

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

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

Introduction to the Metabolic Typing Diet®

Benefits of the Metabolic Typing Diet®

How to take the assessment

Finding your “*compelling why*”

Week 1 Support Materials:

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

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

1st Consultation; Review Your Metabolic Assessment® results

Review your diet plan

Fine Tuning your diet plan 1

Week 2 Support Materials:

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

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Week 4: (email, SKYPE)

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

Week 4 Support Materials:

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

Week 6: (email, SKYPE)

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

Week 6 Support Materials:

- 1) Glycemic Index
- 2) Expected Reactions on our Metabolic Diet®
- 3) Cooking with Fats and Oils
Article: *Fat Facts* Mary G. Enig PhD

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Week 8: (email, SKYPE)

Progress update
Blocking Factors
Food intolerance
Digestion

Week 8 Support Materials:

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

Article:

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

Week 12: (email, SKYPE)

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

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

Week 12 Support Materials:

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

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