

Hello Friends,

Do you love chocolate? And 2 Special Offers!

Scientist Sunil Kochhar and colleagues at the Nestlé Research Center in Switzerland studied volunteers who classified themselves as 'chocolate desiring' and 'chocolate indifferent.'

In a controlled clinical study, each subject ate chocolate, or a placebo, and Kochhar's team made some interesting discoveries. He explains:

"Our study shows that food preferences, including chocolate, might be programmed or imprinted into our metabolic system in such a way that the body becomes attuned to a particular diet."

"We know that some people can eat a diet that is high in steak and carbs and generally remain healthy, while the same food in others is unhealthy."

"Knowing one's metabolic profile could open-the-door to dietary or nutritional interventions that are customized to your type so that your metabolism can be nudged to a healthier status."

Here we have SCIENTIFIC PROOF that each person has their OWN METABOLIC TYPE, and should therefore eat foods that will enhance their health and well-being accordingly. It's so interesting that the scientific community is only now beginning to understand what Bill Wolcott, who developed The Metabolic Typing Diet Protocols, has been saying for 30 years!

TWO SPECIAL OFFERS to DISCOVER YOUR METABOLIC TYPE
Believe me when I say that your mind, body, and emotions will thank you for starting to create balance in your life, just by eating according to your INDIVIDUAL METABOLIC TYPE!

For more information please

visit <http://www.consciousconnections.com/metabolic-typing-diet.html>

SPECIAL OFFER # 1 - TAKE \$20 OFF!

The Advanced Metabolic Typing Diet Program, which includes:

- The Computerized Assessment & Report
- My Analysis of the Computerized Assessment & Report
- **Comprehensive Eating Plan that lists exactly which Proteins, Carbs, and Fats) are best for Your Metabolic**

Type. You'll also know which foods to avoid, because they will take you out of balance. Whether grocery shopping or eating out, your food choices will be simple to make.

- **The Diet Record Sheet will help you assess how what you eat affects you physically, mentally, and emotionally.**

So you'll quickly learn how to eat the right foods to stay in balance.

- **Recommendations for Supplements and Beneficial Lifestyle Changes for Your Metabolic Type to further enhance your wellness.**

- Your Results Phone Session to help you JUMP START the Program and **learn how to use food for energy, and not store it as fat**

- Your Follow-Up Fine-Tuning Phone Session one week later to **keep you on the path of enhanced well-being and balance**

- Unlimited email consultations for up to one-week after the Fine-Tuning Session

Book and pay for My Special Offer # 1 prior to midnight on Saturday, October 27, 2007, and take \$20.00 off the already special rate!

SPECIAL OFFER # 2 (Never Offered Before Now!)

For a limited time you may book just the Computerized Assessment & Report for only \$89.00! You'll receive a LOT of information to get you on the right track towards enhanced well-being. **You'll find out exactly what your Metabolic Type is, and how you Oxidize Food for Energy. As with the Advanced Program, you'll receive information about how to eat so that you burn food for energy, and not store it as fat!**

You'll receive a **Comprehensive Eating Plan that lists exactly which Proteins, Carbs, and Fats are best for Your Metabolic Type.** You'll also know which foods to avoid, because they will take you out of balance. Whether eating out or in, you can **take the guess work out of which foods are best for your Individual Metabolic Type.**

The Diet Record Sheet will help you assess how what you eat effects you physically, mentally, and emotionally. So you'll quickly learn how eat the right foods to stay in balance.

Recommendations for Supplements and Beneficial Lifestyle Changes for Your Metabolic Type are also included to further enhance your wellness.

This Special Offer # 2, of purchasing just the Computerized Assessment and Report, **will take the guesswork out of what to eat to achieve Metabolic Balance and Enhanced Well-Being in your life.** Later on, should you need help with Fine-Tuning Your Metabolic Diet, please feel free to contact me for individual sessions.

But you must hurry to book your Computerized Assessment and Report because my Special Offer # 2 will also expire by midnight on Saturday, October 27, 2007.

Contact me now to let me know which Special Offer appeals to you:

[The Advanced Metabolic Typing Diet Program](#)

or the SPECIAL OFFER of just

[The Metabolic Typing Computerized Assessment and Report](#)

Wishing you the very best,

Chris :)

Christine-Anne Plâtel

Life and Business Coach – People Development Coach

Advanced Metabolic Typing Diet Adviser

Energy Psychology Practitioner

<http://www.consciousconnections.com>

NOTE: I accept payments via PayPal