



HumanEngineering

Why is Metabolic Typing Different?

If you've been to a gym and had a program from a Personal Trainer, and then come to Human Engineering, you'll already be familiar with the difference between Personal Trainers and C.H.E.K. Practitioners.

So with this analogy in mind, trying any popular 'diet' or an alternative healthcare professional and then consulting a C.H.E.K. Holistic Lifestyle Coach will provide you with a very different approach, focussing on your individual needs.

Medical Practitioners and most Alternative Health Practitioners use a clinical approach to treat symptoms, whereas Metabolic Typing looks beyond symptoms and provides the information for you to feed your body the right raw materials for your body to return to balance and heal itself.

As we are all different on the outside, so we are on the inside. The foods that we put in our mouths balance, or hinder, our hormonal system, our emotional responses, and our ability to retain mental clarity. But not all foods suit each individual's body chemistry. Foods that go into our body should be considered our primary therapeutic source, but in the Western world with all the mixed messages we receive about correct diet and nutrition, it is no wonder so many people make mistakes that impact their health.

A C.H.E.K. Holistic Lifestyle Coach (HLC) will:

- Work out your metabolic type
- Provide you with comprehensive information on the right foods for your body
- Provide tools that will put you on track to reaching optimal health
- Identify roadblocks to success
- Provide you with support and weekly fine tuning of your diet
- Identify your primary stressors

A C.H.E.K. HLC won't dispense herbs in an alcohol base, won't make you get the scales out to weigh your foods, and won't try to fob you off with the 'one diet works for everyone' approach – or worse tell you off for 'not sticking to the diet' when you have – to the letter!

Metabolic Typing has successfully helped thousands of people across the world, and more importantly helped sufferers of chronic diseases such as arthritis, diabetes, digestive problems, and helped people remain healthy and purposeful lives.

For more information regarding Metabolic Typing or Holistic Lifestyle Coaching, please contact our Holistic Lifestyle Coach, Chas Barclay via e-mail chas@humanengineering.com.au