

Anne Mitchell, ND

PERSONALIZED COMPUTERIZED DIET

Most diets are difficult to follow, give you little freedom of choice, address only weight issues, and often cause more health problems than they solve. Contrary to all the advertising we see and hear, no single diet fits everyone. Your biochemical individuality determines your unique nutritional needs. Medical conditions, blood type, body type, food allergies and intolerances, vitamin and mineral imbalances, and ideal weight are all factors that should be considered when determining optimal food selections for you. With all of these varying and interrelating factors only a computer can process the information and create the correct diet for you as an individual.

This office now uses the sophisticated new **Diet Therapy™ Software** program to create a diet that is simple to follow *and just for you*. Now what you eat can help treat your health problems instead of causing them *and* help you manage your weight, all while giving you more food choices than you thought were available.

YOUR COST

METABOLIC TYPING	\$30	(This is a 15 to 20 minute online questionnaire to determine if you are a fast oxidizer, moderate or slow oxidizer.)
BLOOD TYPING	\$10	You may already know your blood type. If you are Type A, your lectin type will need to be determined for an additional \$10.
COMPUTERIZED DIET ANALYSIS	\$100	This will tell you what foods to eat and what to avoid using your health conditions, your allergies, your dietary needs and your metabolic and blood type, your body type, your weight and lifestyle. Now you can really know what you should and what you shouldn't be eating.

Please start with the Metabolic Typing Questionnaire

Visit the following website address:

<https://www.healthexcel.com/public/mto2-s.html>

Please read the information presented there then enter the data requested. When you come to it, you should enter the following information about your practitioner:

Practitioner Name: Anne Mitchell

Practitioner Cert #: YY522

Once you are done, your results will be emailed to your practitioner.

**Then carefully read and complete the Intake Form on the back.
Bring this page with you on your next visit.**

If you have any questions, please call Dr. Mitchell's office at 203-239-3400.