They also need to eat a mixture of high-fat, high-purine proteins and low-fat, low-purine proteins. The same applies to all of the other foods contained on the protein type and carbo type diets -- including grains, legumes, vegetables and fruits.