

## **Stapling Instructions:**

### **Week 1**

1. Health Questionnaire (NTAF) & Medication History-2 pages
2. Hunger Is All In Your Head-2 pages
3. Glycemic Index-3 pages
4. Balancing pH-3 pages
5. Blood test instructions-no staples
6. Insulin Resistance-7 pages
7. Diet diary-make 8 copies, no staples

### **Week 2**

1. Recovery Systems-7 pages
2. Chapter 8 The Ultimate Weight Loss Weapon-9 pages

### **Week 3**

1. First Time Evaluation-4 pages

### **Week 4**

1. Metabolic Type I questionnaire-6 pages
3. The Blood Sugar Diet-3 pages no staples

### **Week 5**

1. Metabolic Type II-6 pages

### **Week 6**

1. Metabolic Type III Chinese 5 Elements Questionnaire-4 pages
2. Chinese 5 element diet-7 pages

### **Week 7**

1. Metabolic Type IV Ayurvedic Body Type Evaluation-no staples
2. Chapter 3. Nutritional systems-5 pages

### **Week 8**

1. Eat and Avoid list-no staples