

# Checklist For Enhancing Your Metabolic Typing Program

Place a checkmark next to an item that you are already using. Check off the rest as they are added to your life.

**DIGESTION** - If you have any digestive disturbances such as belching, burping, indigestion, gas, bloating or in any way feel like you are not digesting your food well, make liberal use of the digestive aids at meals

- .. HCL (hydrochloric acid)
- .. Enzigest (enzymes)

## CIRCULATION

- .. use cayenne, garlic and ginger with your food
- .. do some aerobic exercise daily
- .. consider using a rebounder
- .. get plenty of fresh air each day
- .. cycle very hot and very cold water at end of shower
- .. 5 minutes of deep breathing exercise (see your MT Report)

## CLOTHING

- .. cotton clothing
- .. cotton bed linens

## ELECTRO-MAGNETIC

- .. walk barefoot on the earth daily
- .. lie down on the ground (earth) and relax
- .. do some gardening
- .. hug a tree
- .. swim in the ocean

## ELIMINATION

- .. have at least 2-3 bowel movements daily  
(If constipated, discuss using LBF#1 with your Advisor)

## FOOD

- .. eat organic food as much as possible
- .. always select from whole, natural sources
- .. obtain seasonal, fresh, unprocessed
- .. use frozen foods if fresh not available

## FRESH AIR

- .. try to get outside each day and breathe fresh air
- .. make work and home environment well-ventilated
- .. sleep in a room where you can have some fresh air coming in over night, even if you just "crack" your window

## HAIR / SKIN - only natural ingredients

- .. after shaves
- .. antiperspirants
- .. body lotions
- .. colognes
- .. deodorants
- .. hair coloring
- .. lip balm
- .. lipstick
- .. makeup
- .. perfumes
- .. permanents
- .. shampoo
- .. soap

## HOUSEHOLD CLEANSING AGENTS

- .. use only natural, biodegradable cleaning products

## HYGIENE

- .. always wash your hands before handling your food
- .. make sure to rinse for at least 20 seconds

## IMMUNITY

- .. keep fingers out of nose, mouth and eyes

## INDOOR AIR

- .. air filter units
- .. ionizers
- .. ozonaters
- .. strategic use of house plants (see your MT Report)

## LIGHTING

- .. use only full-spectrum light bulbs at home/work

## PAIN

- .. acupuncture
- .. chiropractor
- .. deep tissue massage therapist

## PLASTIC STORAGE CONTAINERS

- .. use only plastic containers with the following designations: #5 PP, #2HDPE, or 4 LDPE

## REST / SLEEP

- .. 8 hours of sleep per night
- .. sleep in a pitch dark room
- .. allow fresh air in overnight
- .. retire before 10:30 p.m.
- .. sleep at regular times each night

## ROUTINE - Establish regular times each day for . . .

- .. exercise
- .. meals
- .. snacks
- .. sleeping

## SANITATION

- .. use a natural, biodegradable cleaning solution like Bi-O-Kleen to keep kitchen counters and sinks free of bacteria

## STRESS REDUCTION

- .. balancing work with recreation
- .. meditation
- .. practicing forgiveness
- .. prayer
- .. psychological counseling
- .. stress management techniques
- .. sufficient and regular rest
- .. tai chi
- .. yoga

## SUNLIGHT

- .. try to spend at least 1 hour a day outside in natural sunlight (best between 11 a.m. and 1 p.m.)

## TEETH / DENTAL WORK

- .. use only porcelain or a non-metal, non-degradable synthetic for dental work

## TOOTHPASTE

- .. use a natural toothpaste available from health food stores that does not contain fluoride

## WATER

- .. use only well water, spring water or water purified with reverse osmosis

## WATER BOTTLES

- .. store water in glass containers or only plastic bottles with the following designation: #5PP, #2HDPE, or #4LDPE

## MENTAL / EMOTIONAL

- .. EFT
- .. counseling