

## Eat According To Your Metabolic Type

*Has this ever happened to you? . . .*

- You want to lose weight, so you try your best friend's diet. She lost 35 pounds quickly, but you can't seem to shed an ounce.
- Your friend, the vegetarian, thrives on pasta and vegetables and has boundless energy. But when you imitate his diet, your energy plummets and you can hardly drag yourself out of bed.
- You eat all the best foods, take only the finest quality supplements, you exercise and lead a healthy lifestyle. Yet you still don't feel well.
- You believe in nutrition, but you've given up on it. It's impossible to make sense of the confusing and contradictory information flooding the market.

Over the last two decades, we've witnessed an extraordinary nutrition revolution here in the U.S. Yet this is the very time frame in which the health of Americans has declined significantly. Obesity, cancer, arthritis, asthma, heart disease, digestive maladies, chronic fatigue - all these problems have reached epidemic proportions.

Our poor health is a direct result of serious dietary deficiencies and imbalances. These problems persist because we have lacked the technology necessary to evaluate and correct nutritional problems on a case-by-case basis. Dietary solutions need to be tailored to individuals, because *what works for one person may have no effect on another person, and may make a third person worse.*

But that technology is here at last in the form of [Metabolic Type Testing](#). Now you can look and feel far better than you ever thought possible.

Just ask for more information on *Metabolic Typing*, the nutritional science for the next millenium. It's the solution you've been waiting for!