

# Download Metabolic Typing Diet

Healthexcel's Customized Nutrition using Metabolic Typing explains why one diet/nutritional approach works for one, but fails for another. Discover your Metabolic Type and you'll discover YOUR diet. Metabolic Typing scientifically identifies the ideal diet and supplements for each person for weight loss, optimal health, energy, fitness, immunity. The Metabolic Typing Diet. Dietitian Juliette Kellow reviews 'The Metabolic Typing Diet' by William Wolcott and Trish Fahey. The Metabolic Typing Diet by William Wolcott and Trish Fahey The only diet or nutrition plan that works is one that is designed to work for the needs of your own body. At Metabolic Healing, the foundation of your nutrition protocol revolves around you and your unique metabolism.