

## SURVIVING IN THE 21ST CENTURY

# With Good Health

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### INTRODUCTION

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**H**ealthexcel is an organization dedicated to the unfoldment of human potential through the development of optimum health. Healthexcel designs Ecological Lifestyle Programs through a series of complex computerized analyses of metabolic and nutritional requirements based on each person's unique biochemical individuality. This proprietary metabolic typing methodology has evolved to its present form over the course of the last 23 years and is known as:

*The Healthexcel System of Metabolic Typing.*

The purpose of this article is to advocate the absolute necessity of customizing nutritional and dietary recommendations to each person's unique needs in any approach to achieving ideal health.

The first step of this endeavor begins with the understanding that true good health is far more than merely freedom from symptoms of disease. Rather, it is a dynamic state of optimum energy and vibrant well-being in a body that is functioning in maximum biochemical balance and metabolic efficiency.

Most importantly, good health is the natural state of life and the birthright of every human being. The genetic "seed" of ideal health can be brought to full bloom through the processes of Metabolic Typing.

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### FIGHTING DISEASE vs. BUILDING HEALTH

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The traditional means in orthodox medicine for combating disease over the last 100 years has been the *allopathic* one — the symptom-treatment approach. For headache, a doctor might recommend aspirin. For infection, s/he may order an antibiotic. For allergy, s/he may prescribe an antihistamine. For cancer, s/he may employ radiation, chemotherapy or surgery. In short, modern medicine is oriented toward *combating disease by attacking the symptoms*. But this allopathic approach of fighting disease is actually only one side of the health care coin! There are other significant areas that unfortunately are inherently overlooked by this viewpoint.

As impressive as the arsenal of modern medicine is, as miraculous as the efforts of crisis medicine are, as amazing as new discoveries of medical research continue to be, modern medicine is only successful in fully resolving less than 20% of the ailments that afflict mankind. The other 80% — which include conditions such as cancer, diabetes, arthritis, cardiovascular disease, Alzheimer's, Parkinson's, allergies and multiple sclerosis — are non-infectious diseases that all fall under the category of *degenerative conditions*. And for all these diseases, the allopathic approach of orthodox medicine can boast success at the rate of little to none. Control of symptoms, not reversal of disease is the goal.

*Healthexcel, situated in the foothills of the beautiful North Cascades in Washington State, is an organization dedicated to the unfoldment of human potential through its Ecological Lifestyle Programs. Healthexcel's metabolic typing concepts and any accompanying individualized ecological lifestyle recommendations that may be made are based on our own theories drawn from the ideas of past researchers in the field. These theories have not been scientifically proven. Thus, the accuracy of our theories or the validity of our recommendations, nutritional or otherwise, have not been scientifically confirmed. Certain persons considered experts may disagree with one or more of our concepts or recommendations. We are not nutritionists or licensed dietitians, but rather consider ourselves to be Ecological Lifestyle Advisors. Our purposes are educational and informational only and we assume no responsibility for the correct or incorrect use of our information. Any information we provide and any recommendations we make should not be used to, nor are they intended to, nor do they in fact diagnose, treat, cure or mitigate any specific health problem. Anyone with any health complaint should seek the care and consultation of an appropriate licensed health practitioner. No attempt should be made to use any information we provide as a form of treatment for any specific condition without the approval and guidance of a physician.*

*Life in a state of good health is a process of renewal, a continuum of rejuvenation and regeneration on an ever-present basis.* But when chronic diseases develop, they are the result of the life-sustaining processes of *RE*generation falling into life-debilitating processes of *DE*generation. They are an indication that the body is failing in its own metabolic (life-sustaining) activities.

Therefore, in a *degenerative disease*, there is no “outside invader”, no trauma or infectious disease for modern medicine to attack with its awe-inspiring arsenal of high technology and drugs. *Suppressing the symptoms* of degenerative diseases through drugs, however, does nothing toward *eliminating the causes* of degeneration and *restoring* the processes of *regeneration* – and good health.

Whether the problem is a headache, an infection, an allergy or a cancerous tumor, it is a reflection of more basic underlying causes: *biochemical imbalance* and *metabolic inefficiency*. The facts that antibiotics do not prevent future infections, that allergy symptoms return when antihistamines are stopped, and that cancer can recur even after the destruction of tumors or after the surgeon relates the seemingly good news that he “got it all,” all demand that the question be asked: *What causes these conditions to develop in the first place?*

You can take an antibiotic to fight an infection, but why did the infection develop at all? You can take an antihistamine to suppress the sneezing symptoms of an allergy, but why did the allergy develop at all? You can remove a tumor through surgery, but what caused the tumor to develop at all? And, if it developed once, can't it develop again if its *cause* is not found and eliminated?

From Healthexcel's viewpoint, *diseases are more properly seen as the symptoms* – expressions of deeper, underlying imbalances. But by exclusively focusing on the disease, by directing the awesome force of all that modern medical technology has to offer toward eliminating the symptom, orthodox medicine tends to ignore the underlying cause(s).

**How can someone  
“... eat the best  
organic foods,  
exercise regularly,  
drink plenty of fluids,  
get sufficient rest,  
take the finest  
supplements that  
money can buy  
... and still not  
feel well?”**

The process of finding right answers necessarily requires that right questions be asked. Unfortunately, in the allopathic, symptom-treatment approach to modern medical care, the more fundamental questions concerning *how to become healthy* and *how to stay healthy* remain unasked . . . and unanswered. For instance:

- **What allowed my condition to *develop* in the first place?**
- **How might I have *prevented* it from developing?**
- **How can I *obtain optimum* health?**
- **How can I *regain* my health?**
- **Once regained, how can I *keep* my good health?**

Orthodox medicine is traditionally concerned with *fighting disease*. Conversely, the focus of Metabolic Typing and The Healthexcel Programs is on the time-tested, extensive technology of balancing body chemistry, improving metabolic efficiency, and of *building health*.

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## BUILDING HEALTH

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In attempting to understand how to build health, it is useful to be clear on just what constitutes health and what constitutes disease. Disease both results from, and is a state of, biochemical *IM*balance and metabolic *INE*fficiency. Health, in contrast, is a state of, as well as the result of, biochemical *balance* and metabolic *efficiency*, on all levels: cellular, organ/glandular, and systemic.

*Healthexcel believes that an important factor for determining the presence of health or disease involves the body's capacity for the creation, maintenance and control of energy as well as its capacity for adaptation through its Fundamental Homeostatic Control Systems.*

For example, much of what takes place that ultimately determines whether you're healthy or ill occurs inside your cells. Your body is comprised of cells, trillions of them – heart cells, blood cells, bone cells, brain cells, skin cells, kidney cells, liver

cells, etc. In fact, it's believed that *our bodies contain over 100 trillion cells*. That's a number that is almost beyond our capacity to comprehend.

In trying to get a feeling for the extraordinary number of cells in your body, try thinking in terms of seconds of time. If you were to sit down with a stopwatch and start to tick off the seconds, how far into the future would you be when 100 trillion seconds had passed? . . . Care to take a wild guess? . . . Chances are that it wasn't wild enough. By the time 100 trillion seconds had passed (which is written like this: 100,000,000,000,000) you would be approximately 3.168 million years into the future!

Yet despite the unimaginable logistical challenge of accommodating the needs of the 100 trillion cells that comprise your body, the fact is, in order to be healthy, your cells – your cellular metabolism – must function normally.

One of the keys to this challenge is a cell's efficiency at producing energy. When optimum energy is produced by a cell, then it has the capacity to fulfill its many functions involving regeneration, detoxification, and its unique, genetically programmed role (such as might be had by a heart cell, a liver cell, a muscle cell, a brain cell, a nerve cell, and so forth).

Think of it as a kind of biological *domino effect*: If cells of like kind have the energy to efficiently fulfill their functions, then the organs or glands they comprise can fulfill *their* functions. And, if the organs and glands have the energy to efficiently fulfill *their* functions, then the systems they comprise can efficiently carry out *their* functions.

So the strength and efficiency of the immune system, for example, depends on the strength and efficiency of the organs that comprise it. And, the strength and efficiency of the immune organs depend on the strength and efficiency of the immune organs' cells. And, the strength and efficiency of the immune organs' cells depend in great part on the *quantity* and *quality* of energy they can produce – which depends on their cellular nutritional status.

Literally every aspect of our lives (mental, emotional, physical, biochemical) – whether it is thinking a thought, experiencing an emotion, taking a walk, singing a song, chewing our food, our hearts

pumping blood, our stomachs contracting and digesting food, the immune system attacking cancer cells – *everything* requires energy. In short, when our bodies are efficient in the creation, maintenance and control of energy, good health is the natural, normal result.

It is normal to be healthy, to have radiant, abundant energy, to be free from disease. Why? . . . Because that capacity is built into our genes! Our cells “know” how to be perfect. They know exactly what to do and how to go about doing it in order to be healthy.

But when we are inefficient in the creation, maintenance and control of energy, then biochemical imbalance, cellular, organ, and system inefficiency, loss of homeostasis (the ability of bodily processes to stay in balance and harmony), and failure to adapt to our environment . . . *DISEASE* . . . naturally results.

Thus we can see the vital role that energy plays in any question of health and disease. So where do our bodies obtain the energy they need in order to sustain life in a state of health and well-being? The answer is that energy is manufactured from within ourselves.

All of the life-sustaining processes of the body are collectively known as *metabolism* and are fueled by an energy exchange with the environment, whereby the body converts *air* (oxygen taken in through our lungs), *water*, *light* (taken in through the skin and eyes and needed by the pineal gland) and *food* (nutrition) into energy. From this we

can readily see the vital importance of nutrition to health.

In fact, medical research has proven that *the efficiency of the immune system is highly dependent upon the “proper nutritional balance.”* Actually, without the proper nutritional balance, our bodies are unable to manufacture the energy that is needed for all the life-sustaining processes of metabolism, not just the proper functioning of our immune system.

Understanding this, it is only natural that we would wonder: *What constitutes a proper nutritional balance?* Unfortunately, the orthodox medical establishment can offer little in the way of an

**“What works for one person, has little or no effect on another, and often makes a third person worse.”**

answer to this question other than the profound pronouncement, presumably based on billions of dollars of "health research" that we should *eat regularly* and that we should eat *well-balanced meals*.

Fine. But following right along in our line of questioning, we now naturally wonder: *What is a well-balanced meal?* And this, as many know from firsthand experience, is where the field of nutrition becomes so confusing.

Orthodox medicine is very quiet on the subject; but in fairness, remember that the focus of medical research as well as medical education is NOT on *building health*, but on *treating disease*. Nonetheless, the question of what constitutes a well-balanced meal remains and demands an answer.

Not finding an answer to this question from modern medicine, a person is pretty much left to try and ferret out the answer for himself. From the testimonials of friends, from the hearsay in the marketplace, from the endless books on the subject in libraries and health food stores, from the opinions of experts, and even from seemingly contradictory scientific research on nutrition, one point is painfully clear: WHAT WORKS FOR ONE PERSON, HAS LITTLE OR NO EFFECT ON ANOTHER, AND OFTEN MAKES A THIRD PERSON WORSE.

Not only is this phenomena common experience, it is the bane of every practitioner of nutritional science. *It is a matter of supreme consternation to orthodox and alternative practitioners alike on a daily basis that the very remedy that just worked on one patient may have a totally different effect on the very next patient that comes through the door with the same problem.*

Many people have already found from their own unhappy experience that *someone can eat the best organic foods, exercise regularly, drink plenty of fluids, get sufficient rest, take the finest nutritional supplements that money can buy and still not feel well!* And in some instances, feel even worse than before!

Why is this? How can this be? According to Dr. Roger Williams, the noted biochemist and discoverer of the B vitamin, pantothenic acid, the reason is due to our *biochemical individuality*.

As strange as it may sound, most of the books that have been written concerning nutrition, many of them contradicting other books on the same subject, are probably all correct . . . but only for a certain classification of biochemical individuality, or what we call a certain *metabolic type*.

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## THE ROOTS OF METABOLIC TYPING

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This idea is not new. The roots of the concept of biochemical individuality and The Healthexcel System of Metabolic Typing can be traced to antiquity. The ancient Chinese system of medicine recognized 5 *elemental types*. Ancient Hindu Ayurvedic medicine was based on the interaction of the 5 elements and the 7 energy centers in the individual and primary treatment addressed one's *dosha* (one's metabolic type) *before* it addressed the symptoms or disease. Analysis in ancient Egyptian medicine dealt with the 7 organ systems in the body.

Greek physicians and philosophers were concerned, as Hippocrates stated, with the patient who has the disease over the disease which has the patient, and recognized the 4 *humors* (liver-bile metabolic types). Socrates and later Jung and Freud recognized various personality types.

In modern times, there have been some well-known and many *not* so well-known medical researchers who recognized the value of metabolic individuality. In 1919, Frances

Pottenger, M.D., published his Symptoms Of Visceral Disease, where he established the *autonomic nervous system* as the basis of metabolic individuality and correlated the influence of various nutrients on the autonomic nervous system. Dr. W.H. Sheldon, in the '40's, published his famous Varieties Of Human Physique, providing photographic illustrations of his *somatotypes* (ectomorph, endomorph and mesomorph metabolic types). In the '50's, Dr. Melvin Page and Dr. Henry Bieler concurrently developed concepts of *endocrine types*, e.g., Thyroid, Adrenal and Pituitary types, and their relationship to various foods. Dr. George Watson, also in the '50's, in his astounding book, Nutrition And The Mind, published his research on the variable influences of *oxidation*

**“On a biochemical level, we are as unique from one another as we are in our fingerprints!”**

(glycolysis, beta oxidation, citric acid cycle) in different individuals he classified as *fast*, *mixed* or *slow oxidizers*. In 1956, the noted biochemist, Dr. Roger Williams, published his *genetotropic* theory on *biochemical individuality*, based on his research which suggested that every human being has, because of his genetic makeup, distinctive nutritional needs that must be met in order to achieve optimum health and well-being. Dr. Royal Lee's extensive writings in the 50's and 60's correlated nutritional influences of the autonomic and endocrine systems. Dr. Emanuel Revici, in the '60's, recognized the critical necessity to address biochemical individuality and devoted his life's work to the development of an entirely new system of medicine based upon the variances between individuals in their catabolic and anabolic influences. Dr. James D'Adamo, in the '70's, put forth a system of individual classification based upon *ABO blood types*. In the mid '70's, Dr. William D. Kelley met Dr. William's call for "metabolic profiling" by becoming the first to apply Dr. William's concept of nutritional individuality to computer science. Kelley developed a computerized system of metabolic typing based on the autonomic nervous system (which became the seed for The Healthexcel System Of Metabolic Typing). Further efforts to address metabolic individuality can be seen in current works of numerous other pioneers. Among the more recent who have joined the ranks are Dr. Elliot Abravanel, Dr. Paul Eck, Dr. David Watts, Dr. Jeffrey Bland, and the insightful founder of Nutri-Spec, Dr. Guy Schenker.

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### **METABOLIC TYPING: A Modern Day Science**

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The Healthexcel System of Metabolic Typing draws from the works of all the past researchers, but not in the sense of a grab bag of ideas. Rather, it has pieced together independent parts of the puzzle of nutrition vs. biochemical individuality contributed from past researchers into a homogenous whole. It is the result of a 23 year evolutionary process involving both synthesis and distillation, born of a marriage of endless study, known scientific discov-

ery, extensive clinical experience and observation and the development of objective markers to define one's metabolic type.

The paradigm set forth by the Healthexcel System establishes a framework through which may be seen the relationships of the autonomous discoveries of past, present and future nutritional, health-related, and scientific research. It provides a viewpoint from which one can see the massive "mosaic" of scientific research in terms of the *patterns* of how the individual pieces fit together. There are tens of thousands of individual items of scientific research, but how do they relate to one another as a whole?

The dilemma scientists faced in the past is like the proverbial situation of being unable to see the forest for the trees. The Healthexcel System of Metabolic Typing allows for a view of the forest – and thus an

interpretation and understanding of the individual trees within the context of the forest as a whole. Like *astronomy* which organizes the uncountable stars of the solar system into recognizable and utilizable *constellations*, *metabolic typing* organizes the infinite varieties of biochemical individuality in recognizable *patterns* of metabolism.

Each of these independent researchers over the course of the last century found a piece of the puzzle. Each could claim a certain amount of success with the application of his concepts. His theories were accurate, *but only for some of the people some of the time*. In each instance, there was always a certain group for whom the theory would fail.

The Healthexcel System of Metabolic Typing demonstrates that each in his own way was correct, but only when viewed as a part, a dimension, of a greater whole.

We now understand that the body is structured through many different levels of organization, each having its own "rules" of behavior in relation to nutrition. But the common glue which binds all the different levels and all the different theories is ENERGY. No matter what metabolic process is considered, we are talking about the *creation, maintenance and control of energy* in the body's ever present attempts at *adaptation* and how *nutrition* relates to those processes.

**“The mistake  
is in assuming  
that one diet  
is right for  
everyone!”**

We now see that Pottenger, Watson, Bieler, and the ancients were all talking about the same truth – METABOLIC INDIVIDUALITY – as seen from different perspectives. For this reason, we owe a debt of gratitude to all those great research pioneers who have come before us.

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## YOU ARE UNIQUE

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In stark contrast to orthodox medicine, which seeks to find a therapeutic modality for each condition that will be the same for everyone, Healthexcel, in recognizing the existence of metabolic individuality, believes that, especially where degenerative conditions are concerned, *it is not possible to treat the condition*, when it comes to nutrition. Rather, the person who has the condition, that is, each individual's specific needs, are what need be addressed. This is because Healthexcel has found that *the same condition found in different people, may arise because of virtually opposite kinds of nutritional imbalances in different Metabolic Types*. For example, one person may have an excessive level of potassium relative to calcium, but another may have an excessive amount of calcium relative to potassium, yet both individuals may have the same health problem. *If both were treated with the same course of nutrition, one would get better and the other would get worse!*

Thus, in keeping with Healthexcel's concepts, properly addressing nutritional requirements in two individuals who have the same condition, would be totally different in different metabolic types, because the actual condition would never be considered, only each person's unique needs. This is the antithesis of the spirit of orthodox medicine, which seeks to find for every disease, one solution that is right for everyone. But, when it comes to nutrition and building health, this approach is impossible and is doomed to failure because each person is biochemically unique. To paraphrase the wisdom attributed to the Roman philosopher Lucretius, "One man's meat is another man's poison." As it turns out, this is literally true.

**“Eskimos developed a genetic need for *high protein* and *high fat* in order to survive and be healthy”**

While it certainly is true that in spirit we are all created equal, and while it may be true that in this society we are all equal under the law, on a biochemical level we are as unique from each other as we are in our fingerprints! Have you ever considered the extent to which the concept of individual differences applies?

### PSYCHOLOGICAL DIFFERENCES

We are all different on a mental and emotional level: in how our minds work, in our emotions, beliefs, values, attitudes, personalities, interests, likes, dislikes, behavior and energy levels. Some of us have quick minds; in others, mental processes occur more slowly. Some are more logically oriented, while others are more intuitively oriented. Some people are warm, emotional, and expressive. Others are more cool, distant, and aloof, and they tend to hold in their feelings and emotions. We have the “A-Type” hyper, more aggressive personalities, as well as those on the other end of the spectrum, the more apathetic, lethargic, laid-back, the “B-Type,” take-it-as-it-comes types of people. Some of us have high energy levels, while others have low energy levels.

This list comparing psychological traits could, of course, go on and on. Even within the same family, we can see dramatic differences between its members in their psychological traits.

### EXTERNAL DIFFERENCES

Externally, we differ in height, weight and build. Some tend toward a thicker build, others toward a leaner build. Some have thick, large muscles; others have thin, small muscles. Some have large, thick bones; others have smaller, thinner bones. We differ in the ratio of lean body weight to fat; in color and texture of hair; in color, texture and toughness of skin; in color and size of eyes; in shade, size and shape of teeth, and of course, in our fingerprints.

### INTERNAL DIFFERENCES

Although our psychological and external physical differences are readily apparent, not many people realize the extent to which we differ from each other internally, as well. We all have different strengths and weaknesses in the various bodily systems, like the cardiovascular system, digestive sys-

tem and immune system. This is commonly known. Some people have strong digestion; others have weaker digestion and must take care in what they eat. Some have strong immune systems and are rarely ill, while others seem to catch everything that comes along.

But, few know that we also differ in the *size, shape, weight, placement, strength, and efficiency* of our organs and glands. Did you know that in some people the heart is on the left; in others it is in the center; and in still others it is on the right? Most people have their appendix on the right side; but some have it on the left. The size and shape of the stomach can vary tremendously. And, certainly, although we may not have thought much about it, we all know that we differ in the various strengths and weaknesses of our organs. One person may have a strong thyroid, but a weak stomach. Another may have a strong stomach but suffer from constipation due to poor colon function. The variations are endless. All these variations define our metabolic individuality.

Differences are also known to exist in other bodily *tissues*. There are different blood types, for example, like Type A, and Type B, Type AB and Type O. But, did you know that in tests done on “normal, healthy” samples of blood, even of the same blood type, no two “normal” blood samples were found to be the same?

These infinitely variable combinations of differences that make up our unique individual selves extend even to the *cellular* level, for here we find that we differ in rates of cellular metabolism, oxidation and efficiency. And, at the *subnuclear* level of the cell, we find the genes where the differences which structure our individuality are encoded like a blueprint of our unique selves.

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## THE “RIGHT DIET”

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Having pondered the extent of our individuality, can anyone even for a moment really believe that one diet is right for everyone? This biochemical individuality from head to toe, from internal to external, on every level of the body in fact, is precisely

why there are so many different diets that seem to work. *Most all special diets DO work – but only for a select segment of the population, those that fall within a certain metabolic type.* The mistake is in assuming that one diet is right for everyone!

Think of the differences that exist in the metabolism of the Eskimo, as compared to that of the vegetarian East Indian. The traditional Eskimos ate up to 10 pounds of meat a day, enormous amounts of fat and almost zero carbohydrate in their diet. And yet, there was no evidence of cancer or cardiovascular disease in their history. This is because for countless generations their physiologies, through natural evolutionary forces of *adaptation, natural selection, survival of the fittest and genetic mutation*, became perfectly suited to their environment, as well as the foodstuffs naturally available. Thus, *Eskimos actually developed a genetically-based need for high protein and high fat in order to survive and be healthy.* But, transpose the diet of the Eskimo to that of the East Indian vegetarian – or *vice versa* – and you have major problems. *Failure to acquire the genetically-based balance of micro- and macro-nutrients will always lead to metabolic dysfunction and degeneration.*

This principle of diet being linked to genetic requirement is seen throughout nature. Every species is genetically “programmed” to feed on specific sources of foods. They are not guided in their food selection by their taste buds, nor manipulated by the latest onslaught of the Madison Avenue advertisers, nor brainwashed by TV ads about what is “good to eat.” Unlike man who has his free will in all matters including his dietary choices, animals naturally eat according to their natures (their genetic dictates). Consequently, insects, reptiles, fish, birds and mammals (except man) are not plagued with degenerative diseases like cancer, heart disease, diabetes, arthritis and multiple sclerosis – the diseases that are responsible for over 80% of human illnesses.

Remember, when the body does not obtain all the nutrients for which it has a genetic need in order to produce optimum energy for all of its life-sustaining processes of metabolism, processes of REgeneration turn into processes of DEgeneration.

**“Any food  
can be good  
or bad,  
depending on  
its effect  
on a given  
metabolic type”**

You can't feed a tiger leaves, nor can you feed an elephant meat and expect either one to be healthy. You can't use diesel in place of gasoline or gasoline in place of diesel and expect the engine to properly and efficiently turn the fuel into energy. Likewise, every person has very unique, genetically-based requirements for a specific balance of nutrients that need to be obtained from his diet. When acquired, these make up the right "fuel mixture" (his food) for his body's "engines of metabolism" (his cells). But it is critical to understand that the right balance of nutrients for one person, is not (necessarily) the right balance for another. From this we can understand that: *Any given food in and of itself is neither good nor bad; a food is good or bad only relative to its effect on a given metabolic type.*

**“ . . . any given nutrient or food can have different effects on different individuals ”**

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### **GENETIC MELTING POT**

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In times long past, indigenous peoples populated every nook and cranny of our planet – frozen lands of Arctic regions, scorching deserts, tropical zones, temperate climates, mountains, valleys, and everything in between. The peoples in each region perfectly adapted to their environment and foodstuffs naturally available. Certain peoples existed on very high protein diets with little or no carbohydrates. Others incorporated high amounts of fruits, vegetables, nuts and seeds. Others utilized large quantities of sea foods. Some incorporated high amounts of dairy products while others had no genetic experience with dairy at all. Importantly, if you were born into a certain locale, you usually lived your life there and died there.

But modern means of transportation have forever changed the gene pool of the human race. Because we in the United States have become a true genetic melting pot of the world, our genetic requirements for nutrition are often not as evident as that of the Eskimo. Nonetheless, each of us *must* meet our genetic requirement for nutrition, just as the Eskimo must meet his, in order to manufacture optimum energy levels from our cellular processes of metabolism – or in other words, in order to live a full life in a state of good health.

Healthexcel believes that this is the key to gaining and maintaining good health, as opposed to succumbing to degenerative conditions. *In order to achieve and maintain optimum health, one must acquire the nutrients for which one has a genetically-based requirement.* Failure to do so leads to inefficient energy production on a cellular level, which in turn leads to inefficient cellular activity, which in turn leads to inefficient organ activity, which in turn leads to inefficient systemic activity, which may then become the basis for all manner of degenerative conditions.

In the early part of the last century, scientists traveled all over the world, studying indigenous peoples, searching for answers to good health. What they found was so important, yet for decades has been forgotten or over-looked. What they discovered was that all indigenous peoples, regardless of the kinds of foods they ate, enjoyed robust health and a life free of degenerative conditions – as long as they ate according to their ancestral diet. But time and again, in every locality throughout the world, the scientists also discovered that those who moved away or for any other reason adopted dietary practices different from their ancestral diet, *always* developed degenerative conditions!

The key to unlocking the secrets of good health and well-being is optimum energy production through meeting individual, genetically-based requirements for nutrition!

How does one find out about one's "individual nutritional requirements?" . . . Through

### **THE HEALTHEXCEL SYSTEM OF METABOLIC TYPING!**

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### **THE HEALTHEXCEL PROGRAM . . . And How It Works**

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The Healthexcel Program provides a systematic, testable, repeatable and verifiable means for determining one's metabolic type and identifying individual nutritional requirements.

Think of the body as being like a large, multi-national corporation that has thousands of employ-

ees, numerous departments, a multitude of communication requirements, complex production schedules, multidimensional supply channels, etc., yet the innumerable activities of the corporation all fall under the direction and control of only a handful of executives. Metabolism works in a similar fashion. *Although hundreds of thousands of biochemical reactions take place in the body on a daily basis, they all fall under the regulation of only a few Fundamental Homeostatic Controls (FHC).*

The potential for sufficient *adaptation*, continual *homeostatic balance*, and thereby *good health*, is a measure of the body's ability to manage stressors (spiritual, mental, emotional, structural, biochemical, environmental) through its capacity for the *creation, maintenance and control* of energy via the dualistic, diphasic, **Fundamental Homeostatic Control Processes / Systems / Mechanisms**, of which Healthexcel recognizes nine:

- Autonomic Nervous System  
(master regulator of metabolism, neuro-endocrine/ hormonal balance)  
**Sympathetic vs. Parasympathetic**
- Carbo-Oxidative System  
(conversion of nutrients to energy via intermediary metabolism, involving Glycolysis, Citric Acid (Krebs) Cycle, Beta Oxidation)  
**Fast Oxidation vs. Slow Oxidation**
- Lipo-Oxidative Processes  
(involving fatty acid/sterol balance, cell membrane selective permeability, aerobic/anaerobic metabolism)  
**Catabolic vs. Anabolic**
- Electrolyte/Fluid Balance  
(involving balance of fluids and electrolytes throughout all body compartments)  
**Electrolyte Excess vs. Electrolyte Deficiency**
- Acid/Alkaline Balance  
(6 possible acid/alkaline imbalances: [Metabolic Acidosis, Metabolic Alkalosis, Respiratory Acidosis, Respiratory Alkalosis, Potassium Excess Acidosis, Potassium Depletion Alkalosis], potentially resulting from 7 causal factors: 1) autonomic, 2) carbo-oxidative, 3) lipo-oxidative, 4) electrolyte/fluid balance, 5) respiratory function, 6) endocrine efficiencies (kidney,

adrenal, ovary, testes, thyroid, posterior pituitary, parathyroid), and 7) chronic dietary imbalance with respect to the acid/alkaline pH of metabolized foods)

#### **Acid vs. Alkaline**

- Prostaglandin Balance  
(controls body responses involving inflammation, neurotransmission, hormones, immune efficiency, circulation, cholesterol production, fluid balance and platelet aggregation)  
**Series 1 & Series 3 Prostaglandins vs. Series 2 Prostaglandins**
- Endocrine System  
(Endocrine Type as per dominant energy gland, dictating body type, distribution of mass and weight accumulation)  
**Pituitary vs. Thyroid vs. Adrenal vs. Gonad**
- ABO Blood Type  
(concerns restrictions of blood type specific lectin foods)  
**Type O vs. Type A vs. Type B vs. Type AB**
- Constitutional Elements  
(constitutional qualities of foods interacting with constitutional qualities of the body)  
**Vata, Pitta, Kapha (from Ayurvedic medicine)**

Of the 9 FHC's, two have primary and specific influence on dietary requirements. These FHC's are known as the ANS (Autonomic Nervous System) and the OS (Oxidative System).

#### **AUTONOMIC & OXIDATIVE SYSTEMS**

The autonomic nervous system controls all involuntary activity in the body, such as digestion, elimination, heart rate, immune activity, etc. It is comprised of two divisions: sympathetic and parasympathetic. The oxidative system is concerned with the rate nutrients are converted to energy in the cells.

Each person has inherited various strengths and weaknesses in each of these systems. Some people are more strongly influenced by the sympathetic part of the autonomic nervous system, while others are influenced more strongly by the parasympathetic system. Some people are fast oxidizers; others are slow oxidizers. And, so on. The genetically-based variances in the autonomic and oxidative sys-

tems provide the basis for all our physiological, psychological and diet-related characteristics.

For example, Sympathetic types tend to have high energy, be aggressive, have weak digestion and dry skin, but have excellent concentration. Slow Oxidizers tend to be lethargic, depressed and have weak appetites.

All the physiological, psychological and diet-related characteristics of an individual can be categorized according to their relationship to the autonomic and oxidative systems. Consequently, although each person is unique, his characteristics form a certain pattern and thereby fall under a certain metabolic classification.

Once one's metabolic classification or Metabolic Type is identified, a basis exists for understanding not only the cause from a biochemical (nutritional) standpoint for any adverse condition that may be present, but also the requirements for nutrition necessary to restore balance and efficiency within each individual. *This is because all the various foods and nutrients, vitamins, minerals, amino acids, etc., have been categorized according to how they influence the autonomic and oxidative systems, as well as the other Fundamental Homeostatic Controls.*

### **THE DOMINANCE FACTOR**

Healthexcel has found that *the same condition found in different people may arise because of virtually opposite kinds of nutritional imbalances*. It is also true that *any given nutrient can have virtually opposite influences in different metabolic types*. Certain nutrients will have a *stimulating* effect, while others will have a *sedating* effect. Some will cause a metabolic shift toward *acidity*, while others a shift toward *alkalinity*. Certain ones will have a *catabolic* effect, while others an *anabolic* effect.

However, from extensive empirical evidence, Healthexcel has also discovered that *any given nutrient (or food) can have a different effect on different individuals, depending on which system is the dominant system*. In other words, in and of itself, a given nutrient is not stimulating or sedating, acidifying or alkalizing. *What determines a nutrient's effect is ultimately what system is influenced in a given individual*. In 1983, W.L. Wolcott, the founder of The Healthexcel System of Metabolic Typing, discovered and termed this phenomena:

### **THE DOMINANCE FACTOR.**

The Dominance Factor serves to explain why one person can take potassium and feel an energy pick up, while someone else will experience a loss in energy. To give an example, if an individual is categorized as an Autonomic Dominant metabolic type, *potassium* will *slow* him down because of its influence of stimulating parasympathetic activity. Whenever the parasympathetic system becomes stronger than the sympathetic system, the body chemistry will shift more alkaline and tend toward a hypoactive state. But, if *potassium* is given to an *Oxidative Dominant* metabolic type, it will increase the rate of oxidation, causing an *energy boost* in a slow oxidizer and a shift toward a more *acidic* metabolism.

*The principle of the Dominance Factor explains why what works for one person does not work for another, or how a given food or nutrient can behave differently in different people*. Thus, according to Healthexcel's concepts, the effect of any given nutrient on a given person depends on which system is dominant and on what level the nutrient is active. (It is probably becoming obvious why it takes a computer to keep all of this information straight).

The human body is extremely complex. Understanding how nutrition influences the body is also very complex. But, without the perspective afforded by Healthexcel's System of Metabolic Typing, the field of nutrition remains utterly baffling.

Through Healthexcel's philosophy, we have a basis for understanding why so much scientific research as regards nutrition has seemingly been so contradictory. That reason is: *Any research on the effects of a given nutrient may have different results depending on the differences in the metabolic types employed in the research*. The only nutritional research that makes sense would be that performed on homogenous metabolic type groups.

### **THE METABOLIC TYPING PROGRAMS**

There are 4 levels of Healthexcel Metabolic Typing programs available that probe various levels of metabolic individuality:

1. **"The Basic Program"** - The Book: The Metabolic Typing Diet, published by Doubleday, January, 2000. Contains a self-test that determines whether you are a Protein Type, Carbo Type or Mixed Type and recommends the appropriate diet for your basic Metabolic Type. Minimal daily supplements are available for

each type, involving the appropriate metabolic type vitamin/mineral formulation, enzymes, and essential fatty acids. This book provides a comprehensive introduction to metabolic typing and is appropriate for anyone not challenged with a serious health problem.

2. **"The Intermediate Program"** - Available only through a Healthexcel certified Metabolic Typing Advisor and includes consulting. Comprised of a computer-based questionnaire analysis that reveals your Autonomic and Oxidative Types as well as your Dominant System ( AUTONOMIC - Sympathetic, Balanced, Parasympathetic, or OXIDATIVE - Fast Oxidation, Mixed Oxidation, Slow Oxidation ). Computer report recommends supplements and diet appropriate for each type. This program is a step above the complexity offered in the book and provides access to an Advisor to answer further questions and provide program guidance. This program, like the Basic Program, is not suitable for those with health challenges.
3. **"The Advanced Program"** - Available only through a Healthexcel certified Metabolic Typing Advisor and includes consulting. Comprised of a more extensive questionnaire in addition to Metabolic Type Testing Challenge Tests (simple proprietary physiological and biochemical home self-tests). Analyzes 7 Fundamental Homeostatic Controls, and makes appropriate Metabolic Type diet and supplementation recommendations. Designed to be a "metabolic balancing program."
4. **"The Comprehensive Program"** - Available only through a Healthexcel certified Metabolic Typing Advisor and includes consulting. Comprised of a more extensive questionnaire in addition to Metabolic Type Testing Challenge Tests (simple proprietary physiological and biochemical home self-tests) and a Hair Tissue Mineral Analysis. Analyzes 9 Fundamental Homeostatic Controls, and makes appropriate Metabolic Type diet, Metabolic Type supplementation, detoxification, exercise and lifestyle recommendations. Designed to be a "complete metabolic lifestyle and maximum health-building program."

Interestingly, no other lab tests are employed, which comes as a surprise to many people. It has been learned over the last 23 years that no lab tests currently available can provide the kind of information necessary for a metabolic type determination. Metabolic Typing is concerned with the recognition of patterns of the overall metabolic "style" of functioning. But, any lab test can only provide information about one specific level in the body, thus providing only a kind of "tunnel vision" perspective of one body level – a view that is not useful for the purposes of Metabolic Typing..

For example, blood analysis provides information about the tissue level. It does not give information about the cellular level or the nuclear level. So, a high mineral in the blood tells little about cellular levels of that nutrient. Furthermore, as the blood is a homeostatic mechanism, it attempts to maintain normal levels at all times. Thus, although the blood level of calcium may be within a normal range, little or no information is provided regarding what the body is doing to keep normal levels in the blood. Calcium may be pulled from the bones, teeth and hair in order to maintain a norm in the blood – a very abnormal condition yet no evidence of abnormality may be seen in the blood.

It is not uncommon to see blood nutrient levels within relatively "normal" ranges even in terminally ill cancer patients. In addition, even if the blood can identify weak areas in the body, it still does reveal what to do about it. For that, we need to understand the metabolic type in order to understand how nutrients behave in the metabolism in question. Remember, one's food is another's poison. And, what causes a weakness in one person, may correct that weakness in another. *What can cause improvement in liver function or cholesterol levels or immune efficiency in one metabolic type can worsen the same dysfunctions in a different metabolic type.*

In its own fashion, the body constantly defines its own individuality, and gives expression to its imbalances and makes known the need for its requirements. The mental, emotional, behavioral, physical and diet-related characteristics constantly displayed and "updated" by the body offer ample description and an unending flow of information regarding its status. The interpretation and understanding of this "body language" is the quest of metabolic typing and is accomplished through

Healthexcel's various levels of metabolic typing analysis.

## **THE METABOLIC TYPE ANALYSIS REPORT**

### **A Good Health Handbook For The 21<sup>st</sup> Century**

Upon completion of a metabolic typing analysis, a metabolic lifestyle report is provided. In addition to providing individualized recommendations for diet and nutritional supplements which are appropriate for each individual type, additional information is also provided regarding metabolic lifestyle changes. In short, all the information one needs in order to assist the body in building health is provided in the report.

For example, The Comprehensive Program Report considers the following areas:

- **Explains the results of the analysis**
- **Explains the need for nutritional supplementation**
- **Recommends a nutritional supplement program**
- **Recommends a metabolic type diet, including a list of allowable foods, restricted foods and optional meal plans**
- **Discusses proper food selection**
- **Discusses proper food preparation**
- **Discusses how to fine-tune the diet**
- **Considers expected reactions**
- **Other available documentation covers detoxification, pure water, structural integration, food combining, exercise, and other important issues of an ecological metabolic lifestyle**

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## **CONCLUSION**

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*The human body is designed to be healthy.* Every cell in the body knows exactly what to do and how to go about doing it. The Healthexcel Program is designed to provide the body with all the nutrients for which it has a genetic requirement so that the body can begin to do what it already knows how to do. In this sense, the Healthexcel Program does very little. But, by providing the body with all it needs, it helps to unleash the marvelous, sometimes seemingly miraculous healing powers innate to the human body.

It is a gross injustice for anyone to fill his body with toxins through the ingestion of junk foods; unnatural synthetic foods; tar, nicotine and cadmium from tobacco smoke; lead and carbon monoxide from auto exhaust and all manner of industrial air

pollutants; a myriad of the more than 10,000 non-life-supporting chemicals from herbicides, pesticides and preservatives; 150 pounds on the average of sugar a year; alcohol; caffeine; aerosol sprays, perfumes and deodorants; prescription and non-prescription drugs; denatured, devitalized food; stress; and nutrients that are inappropriate for one's metabolic requirements — *and then expect his doctor to make him feel better or make him well.*

The adverse influences in the environment will continue to increase in the years ahead. In order to survive and live a full, productive life in the current millennium, especially if one wants to live a healthy life, it is becoming increasingly important that each individual take responsibility for his or her own health and address the inescapable requirements of biochemical individuality, for it is only in so doing that the body will adapt and maintain its defenses against the adversities of the environment.

It is to this end, the unfoldment of human potential through the development of optimum health, that Healthexcel and its Metabolic Typing Programs are dedicated.

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For further information, see

### **The Metabolic Typing Diet**

by William L. Wolcott. with Trish Fahey, Doubleday, 2000. ISBN 0-385-49691-5.

Available in bookstores and on line at:

[www.Amazon.com](http://www.Amazon.com) and

[www.BarnesAndNoble.com](http://www.BarnesAndNoble.com)

Additional book information available at:

[www.MetabolicTyping.com](http://www.MetabolicTyping.com) web site

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