



# DO YOU NEED NUTRITIONAL SUPPLEMENTS?

Healthexcel Inc.

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Your body has a genetic need for certain amounts and balances of nutrients in order to function efficiently. Fail to get what your body needs and degenerative disease is almost assured. Meet that need and you run an excellent chance of staying healthy, trim and energetic for a lifetime! The sky-rocketing rise in degenerative diseases over the last 100 years is clear evidence that most people do not meet their optimal nutritional requirements.

### THE PROOF IS IN THE PUDDING

Whether to take supplements or not is one of those questions that can best be answered through the old adage: "The proof is in the pudding." You can easily prove to yourself what is true and what isn't and whether or not you could benefit from taking supplements designed for your metabolic type. Here's what to do: Simply take your recommended supplements for 2 months. Then stop. Then compare the way you felt while taking the supplements to the way you feel when you don't take them. Not one person in 30 years has ever told us that they did not feel noticeably better on their Metabolic Typing® supplements.

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## Why Take Nutritional Supplements?

### QUALITY OF FOOD

If the food which is available in today's market indeed provided all the necessary nutrients, it might be possible to use only food to obtain and maintain good health. The sad state of affairs however, is that most of the food that is available today is not of the same quality that it was 1,000 years ago, 100 years ago, or even 50 years ago. Methods of storing, processing and preserving often severely devitalize foods nutritional value. In addition, many of the modern techniques used to grow food faster, larger and on nutritionally depleted soils have destroyed the original, natural quality of our food supply. What appears to be an ear of corn, or a tomato, is in many cases quite different from the corn or tomato of 75 years ago. Some research into the differences between organic and inorganic foods has shown

as much as a 2000% deficit in some of the nutrients. But even more alarming is the fact that science has found that the nutrient content of even organic foods is dramatically less than it used to be. Therefore, Nutritional supplements supply a concentrated form of nutrients which can easily compensate for the lacks in our food supply.

### TIME

It is important to understand that there's a big difference between just getting enough nutrition to keep you going and in getting optimal nutrition for your Metabolic Type® on a daily basis. Many people, due to the nature of their work and fast-paced lifestyles, find it difficult or even impossible to eat whole, natural food. They must often eat out, and



may not be able to totally fulfill their Metabolic Type dietary requirements. Nutritional supplements can fill in the gap where proper eating habits fall short.

### MODERN LIFESTYLE

Due to our modern lifestyles, we experience additional stress levels at home and at work than we did in past times. We are exposed to an incredible amount of toxic burdens in the air we breathe, the water we drink and the food we eat. This all dramatically increase the body's requirements for nutrients -- not calories, but nutrients, the biochemical constituents we need to adapt to and compensate for the challenges of modern life and neutralize environmental adversities Compared to the pure and pristine world of less than a century ago, our modern environment itself poses a challenge to our health. Industrial air pollution, 10,000 chemicals in our food supply, sick-building syndrome, holes in the ozone layer, chemically-treated drinking water, electro-magnetic pollution from appliances, cell phones, computer monitors, etc., chemical exposures in the workplace and at home, and high stress lifestyles, all place an increased demand for nutrients on your metabolism that may only be met through nutritional supplementation.

### GENETIC VARIATIONS

The genetic requirement for nutrients varies tremendously between people. There can be a 2, 5 or even 10 fold difference in the need for certain nutrients. To meet this wide variation through just food could be quite difficult. The technology of The Healthexcel System of Metabolic Typing® provides the ability to supply each individual with his or her unique biochemical requirements -- namely, nutrients of the right kind, in the right amount, at the right time and place in the body, and in a form which is readily utilizable for any given Metabolic Type. Therefore providing nutritional supplementation for very individual genetic requirements.

### DEFICIENCIES

If your health is not optimum, the chances are excellent that there's some deficiency in your capacity to digest and assimilate your food. So, if your food is already lacking in nutrients, and if the food you eat is only partially digested, and if what you digest is only partially assimilated, then you'd need to eat

an awful lot of food to compensate for the nutrient deficiencies already present along with your faulty digestion and assimilation.

### STRENGTHENING

Nutritional supplements recommended in the metabolic programs are targeted to work to stimulate weak areas, as well as to support rebuilding processes by supplying required raw materials. For example, if you have digestive weaknesses or allergic reactions to foods, (a very common occurrence), nutritional supplements can build digestive strength, while at the same time allowing you to readily and easily acquire nutrients which you may otherwise have difficulty in getting due to poor digestion and assimilation.

### EATING LESS

Nutritional supplements can provide an excellent means of making sure that you get enough nutrients on a regular basis without having to burden your system with eating large amounts of food. The digestion of food in high quantities requires far more energy than the digestion of a few nutritional supplements. In addition, supplements are an ideal way for you to get certain necessary nutrients from foods which you might find objectionable in taste, such as liver or bee pollen.

### CUSTOMIZE YOUR NUTRITION

Finally, and perhaps of greatest significance from the standpoint of balancing your body chemistry, nutritional supplements allow for the capacity to design multi-vitamin / mineral formulas that address the needs of the specific Metabolic Types, correcting imbalances in all the Fundamental Homeostatic Controls that are unique in each person.

### Not All Supplements Are Equal

### WHAT'S RIGHT FOR YOU?

One of the stunning revelations of our system of Metabolic Typing® is that any given nutrient can have opposite biochemical effects in different Metabolic Types. The reason for this is that every nutrient stimulates or inhibits one or more of the Control Systems. Different Metabolic Types are dominated by different systems which dictate how nutrients behave in one person's metabolism as opposed to



someone else's metabolism. And, of course, this is why it's critical for people to obtain the quantities and balances of nutrients that are right for their Metabolic Types.

This alone distinguishes Metabolic Typing® Nutrients from every other kind of nutritional formulation available today. But one of the great secrets of nutrition that has only been revealed by Metabolic Typing® research is the surprising fact that the carrier attached to the nutrient(s) also has specific and potent effects on the Control Systems -- sometimes even more so than the nutrient itself!

The reality is that you can neutralize or even adversely override the benefit of a nutritional supplement if you take it in a form that is wrong for your Metabolic Type. Make no mistake: Just like foods, the wrong supplements can create health problems instead of correct them. Unless you are taking supplements that are right for your metabolic type, it would be better to not take any at all!

Leading Edge Supplement Technology

The technology of The Healthexcel System of Metabolic Typing that has evolved over the last 20 years and provided the revolutionary understanding of the effects of nutrients and their carriers on the body, combined with the ability to create

supplements which easily break down, are easily digested and assimilated, and can be readily transported to specific sites in the body, provides the ability to supply each individual with his or her unique biochemical requirements -- namely, nutrients of the right kind, in the right amount, at the right place in the body, at the right time, and in a form which is readily utilizable for any given Metabolic Type.

Make no mistake, proper nutritional supplementation is vital to good health and well-being in our world today. It is indeed unfortunate that our modern society, with all of its wonders and blessings in regard to the quality of human life, was in great part bought with the high price of the devastation of our food chain and detriment to our nation's health. Viewed in this light, it is regrettable that nutritional supplementation is even necessary.

On the other hand, through the correct understanding and use of food and nutritional supplementation, you can overcome environmental adversities and claim your birthright to glowing health and joyous well-being.

Metabolic Typing provides an answer to the question: "What is right for me?" both in terms of foods as well as through Metabolic Type nutritional supplements. There is little doubt that in today's world, nutritional supplements can do a world of good for you. Just be sure you take the right supplements for your Metabolic Type. Use them for your good health!

