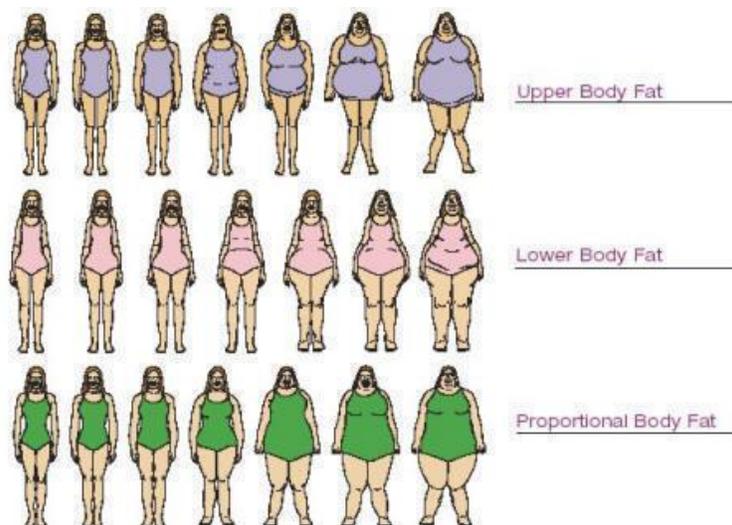


Reshape Your Body Today!



Personalized exercises for your body type!

Our personal trainers can provide an exercise program for your unique energy level, fitness level and health goals. But exercising is NOT enough! We can also provide you with a diet plan that suits your unique biochemistry and metabolism.

There is no perfect diet!

Do you ever wonder why one person tries a diet and it works wonders for them, yet when you try the same diet, you get the opposite results?

Well, the reason for this is because we are all biochemically unique! Some people may need more fat and protein in their diet, whereas other people may need more carbs. We all need to eat carbs, fats and proteins because they are all needed for energy production in our cells. The secret is to find out which ratio is best suited for your unique biochemistry. Our company can e-mail you an online questionnaire that you fill out which helps to determine your **Metabolic Type**. Once you get the results, you will get a food chart that lists foods that are beneficial for your unique metabolism.

Determining your Metabolic Type helps to know which part of your nervous system is more dominant. For example, if you are **Parasympathetic Dominant**, which means you are stuck in "rest and digest" mode, then you would benefit from eating more protein. This is because protein helps to stimulate the production of the excitatory neurotransmitters, adrenaline and dopamine, which will then "kick you into gear". On the other hand, if you are **Sympathetic Dominant**, then you will have a tendency to be stuck in "fight or flight" mode, so you will need to eat LESS protein, which would

over-stimulate your nervous system and put too much stress on your body. Your body would not need too much protein so it would put stress on your kidneys, which can lead to incontinence and kidney damage.

Are you sensitive to Carbs?

Determining your **Metabolic Type** also helps to know how quickly you burn carbs in the cells for energy production. For example, a person who is a **Fast Oxidizer**, tends to burn carbs too quickly. This causes the carbs to lead to a build up of lactic acid in the tissues, which cannot be used readily in energy production in the cells. This would then lead to sugar cravings, due to the low blood sugar effect of burning the carbs too quickly. These people would need to eat a diet that is higher in protein and fats to slow down the burning of carbs inside the cells.

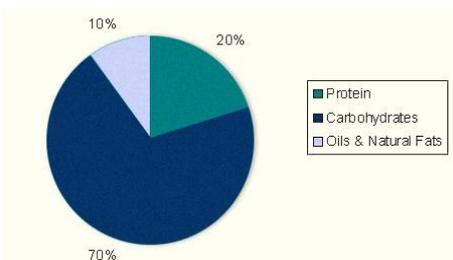
Your brain needs glucose to function!

Finding out your **Metabolic Type** will help us to provide you with the optimal ratios of carbs/fats/proteins so that you can burn carbs at a steady pace. This is very important since the main fuel for the brain to function optimally is glucose. Since blood sugar imbalances can lead to mood swings, depression and anxiety, it is essential to eat a diet that helps you burn carbs at an optimal rate.

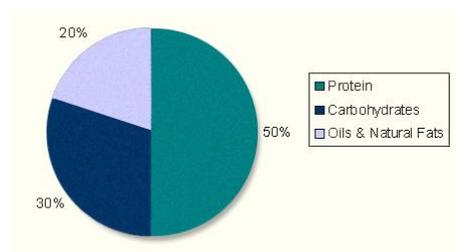
Here are diagrams of different ratios that we would recommend to clients, based on their **Metabolic Type** and unique metabolism. These are simply guidelines. The real trick is to listen to your body and keep track of the symptoms you are feeling in a food journal.

Typical Macronutrient Ratios

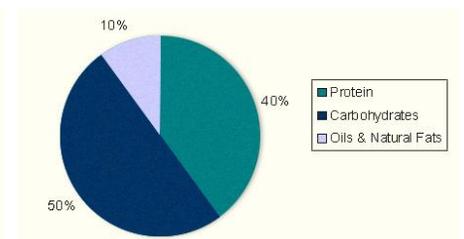
Typical Carbo-Type



Typical Protein-Type



Typical Mixed-Type



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