

FREE SEMINAR!

# METABOLIC TYPING

Discover the PERFECT diet for YOUR metabolism...



WHAT WORKS FOR YOU?

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?" Metabolic Typing provides the answer...

## WHAT CAN IT DO FOR YOU?

**M**etabolic Typing uncovers the patterns of the genetically-based strengths and weaknesses that make each of us, on a physiological and biochemical level, as unique as our fingerprints. It evolved through a correlation of the known **scientific facts** concerning the fundamental control systems, with the clinical observation and empirical experience of hundreds of practitioners, with over **60,000 cases** over the last **25 years!**

In this short seminar, you will learn how this system is the key to unlocking the "diet and nutrition enigma" that seems to be so difficult to solve.

We are in the age of genetic testing, and science is progressing extremely fast. This new emerging field is showing us how EACH individual responds different to diets, supplements, exercise, and the environment.

Its so simple, you can't afford to miss this seminar, especially considering the cost of trying another diet or supplement that just won't work, just like all the rest!

--**Sam Visnic**  
Metabolic  
Typing Advisor



Join Us!



**Metabolic Typing can help you:**

- Lose weight without calorie or portion counting
- Free yourself from food cravings so you can enjoy eating without feeling guilty
- Increase your energy without stimulants or highs and lows
- Balance your hormones and metabolism naturally!

### **When:**

Thursday, August 12th, 2010

### **Where:**

**Capital Club (7th Floor)  
LeBistro Room**  
41 S. High Street  
Columbus, OH 43215  
614-228-0645

### **What time:**

6:00 pm to 7:00 pm (60 minutes)

**Limited Seating! Call or Email  
Now To Reserve Your Spot!  
614-228-0645**

**Leave Email When Calling!  
JL.Holdsworth@  
capitalcolumbus.com**