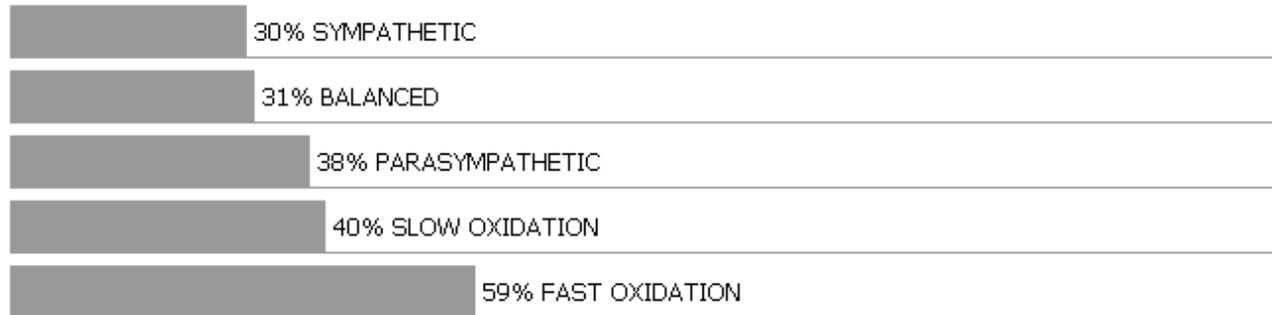




## Metabolic Typing Report for John Adams



This graph reflects relationships between various factors controlling your metabolism, expressing degrees of metabolic imbalance. Your Metabolic Type is not necessarily indicated by the highest score in the graph.

### Your Metabolic Type has been determined as **Fast Oxidation Dominant**

While everyone's metabolism is regulated by a wide variety of mechanisms, your test results indicate that your metabolism is being controlled mostly through a system known as cellular oxidation - the "burning" of nutrients inside cells to create energy.

While certain foods and nutrients tend to increase the oxidation rate, other foods and nutrients decrease the oxidation rate. Fast Oxidizers (also known as Protein Types) burn carbohydrates too quickly and need to decrease their rate of cellular oxidation to achieve better metabolic balance and thereby optimize energy production.

Fast Oxidizers in general need a lower carbohydrate intake, and a higher fat and protein intake, relatively speaking, as compared to other metabolic types. They are more capable of being meat eaters than other Metabolic Types. They do poorly on vegetarian and high carbohydrate diets, which increase even further their already too overly fast oxidation rate, and which may result in weight gain, mood changes, fatigue, increase in appetite, and food cravings, especially for sweets or caffeine.

To help you apply this invaluable information toward improving your health and wellbeing, please print, read, and then follow carefully these other essential resources:

- **Your Personalized Metabolic Type Eating Plan –**  
shows what to eat and what not to eat to improve your metabolic balance and function
- **Your Eating Right Guidelines –**  
step-by-step instructions for eating the right proportions of proteins, fats and carbohydrates
- **Your Individualized Metabolic Type Supplement List –**  
the correct forms and dosages of additional nutrients needed for your Metabolic Type
- **Your Starter Meal Plans –**  
to help you understand how to eat right for your Metabolic Type
- **Additional Guidelines and Tutorials –**  
to help you incorporate your Metabolic Typing program
  - Shopping Guidelines
  - Cooking Guidelines
  - Cooking Whole Grains Tutorial
  - Cooking with Fats & Oils Tutorial