



OPTIMAL FITNESS™
CENTER
health · fitness · performance

4 Week Metabolic Typing Course with Brien Shamp (4/30-5/21)

**Put an end to the confusion about what diet is right for YOU
and which supplements you REALLY need.**

I am very excited to teach the next Group Metabolic Typing Program starting Wednesday, April 30th. The course will meet for 4 weeks on Wednesdays for 2 hours/session (4/30, 5/7, 5/14 & 5/21).

This 4 week program is not for everyone. It is for those of you that want: cutting edge information on nutrition, a personalized nutrition plan, lifestyle recommendations, scientific & “real world” education, group interaction, and homework. It is also specifically for those that are open to changing their habits to achieve their goals and dreams.

Each participant in the class will receive their own personalized Metabolic Typing Program after completing the online Advanced Metabolic Typing Test. Your Personalized Program will give you a specific dietary plan which we will go over in the group. I have worked with hundreds of individuals on the Metabolic Typing Program and consulted thousands around the world on Nutrition & Lifestyle with amazing results. The results I have seen with Nutrition & Lifestyle coaching are often seen as miracles. You can often receive changes in your physiology and your symptoms in hours and days. Within a few weeks there are major changes.

Every week we have clients attaining incredible success with weight and fat loss. These are the same individuals that said they have been on multiple diets in the past.

“Brien is a wealth of integrated knowledge... the course could be twice as long and would be twice as fascinating. I respect that Brien says he doesn't know when he doesn't, but is REMARKABLY quick about researching the answers and getting back to us. Brien really took some challenging, overwhelming information and made it accessible to us for daily use... and isn't that what a skilled teacher is supposed to do?”

**Erin Brandt
Aug/Sept '07**

One of the differences between Metabolic Typing and "diets" is that Metabolic Typing is a specific dietary plan based upon your unique genetics, psychological and dietary habits. By answering questions on these three variables and performing various food reaction experiments you are "typed" as a protein, carbohydrate or mixed type. You are given a food list with your **IDEAL FOODS**, **NEUTRAL FOODS**, **CAUTION FOODS** and **FOODS TO AVOID**.

The class will go into greater detail than just the Metabolic Typing diet. We will talk about food intolerances and allergies, detoxification, preparation, planning, eating out, stress, improving the immune system, the benefits of sunshine and more. See the course outline below.

Some of you have taken the Metabolic Typing Test, but have only had a one hour consultation. This program is too complex to be understood in 1 hour as there are multiple layers. We are complex beings and many people disregard the importance of nutrition in the equation of life. In my opinion, this is the most important thing to understand because every time you eat, you have the ability to make your physiology better or worse. If you are off chemically because of improper food intake than you will be off mentally and physically. This can lead to weight gain, increased pain & inflammation or faulty healing of an injury, increased immune problems like allergies, a lack of concentration and lowered work efficiency, depression and more.

It is recommended to take the Metabolic Typing test every 3- 6 months until your type is consistent and your health is without symptoms. I highly recommend this program for those that want a specific plan of action for nutrition and those who have taken the Metabolic Typing test prior, who have not received follow-up sessions.

This course will be a tremendous value for the vast amount of education you will receive:

The Advanced Metabolic Typing Program + 1 hour consultation is normally \$150. Follow-up 1 hour nutrition consultations are \$120/ 60 minute session or \$60/30 minute session. The regular price for this 8 hour program individually would be \$990.

Given this is a group course the investment for the course is only \$250.

That is a Savings of \$740!

Based upon my ability to work effectively with the group, only 25 participants can sign up for the course. Deadline is Monday, April 21st or earlier given the limited space.

Here is an outline of the course:

Pre-Class Homework: Advanced MT Questionnaire, HAQ, CHEK Analysis & Diet Record Sheets. Assignment: Complete MT Questionnaire, HAQ, CHEK Analysis & (2) Diet Record Sheets ***Upon payment, you will receive 7 documents by e-mail. When homework is completed (Must be completed by April 25th) you will receive: 6 docs for review on e-mail (Your Individualized Metabolic Typing Report, Diet Plan, OFC Foundation Principles, Using Your Diet Plan, Diet Record Sheets & Tachometer). Bring the results with you to our first session.**

Week 1: Explanation of your results and specific diet plan. Review Sample 4-Day Menu, Using Your Diet Plan, Blood Types, Tachometer, CHEK Info & OFC Foundation Principles. Talk about findings as a group. Learn from one another. Assignment: (2) Diet Record Sheets

Week 2: Review Diet Record Sheets. Share Findings. Topics: Review Diet Plan, Food Combining, Food Source, Organic vs. Non-Organic-Meatix Video, Food Preparation, Raw vs. Cooked Foods-Pottenger's Cats Video, Digestion, Regularity, Shopping Guidelines, Cooking Guidelines & Meal Frequency. Assignment: (2) Diet Record Sheets

Week 3: Review Diet Record Sheets. Share Findings. Topics: Stress Management, Exercise, Water, Sunshine & Health, Glycemic Index, Circadian Rhythms (sleep patterns) & Gwenn Henkel-Hypnotherapist. Assignment: (2) Diet Record Sheets

Week 4: Review Diet Record Sheets. Share Findings. Topics: Lifestyle, Toxins in the Environment & Home, Allergies, Food Allergies & Intolerances, Heavy Metals, Lifestyle Changes, Detoxification Programs & Pulse Test. Assignment: (2) Diet Record Sheets

Location: Optimal Fitness Center: 951A Industrial Rd San Carlos

When: Wednesdays: 4/30-5/21

Time: 6:00 – 8:00 PM

Price: \$250 (\$770 Savings)

Call (654-4604) or reply to this e-mail to sign up as soon as possible! **Deadline is Monday April 21st or earlier given the limited space. The Metabolic Typing Test has to be completed by April 25th to have the results for the first session on April 30th.** Class will be limited to 25 participants.

“My husband Rich and I want to thank you for transforming our lives! When I first came to OFC to bring my hypnotherapy practice there to help transform people's lives as I do, little did I know that I MYSELF would be transformed, let alone, my husband!

We began your Metabolic Typing classes and then decided to do the SP cleanse together. Within the first week, Riches blood pressure, which had ALWAYS been in the danger zone, and unable to be controlled by medications, was down to the normal range of 123/72! WE WERE ASTONISHED! I was always able to bring his pressure down to a safer level with hypnosis when needed, but I could never understand WHY on earth he couldn't keep it there! NO doctor ever asked about his diet! We both felt we ate pretty healthy food. But little did we know what foods we THOUGHT were good for us, were killing us! Rich also lost 13 pounds during the 21 day cleanse and is down to his boyish weight of 153 pounds! Not bad for a 56 year old!

For myself, I had not been able to eat fruit for years without my lips or gums breaking out in cold sores or canker sores. It was terrible because I love fruit, but it hated me I would always say. As you were telling me about all the fruit I was going to need to eat, I was so sure that it would not be possible for me to do. But the cleanse changed my body chemistry so much, and so fast, that I was eating fruit all day long without breakouts!

The other thing I found most interesting, was that any time I didn't have my ice tea by 11 AM every day, I was almost frantic! I was addicted to the caffeine more than I thought. I had tried to not drink it before, but ended up with terrible head aches. But going on the cleanse, I had no adverse side affects to any of the changes, including no sugar, no alcohol, no GLUTENS! I so wanted to believe I was ok with glutens! How would I eat a sandwich? LOL, Before the cleanse, I also had diarrhea after almost anything I ate, including salads, or even a sandwich. Once on the cleanse, and off all those other things, I NEVER once had diarrhea! I really could not believe it!

We have gone ORGANIC! We are amazed at how many gluten-free foods there are (including bread and pastas!) and how easy it has been to make the changes in our diets to fit our bodies. It is so worth it to feel so good, and to have people ask us what we are doing because we look so good! Even our skin has changed. It has been about 2 months of our new eating lifestyle, and we are feeling great.

Rich's BP continues to stay in the low 120's/70's and we are maintaining our weight loss. I even think this process has brought us even closer to each other, now that we are shopping for our foods together, planning our meals and cooking together. We look forward to getting more into the new workout routines and continuing on this path of improved health every day thanks to you Brien!”

Thank you, thank you, thank you!!!
Rich and Gwenn Henkel

For more information on MT go to
<http://www.optimalfitnesscenter.com/services/metabolic-typing.html> or Call: 650-654-4604.