

# The Ripple Effect Diet

... feel how good health looks on you!

## The Metabolic Typing Diet: Overview

The Metabolic Typing Diet is a comprehensive *method* of determining **the right foods** and **the right food combinations** for your particular body and your particular lifestyle.

I often use The Metabolic Typing Diet Test as a component of **The Ripple Effect Diet** lifestyle program in order to provide my clients with a scientific method of determining how they should eat.

Like **The Ripple Effect Diet**, The Metabolic Typing program is actually a **comprehensive system** that includes principles from several other predominant systems of healing and medicine, some of them thousands of years old, and some more recent. Included are elements of the following systems:

1. Traditional Chinese Medicine (The 5 Elemental Types)
2. Hindu Ayurvedic Medicine (The 7 Primary Energy Centers and Dosha's)
3. Egyptian Medicine (The 7 Organ Systems)
4. Primary Endocrine Type (Thyroid, Adrenal, Pituitary, Gonad)
5. Dominant Oxidation Rate
6. ABO Blood Type
7. Automatic Nervous System Dominance
8. Electrolyte/Fluid Balance
9. Acid/Alkaline Balance
10. Prostaglandin Balance

### How It Works

Your Metabolic Type is determined by completing a **private, on-line questionnaire**. After completing the on-line test, you will receive a packet of information including a detailed personal report and assessment, dietary recommendations, food preparation tips, shopping guidelines and more. (For more detailed information on the benefits of the Metabolic Typing Diet, please see my article: **The Advanced Metabolic Typing Test What You Get!** which you can find at [www.therippleeffectdiet.com](http://www.therippleeffectdiet.com) on the Articles Page.)

Once your Metabolic Type is determined, you and I will then work together to "fine-tune" the recommendations and diet techniques. The result is a truly customized lifestyle and diet program, all tailor-made for you!

### How You Know When You've Got It Right

There are several ways you'll know when you've identified ANY diet that's just right for you.

First of all, your meals and snacks will leave you feeling **full and satisfied**, and free of the hunger pangs and **food cravings** that many people experience shortly after eating.

Also, you'll be able to **last 4 to 5 hours between meals and snacks** without feeling hungry. You'll have **lots of physical energy and mental clarity**, and be **free of fatigue, irritability** and other problems that commonly occur when you fail to eat according to your genetically-based needs.

Needless to say, you'll experience plenty of longer-term benefits as well, including the **ability to lose weight and keep it off, strengthened immunity and stamina**, and the ability to **prevent, reverse** or greatly **alleviate** many kinds of common health disorders.

### **Isn't It Time to Know?!**

In short, you'll *finally* know **what to eat** to enable yourself to **get healthy, get in shape and feel good...really good!**

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

[www.therippleeffectdiet.com](http://www.therippleeffectdiet.com)

[therippleeffect@aol.com](mailto:therippleeffect@aol.com)

978-500-8943