

## Determining The Perfect Diet

When a person is trying to determine the “perfect diet”, they will come across many confusing contradictions over what is healthy and what is not. There are diets that focus on higher protein and fat versus carb ratios and diets that emphasize more carbs and less protein and fat. How could one person claim to lose weight and feel so healthy on a high protein diet and yet other people claim that their health improved once they cut out animal protein and only eat a vegetarian diet? Then we hear of people who are intolerant to gluten or wheat and even dairy.

According to [Biochemical Individuality](#) – by: [Roger Williams](#), there is no “perfect diet”. What works for one person can have an opposite effect on another; each person processes nutrients differently. Some people need to eat more protein and fat and other people need to eat more carbs and less protein and fat. Our body has a way of telling us through various signals such as indigestion, joint pain and immune responses such as swollen glands and tonsillitis. If we listen to these signals then we can have an idea of what type of diet would be best for our unique biochemistry. Using muscle testing as a way to determine what our body needs is another way to be in tuned to what our body needs to have optimal health. A great tool to use to determine the “right diet” for a person’s unique biochemistry is “[Metabolic Typing](#)”. A person simply fills out an online questionnaire and then they can find out what their Metabolic Type is and what diet is appropriate for them. It is actually not a “diet” but rather it helps to determine which foods we need to eat, based on our unique biochemistry, in order to maintain optimal health.

The Metabolic Type diet is not a “one size fits all” type of diet, but rather it is a tool that helps to determine the appropriate macronutrient ratios (proteins/fats/carbs) and diet plan for a person’s unique biochemistry. It also focuses on providing food charts that emphasize foods that help to balance a person’s nervous system and blood sugar levels. This depends upon the rate at which a person converts food into energy in the cells and it also depends on how their nervous system responds to various stimuli, from inside the body, from potential food intolerances and from environmental influences. Thought patterns and emotions also influence a person’s biochemistry.

There are 2 great books on Metabolic Typing “[The Metabolic Typing Diet](#)” & “[The Nutrition Solution - A Guide to Your Metabolic Type](#)” that help a person understand the basics of Metabolic Typing. There are also many articles on the internet that a person can read to learn more about this. The basic concept is that some people are controlled by their “Autonomic” nervous system and other people are controlled by their “Oxidative” system. This is what is referred to as the “Dominance Factor”.

Once the “Dominance Factor” is determined, the goal is to teach clients about which foods help to balance their Autonomic nervous system and their Oxidative system. Foods can have opposite effects depending on which system is dominant and which part of the system is more “active”. For example, a person can be “Autonomic Dominant” yet a person who is “[Sympathetic](#) Dominant” (“fight or flight” part of the nervous system) will need a different diet than a person who is “[Parasympathetic](#) Dominant” (“rest and digest” part of the nervous system). This is because some foods stimulate the Sympathetic part of the nervous system and some foods stimulate the Parasympathetic. The goal is to try and eat a diet that helps to balance both parts of the nervous system so if a person is “Sympathetic Dominant” they would need to eat foods that stimulate the Parasympathetic part of the nervous system and vice versa.

For people who are “Oxidative Dominant”, they can be either “Slow Oxidizers” or “Fast Oxidizers”. “Fast Oxidizers” need a higher ratio of fat and protein to carbs to slow down sugar metabolism. They tend to burn glucose too quickly, which makes them very prone to low blood sugar levels. On

the other hand a "Slow Oxidizer" burns glucose very slowly and would need to eat a diet much lower in protein and fat and higher in carb sources such as plant foods (fruits and vegetables).

The main focus of Metabolic Typing is to determine the appropriate macronutrient nutrient ratios that a person needs to have optimal health. Proteins, fats and carbohydrates, all known as macronutrients, are essential to our health and well being. People who are "Parasympathetic Dominant" and who are "Fast Oxidizers" are known as "protein-types" and benefit from eating more sources of protein and fats. On the other hand, people who are "Sympathetic Dominant" and people who are "Slow Oxidizers" are "carb-types" and will benefit from eating a diet higher in sources of carbohydrates.

Practitioners who use Metabolic Typing as one of their tools for determining biochemical individuality will provide their clients with food charts that show which foods are beneficial to them and which foods should be avoided. This is in alignment with the concepts of "what is food to one man is bitter poison to others" – [Lucretius](#) and "let food be thy medicine, and let thy medicine be food" – [Hippocrates](#).

A practitioner who practices Metabolic Typing also provides clients with various other resources and reference tools such as: sample meal plans, shopping guidelines, cooking guidelines and eating guidelines. The Metabolic Typing diet recommends that people eat the highest quality of food such as organic, hormone-free, antibiotic-free, pesticide free and chemical free (additives, preservatives). They also recommend that people avoid all fast foods, processed foods and refined grains. Another interesting part of Metabolic Typing is that different supplements are recommended for each Metabolic Type. This is a wonderful, well rounded teaching approach that focuses on educating the client so that they can make healthier choices.

There is a lot more to the Metabolic Typing Diet since it also takes into account other things such as the "dominant gland" of the endocrine system, electrolyte balance, prostaglandin balance, neurotransmitter balance, Lipo-Oxidative Processes (catabolic vs anabolic tendencies), etc...

Another consideration in regards to biochemical individuality which the Metabolic Type Diet takes into account is that foods which are alkalizing to people who are Autonomic Dominant are acidifying to a person who is Oxidative Dominant. For example, a Fast Oxidizer tends to have a more acidic biochemistry so Calcium is alkalizing for them and is beneficial for them to supplement with. On the other hand, a person who is Sympathetic Dominant, tends to also be more acidic, however Calcium will make them more acidic so supplementation is not recommended. Slow Oxidizers and Parasympathetics tend to be more alkaline, however Calcium is beneficial to Parasympathetics since it will be acidifying to them, yet it will make a Slow Oxidizer more alkaline and is not recommended for supplementation.

To summarize, it's good to note that, although the Metabolic Typing Diet is a great tool to help determine a person's unique biochemistry, it does not give the entire picture. Many people have food sensitivities that they have due to their genetics or [Epigenetics](#). Which foods a person is unable to properly metabolize is an essential tool in helping a person to know which foods are healing to them and which foods are "toxic" to them. Delayed food sensitivities are difficult to detect so contacting a practitioner who uses the lab services such as [Eudamonia](#) is recommended. Knowing whether you need a higher protein and fat versus carb ratio or vice versa is great to know but knowing which foods your body is intolerant to is another piece of the puzzle in determining the perfect diet for your unique biochemistry. Including an exercise program is another essential part of healing the body and maintaining optimal health. The final piece of the puzzle is to heal emotionally and to improve your thought patterns. There are many types of healing modalities that focus on these things, and are beneficial to recommend to clients who want to improve their diet and heal their body. [Specialized Kinesiology](#) modalities are great because they use muscle testing to determine which technique the body needs in order to heal, such as stimulating acupuncture points, tracing meridians and diet modifications.

With so many diets out there, one may be intrigued to find out what type of diet is best to influence our gene expressions in a positive way. With the new field of study known as [Epigenetics](#), there is hope of a new paradigm shift when it comes to our health. It is so nice to finally know that we are NOT victims of our DNA. We actually have the ability to influence our gene expressions by eating the right food, exercising, avoiding chemicals, healing emotionally and improving our thought patterns.

There is no “one size fits all” when it comes to the right diet, the best type of exercise, and the best healing modality for emotional healing. We are all unique biochemically and we need to listen to the signals of our body so that we can provide it with the right tools to heal itself. Once the body is supported with all the “tools”, it will naturally heal and detoxify itself.

## **RESOURCES:**

### **Website Resources**

Metabolic Typing Resources (see books mentioned below too):

<https://www.metabolictypingonline.com/WhatItIs.aspx>

<http://www.theperrymount.com/resources/Therapies/Metabolic-Typing/MTDietPlan1-A.pdf>

<http://www.theperrymount.com/resources/Therapies/Metabolic-Typing/MTDietPlan1-A.pdf>

[http://www.healthexcel.com/docs/\\_sys1.html](http://www.healthexcel.com/docs/_sys1.html)

[http://www.healthexcel.com/docs/\\_types1.html](http://www.healthexcel.com/docs/_types1.html)

[http://www.healthexcel.com/docs/\\_00's1.html](http://www.healthexcel.com/docs/_00's1.html)

[http://radianthealthnow.net/Radiant\\_Health\\_Now/nutritionarticle26.html](http://radianthealthnow.net/Radiant_Health_Now/nutritionarticle26.html)

[http://www.naturalhealthyellowpages.com/metabolic/core\\_premises.html](http://www.naturalhealthyellowpages.com/metabolic/core_premises.html)

<http://www.bloodph.com/articles/krebs-cycle.asp>

<http://www.bloodph.com/articles/DiabetesCancerWeight.asp>

<http://www.consciousconnections.com/metabolic-typing-diet.html>

<http://www.consciousconnections.com/metabolic-typing-diet.html>

[http://www.selfgrowth.com/articles/Discover\\_How\\_Your\\_Metabolic\\_Endocrine\\_Type\\_Holds\\_the\\_Secret\\_to\\_Weight\\_Loss.html](http://www.selfgrowth.com/articles/Discover_How_Your_Metabolic_Endocrine_Type_Holds_the_Secret_to_Weight_Loss.html)

[http://www.metabolictypingdiet.com/\\_Reat.htm](http://www.metabolictypingdiet.com/_Reat.htm)

<http://www.howweheal.com/mto.htm>

<http://www.diagnose-me.com/cond/C359936.html>

<http://www.diagnose-me.com/cond/C359934.html>

<http://www.diagnose-me.com/cond/C359938.html>

<http://www.diagnose-me.com/cond/C359935.html>

<http://www.beverlynadler.com/html/metabolic.html>

<http://www.beverlynadler.com/html/metabolic2.html>

<http://chooseyourfoods.com/b2e///index.php/cyf/?title=understanding-your-metabolic-type&more=1&c=1&tb=1&pb=1>

[http://www.healthandinspiration.com/MT\\_explained.html](http://www.healthandinspiration.com/MT_explained.html)

[http://en.wikipedia.org/wiki/Krebbs\\_Cycle](http://en.wikipedia.org/wiki/Krebbs_Cycle)

[http://www.naturaltherapypages.com.au/article/metabolic\\_typing](http://www.naturaltherapypages.com.au/article/metabolic_typing)

Hippocrates quotes: <http://www.brainyquote.com/quotes/authors/h/hippocrates.html>

Lucretius quotes : <http://www.brainyquote.com/quotes/authors/l/lucretius.html>

Epigenetics Resources:

<http://en.wikipedia.org/wiki/Epigenetics>

<http://www.sciencedaily.com/releases/2009/04/090412081315.htm>

<http://www.time.com/time/magazine/article/0,9171,1952313,00.html>

<http://www.pbs.org/wgbh/nova/body/epigenetics.html>

Biochemical Individuality Resources (see book mentioned below too):

[http://en.wikipedia.org/wiki/Roger\\_J.\\_Williams](http://en.wikipedia.org/wiki/Roger_J._Williams)

<http://www.anapsid.org/aboutmk/biochem.html>

<http://mises.org/daily/4632>

[http://www.tldp.com/issue/11\\_00/founders.html](http://www.tldp.com/issue/11_00/founders.html)

### **Book Resources**

[The Nutrition Solution: A Guide to Your Metabolic Type](#) – by: [Harold Kristal](#), [James Haig](#), [John Lee](#)  
– published in 2002 by: North Atlantic Books

[The Metabolic Typing Diet](#) – by: [William L. Wolcott](#) and [Trish Fahey](#) – published in 2000 by:  
Broadway Books

[Biochemical Individuality](#) – by: [Roger Williams](#) – republished in 1998 by: The University of Texas at  
Austin (originally published in 1956)