

# Metabolic News

The Newsletter of Metabolic Nutrition

October/November 2007

## Fall Special:

**Nutrition Tune-up**  
**Free 20 minute**  
**phone consultation**  
(Through December)

**Stock up on vitamins!**  
**Free Shipping**  
**On all supplement**  
**Orders**  
(within the US)  
(Through November)

**New Hours:**  
**Monday through Friday**  
**8:00 AM — 4:00 PM**  
**Saturdays by appt.**

Phone: (415) 257-3099  
Toll Free (877) 257-3098  
Fax: (415) 257-2226

[www.BloodpH.com](http://www.BloodpH.com)  
[info@BloodpH.com](mailto:info@BloodpH.com)

## Inside

Meet our newest staff..... 2

The End is the Beginning...2

Metabolic Special Item.....3

Holiday Challenge.....4

## Holiday Eating Tips: Stuff The Bird, Not Yourself

By Diane Fischler, NC

Autumn is here, the days are growing shorter, the temperature is dropping and we are entering the “holiday eating season”, which now extends from Halloween to New Year’s Day. We’d like to offer you some tips and suggestions for enjoying the festivities while continuing to nourish yourself without overeating or indulging in sugary, fatty, empty calories.

The first thing you can do is the “apple test”. When a craving starts or you feel like eating, ask yourself, “Would I eat an apple (or another fruit you enjoy)?” If the answer is yes, then you are actually hungry, so go ahead and enjoy a piece of fruit. If you would not eat the fruit, but would rather eat cookies or chips or other snack foods, then you are not hungry. This technique will help you to pay attention and assess your hunger levels. If you find you still have a craving for something salty, sweet or gooey, you may need to work with discovering the reasons why you are turning to food, be they boredom, stress, sadness, loneliness, or just plain habitual behavior.



Another behavior modification technique you can use is to actually gently lead yourself by the wrist out of the kitchen or buffet table, and away from the food. This really does work! If you find that after 20 minutes or so, you still feel the “call of the cupcake”, try the “apple test” and see if you can explore your reasons for wanting to dig into the sweets or chips.

For those of us who tend to overindulge at Thanksgiving and Christmas dinners, Hanukkah latke parties, Kwanzaa feasts, New Year’s Eve parties, and every other occasion for eating, holiday or otherwise, here are some commonsense tips you can put into use right now.

- Eat a light snack before you leave your house so you won’t be ravenous at the party.
- At a buffet, survey the entire layout before digging in and loading up your plate.
- Drink water, unsweetened tea, or other drinks without added sugars.
- Start your meal with a salad to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Then use only as much as you want.
- Choose main dishes that include vegetables.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- Choose a “small” or “medium” portion for main dishes, side dishes, and beverages.
- Order an item from the menu instead heading for the “all-you-can-eat” buffet.

If main portions at a restaurant are larger than you want, try one of these strategies:

- Order an appetizer or side dish instead of an entrée.
- Share a main dish with a friend.
- When your food is delivered, set aside or pack half of it to go immediately.
- Don’t join the “clean plate club” – when you’ve eaten enough, leave the rest.
- Order foods that do not have creamy sauces or gravies.
- Send the bread basket back to the kitchen.

If you follow these suggestions, come January, we can promise you that you will feel good about yourself, your clothes will still fit, and you will be entering the New Year with a renewed commitment to your health and well being.

## Meet Our Newest Practitioners!

We are pleased to announce that we have three wonderful new practitioners at the Metabolic Typing Clinic. They are looking forward to getting to know you better and helping you reach your health goals.



**Diane Fischler, CNC**

Diane Fischler is a graduate of Bauman College and is both a certified Nutrition Educator and Nutrition Consultant. She is a member of the National Association of Nutrition Professionals. She especially loves working with midlife women and with anyone who wants to make positive changes in their lives and their health through eating whole, nutritious foods tailored for their metabolic type. She firmly believes that we can positively impact our health at any age and stage in life.

Sylvie Nalezny is a graduate of Bauman College of Nutrition and is a certified Nutrition Educator. She has a Master's Degree in Holistic Health Education from John F. Kennedy University. Her passion is helping women to achieve and maintain a healthy weight, and learn to overcome cravings and self-destructive eating patterns. She blends a supportive, nurturing counseling style with the most up to date nutrition research to ensure that her clients can meet their goals.



**Sylvie Nalezny, MA, NE**



**Ellen Segale, CNC**

Ellen Segale is a Certified Nutritional Consultant with more than 15 years experience helping individuals and families enjoy a healthier eating lifestyle. She creates personalized supplement programs for her clients that prefer an alternative or complimentary approach to their wellbeing. Her nutritional studies include Bastyr University. She received her credentials from American Association of Nutritional Consultants and she is currently a Diplomate member.

## The End is the Beginning

by Harold J. Kristal, D.D.S.

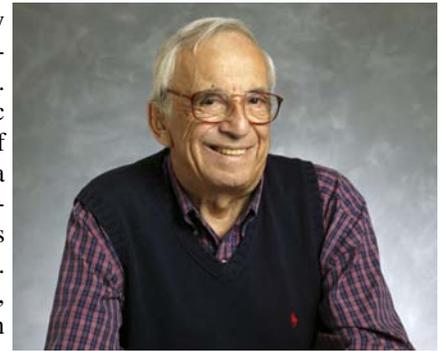
(From *Metabolic News*, May 2001)

The late, great biochemist Roger Williams, Ph.D. introduced the concept of biochemical individuality into the lexicon of nutritional science, and, ever since, it has become increasingly well established that each and every one of us is unique in our biochemical makeup. But within that uniqueness certain patterns of commonality emerge that we refer to as the Metabolic Types. Based on the results of Metabolic Typing, a nutritional program can be initiated that can have the potential for bringing about significant and lasting changes in a person's health and well-being. It is estimated that it takes approximately fifty years for new scientific findings to gain widespread acceptance; let us hope that personalized metabolic nutrition will be embraced by the mainstream medical community in a much shorter time than that!

The most confounding enigma in our work is why certain foods acidify the blood of one individual but alkalize the blood of another. George Watson PhD painstakingly explained in his out-of-print classic, *Nutrition and Your Mind*, how the process of oxidation (or energy production) renders certain foods acid forming and others alkaline forming. This occurs through the biochemical transmutations that nutrients undergo as they are processed through the Krebs cycle, the "energy furnaces" inside each of our cells. Even more perplexing is how the very same foods that alkalize the Oxidative types (Fast and Slow Oxidizers) acidify the Autonomic types (Sympathetics and Parasympathetics), and, conversely, foods that acidify the Oxidative types alkalize the Autonomic types. When I first observed this phenomenon in one of my patients, it was a truly enlightening experience! While much is now understood about the role of the Krebs cycle in controlling the process of oxidation, less is known about autonomic dominance, or why foods have the opposite pH effect in the Autonomic types as they do in the Oxidative types. Nonetheless, this empirical finding represents a monumental breakthrough in the practice of nutrition, as well as having significant implications for the practice of medicine. Addressing the acidity or alkalinity of an individual's blood is of paramount importance in promoting the successful outcome of any imbalance.

I come from a traditional medical background, which demands controlled double blind studies to validate empirical findings. Empiricism is the observation of clinical data, and the theoretical conclusions that are drawn from these observations. Sometimes the observations may be valid, but the conclusions based upon them may not be. At other times both the observations and the theoretical model may be accurate, but it might be challenging to confirm them scientifically, simply because not enough is known about the system in question.

This is the situation with the autonomic pathway of energy production. We do not know why autonomic dominance leads to foods having opposite effects on blood pH than oxidative dominance, but we are certain, based on many years of clinical experience, that this is indeed the case. For example, proteins and fats alkalize the Oxidative dominant types, but acidify the Autonomic types. Noting this phenomenon every day in my practice has validated it beyond a shadow of doubt in my own mind, true to the empirical approach. However, we are still unable to offer a scientific explanation for this phenomenon. Hopefully, as Metabolic Typing becomes more established, funds will be made available to conduct a rigorous scientific investigation of this enigma. We are working with some of the same metabolic markers as traditional medicine. Blood pH, oxidation, the sympathetic and parasympathetic branches of the nervous system, blood pressure, glucose tolerance, respiratory rates, the interplay between oxygen and carbon dioxide — all of these are part and parcel of the traditional medical world-view. There is no reason why the medical profession should be at odds with our protocols. They are simply not widely known or understood. My mission is to spread the word far and wide.



**Harold J. Kristal**  
1925-2005

Nutrition picks up the ball where traditional medicine falls short. So many health problems can be corrected, or at least greatly alleviated, simply by knowing which are the right foods and supplements for any given individual. As nutritionists we do, of course, focus on the central role that nutrition plays in a person's overall health and longevity. But I would be remiss if I did not also mention other key areas that affect health. Two of these are stress and toxicity, both of which are known to exert wide-ranging negative effects on our bodies. Diet alone may not always be entirely sufficient to achieve total bodily harmony in the face of ongoing emotional stress, or the onslaught of toxic chemicals from mercury fillings, environmental pollution, and the contamination of our food, water and the very air we breathe. Overwhelming though these factors may seem to be, we are not helpless in cleaning up our act. We can choose to feed ourselves and our families organically grown food, drink pure water, have toxic dental work removed, and exert pressure on our elected officials to clean up the environment. We can also stay physically active, exercise regularly and be sure to get plenty of rest and sleep. All of these simple activities are vital to good health. We also need to be sensible, and to seek proper medical advice when necessary. Above all, we must strive to maintain a positive mental outlook on life. Our stay on earth is brief, so let us enjoy it to the hilt, savor each moment and each day, and maximize our experience through the cultivation of radiant health.

The title of this essay, *The End is the Beginning*, is a phrase coined to point to the necessity of more research on Metabolic Typing. However much we know, there is always more that we do not know. It is inevitable that such research will happen, as Metabolic Typing represents the beginning of a new era in nutrition and medicine, one in which therapeutic protocols are specifically targeted to an individual's Metabolic Type. My own work has been to lay out a path for others to follow as they explore this fascinating new approach to nutrition.

**Sale Price**  
90 Count - \$21.60  
180 Count - \$41.60

## **Lipoic Plus Special**

**20% off through the end of the year.**



These days, the whole nutrition world seems to be buzzing about antioxidants. A veritable fountain of youth, antioxidants stop free radical damage and may slow aging, reduce inflammation, and damage to DNA. The food industry has definitely tapped into this trend and as a result some of us may be feeling justified in our increased consumption of special juice concoctions, dark chocolate, and even coffee! While it is certainly true that when eaten in moderation these foods have proven health benefits, they also may provide additional sugars which are not so helpful. In the name of fighting free radicals, we can offer our clients a much more powerful solution: **Lipoic Plus**.

Think of our **Lipoic Plus** supplement as a superhero in the antioxidant world. Our synergistic formula blends lipoic acid, curcumin, green tea extract, biotin, and selenium for powerful antioxidant support and blood sugar balancing. It is perfect for people in need of extra detoxification support, immune boosting, or those with blood sugar imbalances and/or excess weight.

As with all of the supplements we carry and manufacture, we only use the highest quality ingredients available. Personalized Metabolic Nutrition exclusively uses European pharmaceutical grade alpha-lipoic acid, rather than the less pure Chinese form used in most lipoic acid supplements. In addition, our green tea extract is especially potent, with a unusually high polyphenol content (80%) and 30% EGCG (epigallocatechin gallate).

Lipoic acid is unique in that it is able to work in both fat and water soluble environments in the body. It extends the functional life-span of vitamins C & E. Even more formidable is that it actually stimulates the production of the body's premier antioxidant—glutathione. The selenium in the formula also stimulates glutathione synthesis. In addition to protecting cells, retarding aging, stimulating the immune system, and reducing inflammation, **Lipoic Plus** is fantastic for normalizing blood sugar and insulin sensitivity. As a result, it can be a superb addition to a weight control program.

# Free shipping and Tune-up appointments

- Through the end of November 2007, our clinic would like to offer you free shipping on all U S orders. Or, if you live in the area, come in and see us; we'd love to see you.  
**Come in and pick up your order and we'll give you an additional 10% off!!**
- Through the end of December 2007, we're offering **free, 20 minute phone consultations**. With the flu season and the holidays right around the corner, it's a good time to keep your immune system strong. Give us a call and we'll be happy to help you stay on the path of health.

## Holiday Weight Challenge

This holiday season all of us here at Metabolic Nutrition have committed to “walk our talk!” Being “jolly” doesn't mean you've got to jiggle! Starting in October, we have kicked off the official body composition challenge. Our goals are to lose weight and to improve our body composition by losing fat and gaining muscle so that come New Year's Day there will be no regrets and resolutions needed! We will be posting the results of the challenge in our January newsletter, along with detailed descriptions of what we did to achieve them (diet, exercise, & supplements). If you'd like to join us in this holiday challenge, give us a call. We'd love the company and we'd love to support you all along the way. The more the merrier!



---

---

***Metabolic Nutrition***  
1530 5th Ave., Suite A  
San Rafael, CA 94901  
415-257-3099

**Published by:**  
Vernon R. Philpott  
**Editor:**  
Diane N. Fischler, CNC

Dedicated to the memory of Dr. Harold J. Kristal