

# *The Ripple Effect Diet*

*... feel how good health looks on you!*

## **The Advanced Metabolic Typing Test What You Get!**

**1. Metabolic Type Report** - After completing the on-line test, you will receive a **personalized** report describing the results of your own Metabolic Typing Assessment. This report not only describes your personal Metabolic Type, but also shows the relative balances between the various systems that determine your type of metabolism. This allows you to compare future test results and chart your progress as you achieve better health through improved metabolic balance.

**2. Personalized Metabolic Type Eating Plan** - the heart of your metabolic typing recommendations. Your 349 item **food list** details exactly the right foods for your specific Metabolic Type and identifies all the foods you should avoid.

**3. Starter Meal Plans** - to assist you in getting started right. Metabolic Typing is unique because there is **NO food weighing or measuring required!** With our Starter Meal Plans, you will quickly learn how **relative food proportions** are what really matters. Learn why you do not need to weigh food quantities or count calories to lose weight or improve your health.

**4. Individualized Suggested Supplement List** - If appropriate, the right nutritional supplements and herbs that would assist in **balancing your chemistry** and fulfilling any **special needs** will be suggested. Amy will draw on her personal experience of only the safest, highest quality and effective real-food products available.

**5. Eating Right Guidelines** - to ensure that you get the correct balance of proteins, fats and carbohydrates. For over 30 years, Metabolic Typing has demonstrated that it's just as important to eat the **right ratios of proteins, fats and carbs** for your Metabolic Type, as it is to eat the right foods for your Metabolic Type. It makes all the difference in the world in correcting low energy, mood swings, cravings, and a desire for sweets or stimulants.

**6. Shopping Guidelines** - to take the guess work out of your weekly trip to the market. Learn **how to properly choose** fruits, vegetables, meats, dairy, and other healthy foods for your Metabolic Type, and how to **avoid deceptively labeled** and cleverly disguised poor quality foods. Proper nutrition for your Metabolic Type begins at the market.

**7. Cooking Guidelines** - Improper cooking methods can greatly reduce the nutritional content of your foods, and even make normally healthful foods quite unhealthy. These instructions will help insure that you do not make **common food preparation mistakes** nearly everyone makes that often undermine good health. Healthy food can even become dangerous if cooked wrong. Learn what's right.

**8. Cooking Whole Grains Tutorial** - Whole grains are always more nutritious and healthful than processed grains, but most people do not know what they are or how to prepare them. Use these simple instructions to learn **how to properly select, prepare and cook whole grains**, including many you probably didn't even know existed! The world of whole grains offers fun and healthful exploration that can begin with this tutorial.

**9. Cooking with Fats & Oils Tutorial** - Yes, you can have fats and oils in your diet!! In fact, they are critical for all Metabolic Types - but only if utilized correctly. Learn **which ones become unhealthy when heated**, which can **tolerate high heat**, which need to be **refrigerated** or remain unharmed by storage at room temperature, and which ones nearly everyone uses that are unhealthy for all.

**10. Direct Access to Amy; Your Personal Certified Metabolic Typing Advisor**- As your personal advisor, Amy will be available to you to answer your **questions** and use her years of training and experience to help solve any individual **challenges** or problems you might have.

If you would like more information about how you can **get started** customizing your diet by taking **The Advanced Metabolic Typing Diet Test**, please visit [www.therippleeffectdiet.com](http://www.therippleeffectdiet.com) and complete the [Potential Client Inquiries Form](#).

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