

Metabolic Typing Seminar

What is Metabolic Typing?

The basis of metabolic typing is an analysis of each individual's biochemical makeup to determine the correct ratio of proteins, carbohydrates and fats they should be eating. Individuals are then provided with the necessary information to establish a nutrition plan that is appropriate for them. Doing this correctly has the following benefits.

1. Building of health from the ground up – that is, from the cellular level
2. Provides greater ability to convert food to energy and therefore provide you with greater energy
3. Reduce food cravings and reduce body fat
4. Prevent disease and in some cases reverse disease processes

At a basic level, Metabolic Typing Analysis puts you into one of three broad categories.

- 1. Protein Type** – Means you need a high ratio of proteins and fats, relative to carbohydrates in your diet to slow down the rate of food oxidization or utilization. You are termed a fast oxidizer.
- 2. Carbohydrate type** – Means you need a higher ratio of carbohydrate relative to protein and fat as you burn food much slower. You are termed a slow oxidizer.
- 3. Mixed type** – Means you are required a mixture of the above two types. You are termed a mixed oxidizer.

Essentially, eating the appropriate macronutrient ratios for your metabolic type will assist you in maintaining a stable blood sugar which will help you achieving optimal health, body fat and energy levels.

The seminar also covers:

- An overview of current disease treatment – Is it working?
- The importance of metabolic typing for fat loss and its influence on hormones.
- Why eating wrong for your metabolic type can be bad for your health. One person's potion can be another's poison.

Call Robert Collier now to book a time for your seminar.

027-223-5039

Robert Collier (Holistic Health and Fitness)
Olympus and Heritage Personal Trainer
(CHEK 1, CHEK Golf Biomechanic, SSNZ 2, Dip Physed, REPs, B. Rec Mgmt, P.G. Dip Rec Mgmt)

Email – collierfit@hotmail.com
Phone - 027-223-5039