

YOUR GUIDE TO WELLNESS

YOUR PERSONAL WELLNESS PROGRAM

How to feel great and prevent
Chronic Disease

A simple and practical lifestyle program for
total wellbeing.



Metagenics

Genetic Potential Through Nutrition

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Have you ever wondered what it takes to get well and stay healthy?

Have you ever wondered which health products really do promote good health?

Are you looking for a simple and proven solution for improving your health?

INTRODUCTION

Many people who are tired, over-worked and sometimes sick know they should be eating the right foods, exercising regularly and taking nutritional supplements. It's often easy to get confused, however, with all the different information that's available out there. Many people are not sure what dietary advice is best for them, or they find it hard to exercise, and are unsure of which supplements are best for them. It can be hard to achieve wellness if you are not sure where to start.

WELCOME TO WELLNESS

The Wellness plan outlined in this booklet will help you achieve this state of wellbeing. This booklet will give you a clear, simple and practical lifestyle program based on scientifically proven recommendations. By following the guidelines in this Wellness program you can be sure you are doing the best to maintain a healthy lifestyle and improve your wellbeing.

PROFESSIONAL CARE

Your healthcare professional has recommended you read "Your Guide to Wellness" and follow this lifestyle plan to promote your optimal health and wellness. Make sure you maintain regular contact with your Practitioner. To ensure success it is essential that a qualified healthcare professional support you through the program and monitor your progress.

NUTRITIONAL SUPPORT

Depending on your specific requirements, your healthcare professional may recommend some nutritional support for you. Your Practitioner will advise you of the best supplementation and dosage schedule for you. You will find some explanations of these support products in your booklet – these products offer you many personal health benefits.

THE POWER OF LIFESTYLE CHANGE

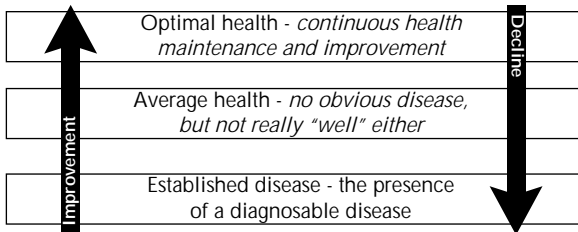
The major cause of death in Australia and New Zealand is heart disease, which means you are more likely to die from heart disease than anything else. Fortunately simple lifestyle changes, such as those outlined in this booklet, are powerful enough to help reduce the risk of heart disease. Lifestyle change also has the power to reduce the risk of other major diseases such as cancer and diabetes. A healthy lifestyle is the most important step towards keeping you well!

WHAT DOES IT MEAN TO BE “WELL”?

Many people think the terms “health” and “wellness” mean simply being free from disease – however there is so much more to being truly *well*! Are you well if you are overweight, forgetful, tired, moody, or have poor skin? What if you suffer from headaches, frequent colds, constipation or bloating?

Clearly, wellness is not just the absence of disease (see Figure 1 below). Wellness is a state of physical and mental wellbeing, beyond the manifestation of these obvious symptoms.

FIGURE 1: Levels of health - which direction are you heading?



An appropriate diet, the right amount of exercise and the correct nutritional supplementation has the potential to address your state of wellbeing on many levels, optimising your health and promoting vitality.

**"If I'd known I was going to live this long,
I'd have taken better care of myself."
- Eubie Blake (on his 100th Birthday)**

EIGHT SIMPLE REASONS

Why Wellness is For You

1. Weight Loss and Weight Maintenance

Maintaining a Wellness lifestyle will help you lose weight and keep it off due to improved dietary satisfaction, appetite, metabolism and muscle mass.

2. Improved Energy

People typically notice an improvement in their energy with a Wellness program due to improved physical fitness and nutrition.

3. Healthy Skin

Diet, exercise and adequate nutrition have the ability to enhance your health from the inside out, returning lustre and improving the health of your skin.

4. Good Digestion

Simple dietary and lifestyle changes can have a profound effect on digestive function. Symptoms such as bloating and constipation may disappear due to an increase in beneficial dietary fibre and regular exercise.

5. Cardiovascular Health

The appropriate diet, exercise regimen and nutritional supplementation may assist in maintaining healthy cardiovascular function.

6. Blood Sugar Control

Do you get a mid-afternoon energy drop? A Wellness lifestyle program is specifically designed to assist in the maintenance of healthy blood sugar.

7. Improved Mood

Stress-related disorders are common. How you feel is often related to your physical health. When beginning a Wellness program you may find your mood lift due to an improved state of physical wellbeing.

8. Disease Management

Wellness doesn't just keep you well, it increases your level of health and wellbeing. Your health is very responsive to lifestyle changes and you may see old problems start to improve or disappear.

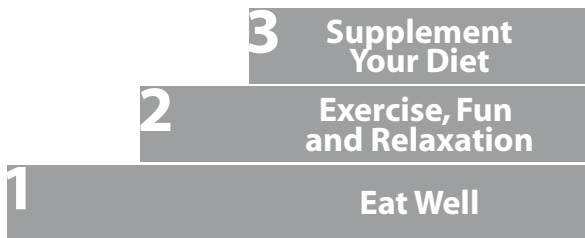
**“Every human being is the author of his or
her own health or disease.”**

- Sivananda

HOW WELLNESS WORKS

Wellness is achieved by following three basic steps; diet, exercise and nutritional supplementation (see Figure 2 below). The recommendations for each of these foundations have been specifically developed in line with scientific research and represent cutting edge health recommendations.

FIGURE 2: Steps to Wellness



UNDERSTANDING STEP 1: DIET

This Wellness program is based on low glycaemic load (GL) foods. The GL is a ranking of foods based on their immediate effect on blood glucose (blood sugar) levels and the amount of sugar they contain. The lower the GL, the lower the sugar content and the better the food is for you.

Box 1: Some Benefits of a low GL Diet

Low GL diets can help people lose weight

Low GL foods keep you feeling fuller for longer

Low GL foods can improve diabetes control

Low GL diets can improve heart health

It was once thought that table sugar and particularly sugary foods such as sweets were the only foods that had to be avoided by people trying to control their blood sugar, trying to lose weight and/or trying to be healthier. However, the GL has shown us that complex carbohydrates such as rice and potatoes also contribute significantly to the amount of sugar in the blood. For this reason, eating a low to moderate amount of carbohydrates can be highly beneficial for health.

You might find you have to increase your protein intake when you start the Wellness program - this is probably because you were not eating enough protein before. Not eating enough protein can adversely affect energy levels and wellbeing.

A healthy protein intake improves appetite control, increases your metabolism and helps maintain lean muscle mass. The simple recommendations in this booklet will help you improve your diet quality without having to fuss over calories.

Certain fats (eg: polyunsaturated essential fatty acids) are good for us and have important health benefits. Fats from oily fish, nuts and seeds and healthy oils such as extra virgin olive oil have many healthy benefits. Good fats are an essential component of a wellness lifestyle.

Fruits, and especially vegetables, are an excellent source of fibre, vitamins, minerals and other protective substances including antioxidants. Vegetables are far higher in these nutrients than cereal grains (e.g. bread, rice, pasta) which are much higher in calories. Making the most nutritious, calorie-balanced food choices will help you maximise the benefits of the wellness program.

**“Let food be your medicine and medicine be your food.”
- Hippocrates**

UNDERSTANDING STEP 2: EXERCISE, FUN AND RELAXATION

Inactivity or lack of exercise is second only to cigarette smoking as a major contributor to chronic diseases such as heart disease. If you are not active, chances are you are not doing much better than a regular smoker. Exercise doesn't have to be difficult, nor do you have to run a marathon to get the full benefits of exercise. The surprisingly simple and realistic recommendations in this booklet will get you on track in no time. Regular fun and relaxation are also vital to a healthy lifestyle and will be discussed shortly.

UNDERSTANDING STEP 3: NUTRITIONAL SUPPLEMENTATION

Modern food processing, storage and farming techniques mean that our diet is deficient in many essential nutrients. In 2002, Harvard Medical School released a report stating that all adults should be taking nutritional supplements. This suggestion was based on the fact that sub-optimal intakes of dietary nutrients are common in the Western world.

Scientific research has also shown that nutritional deficiencies are linked to the development of various health complaints. That is why daily nutritional supplementations are so important – think of it as health insurance.

Choosing the right supplement is important and it is advised that you always consult a health professional that specialises in this field before starting any dietary supplements. Not all supplements are the same and it is important to use supplements that provide the highest quality ingredients, and are subject to rigorous testing and analysis to ensure quality. Most importantly it is vital to use supplements that are going to best help you as an individual. This is where your health Practitioner can help.

THE WELLNESS LIFESTYLE PYRAMID

Take a multivitamin/mineral, omega 3 fatty acid and probiotic daily

Include a handful of nuts and seeds and up to two tablespoons of healthy oils daily

Include starchy carbohydrates at one to two small serves daily

Enjoy a minimum of two pieces or one cup of fresh fruit daily

Include protein-rich foods in each meal or snack

Enjoy a minimum of three cups of fresh vegetables daily

Drink a minimum of eight glasses of pure water daily

Enjoy a minimum of 30 minutes of moderate activity, and 30 minutes of fun and relaxation on most days



EXAMPLE: A WEEK OF EATING ON THE WELLNESS DIET

Day	Breakfast	Snack	Lunch	Snack	Dinner
1	Scrambled Tofu	Quiche delight	Fresh Garden Salad	Raspberry UltraMeal and mandarin	Lamb Cutlets with Vegetables
2	Zucchini and mushroom omelette	UltraMeal: Chocolate Berry	Marsala Chicken Vegetable Curry	Rice crackers and hummus	Hearty Winter Pot Stew
3	UltraMeal: Chocolate – Covered Cherries	Banana and mixed nuts	Chicken Caesar Salad	Almonds and fruit salad	San Choy Bow (Pork Mince in Lettuce Cups)
4	Poached eggs with crusty sourdough	A can of flavoured tuna on crispbread	Thai Lime and Sesame Stir-fry	Yoghurt with berries	Spanish meat balls in chunky tomato sauce
5	UltraMeal: Cherries Amaretto	Lemongrass and chilli Chicken Drumsticks	Mediterranean Salad	Brazil nuts and a piece of fruit	Takeaway pizza
6	Roasted vegetables with smoked salmon	Walnuts and an apple	Asian Style Fish and Sesame Mushrooms	Vanilla UltraMeal	Grilled Pepper Steak with French Beans and Lemon Butter Sauce
7	Cinnamon stewed fruit and cereal	UltraMeal: Banana berry supreme	Orange Sea Scallop Salad	One to two boiled eggs	Baked Fish with Toasted Almonds

* Refer to the back of this booklet for these recipes.

STEP 1: EAT WELL

To gain the most benefit from your Wellness program there are seven simple dietary targets you need to aim for:

- Target 1: Include protein-rich foods in each meal or snack
- Target 2: Enjoy a minimum of three cups of fresh vegetables daily
- Target 3: Enjoy a minimum of two pieces or one cup of fresh fruit daily
- Target 4: Include starchy carbohydrates at one to two small serves daily
- Target 5: Include a handful of nuts and seeds and up to two tablespoons of healthy oils daily
- Target 6: Drink a minimum of eight glasses of pure water daily
- Target 7: Enjoy a freedom meal once a week



TARGET 1: INCLUDE PROTEIN-RICH FOODS IN EACH MEAL OR SNACK

To keep your appetite down and your metabolism up you need to eat a protein-rich food with each meal or snack. This will ensure adequate protein intake so that you don't go hungry and keep your metabolism at its peak throughout the day. Organic, free-range meats, poultry and eggs, lean cuts, grass fed meats and non-farmed fish choices are always best.

Protein rich foods include:

Fish

Salmon♥, snapper, red emperor, king fish, sword fish[Ⓡ], tuna[Ⓡ], trout^{Ⓡ♥}, whiting[Ⓡ], herring^{Ⓡ♥}, white bait[Ⓡ], mullet^{Ⓡ♥}, mackerel♥ and sardines^{Ⓡ♥}.

Ⓡsmaller fish have less contaminants

♥high omega 3

Ⓡconsume large fish only once a week, due to contaminants

Seafood

Squid, prawns, oysters (excellent source of zinc), mussels, crayfish, crab and scallops.

Poultry

Chicken, turkey, duck and quail.

Meat

Beef, lamb, veal, pork and kangaroo.

Eggs*

Chicken and duck.

Soy foods*Ⓢ

Tofu, tempeh and soy milk.

Dairy*

Check with your Practitioner if dairy is suitable for you.
Cheese, natural yoghurt, milk, paneer and whey protein.

Whey has the highest Biological Value. Biological Value is a measure of the proportion of absorbed protein from a food which becomes incorporated into the proteins of the body.

Legumes*⊗

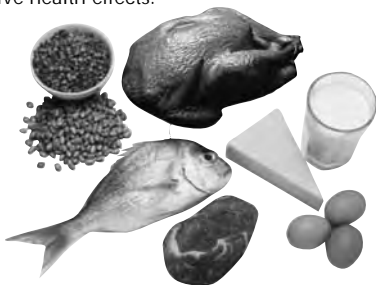
Lentils, chick peas, mung beans, pinto beans, lima beans, black eyed peas, green split peas, kidney beans, yellow split peas, navy beans, white kidney beans and black beans.

Legumes have less protein and more carbohydrate than other sources, however they are a good vegan protein option.

- Vegetarian protein sources
- ⊗ Vegan protein source

Tip: At each meal your protein portion should approximate 1- 1½ times the size of the palm of your hand with ½ a palm for snacks.

Remember “fresh is best” and choose to avoid processed meats (e.g. bacon, salami, and smoked or cured meats) as these may have negative health effects.



TARGET 2: ENJOY A MINIMUM OF THREE CUPS OF FRESH VEGETABLES DAILY

Vegetables are very high in nutrients and beneficial dietary fibre. Regular vegetable consumption may reduce the overall risk of developing many types of chronic disease including heart disease and cancer (due to the numerous phytonutrients present in all vegetables). Phytonutrients are additional antioxidants found in plants, as distinct from vitamins and minerals, which are associated with numerous health promoting effects. Highly coloured vegetables tend to be highest in phytonutrients.

You should aim for a minimum of 3 cups of vegetables per day. Limit the intake of energy dense, high carbohydrate vegetables to one cup a day. If available choose certified organic or spray free produce. It's a good idea to wash your fruits and vegetables thoroughly to remove any pesticide residue. Light steaming is generally a better method of cooking vegetables over boiling or mashing to reduce nutrient loss.



The list below provides examples of vegetables you can enjoy.

Alfalfa	Avocado [Ⓕ]
Asparagus	Bean sprouts
Beans, green	Bok Choy
Broccoli [Ⓢ]	Broccoli [Ⓢ]
Brussels Sprouts [Ⓢ]	Cabbage [Ⓢ]
Cabbage (purple) [Ⓢ]	Capsicum
Carrots [Ⓕ]	Cauliflower [Ⓢ]
Celery	Cucumber
Egg plant	Fennel
Garlic	Ginger
Herbs, fresh	Kale [Ⓢ]
Lettuce	Leeks
Mushrooms	Onions
Parsley	Peas [Ⓕ]
Pumpkin [Ⓕ]	Potato [Ⓕ]
Radish	Rocket
Salad greens	Silver beet
Shallots	Snow peas
Spinach	Sprouts
Squash	Tomato
Sweet potato [Ⓕ]	Water cress [Ⓢ]
Zucchini	

[Ⓕ] Energy dense / high carbohydrate vegetables, limit to one cup (raw) daily.

[Ⓢ] Cruciferous vegetable sources boost the body's protective antioxidant production.

TARGET 3: ENJOY A MINIMUM OF TWO PIECES OR ONE CUP OF FRESH FRUIT DAILY

Fruits are high in nutrients and fibre. Regular fruit consumption may reduce the overall risk of developing many types of chronic disease including heart disease and cancer (due to the numerous phytonutrients present in all fruits). Phytonutrients are additional antioxidants found in plants, as distinct from vitamins and minerals, which are associated with numerous health promoting effects. Highly coloured fruits tend to be highest in phytonutrients.

It is recommended that you limit dried or sweetened tinned fruits. If you are trying to lose weight, limit fruit to a maximum of 2-4 pieces daily, reducing the number of servings if experiencing difficulty with weight loss. Otherwise you can consume fruit freely. Below is an extensive but not exhaustive list of fruits you can enjoy.



Apples
Bananas
Blueberries[⊕]
Cherries[✧]
Custard apple
Grapes
Guava[✧]
Kiwi fruit[✧]
Mandarins
Melons
Nectarines
Passion fruit
Persimmon
Plum[⊕]
Rhubarb
Limes
Raspberries[⊕]
Watermelon

Apricots
Blackberries[⊕]
Blackcurrants[✧]
Cranberry[⊕]
Figs
Grapefruit
Jack Fruit
Lemons
Mangos
Mulberries
Papaya
Peach
Pineapple[⊕]
Pomegranate[⊕]
Strawberries^{⊕✧}
Lychees
Orange[✧]

⊕ Potent antioxidant / phytonutrients

✧ Rich source of vitamin C

TARGET 4: INCLUDE STARCHY CARBOHYDRATES AT ONE TO TWO SMALL SERVES DAILY

High glycaemic-load (GL) foods such as starches and sugars and should be kept to a minimum. Starchy foods include breads, rice, cereals, grains, potatoes and pasta. Sugary foods include cakes, biscuits, pastries and desserts. Your diet should contain some starches as a valuable source of energy, however intake of sugary foods should be minimised. Having an excess of starches and sugars in your diet has been shown to promote obesity, diabetes, heart disease and other chronic diseases.

Your daily consumption of allowable high GL foods should be limited to one to two servings daily (each providing approximately 30g of carbohydrate). Serving sizes are as follows:

Bread	2 slices
Wheat crackers	10 biscuits
Rice crackers	20 biscuits
Breakfast cereals	½ - 1 cup*
Rice	½ cup (cooked)
Pasta	½ cup (cooked)
Cous cous	½ cup (cooked)
Potato	2 medium

*Choose high fibre, low sugar cereals. Breakfast cereals vary widely in carbohydrate content per cup. 1 cup serving for lighter cereals - puffed and flaked grains, ½ cup serving for denser, heavier cereals such as oats.



Some healthier options, which have a lower glycaemic load than their more highly processed alternatives, are detailed below.

Breads

Multigrain	Wholemeal
Rye	Spelt
Essene bread	

Cereals

Whole grain breakfast cereals	Oats
Muesli	Bran

Pasta/Noodles

Wholemeal pasta	Low carbohydrate pasta
Spelt pasta	

Rice/grains

Brown rice	Basmati rice
Barley	

Legumes

Lentils	Beans
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Legumes also contain a proportion of protein and are excellent foods to incorporate into a vegetarian diet.

Snacks

Rice cakes	Corn cakes
Buckwheat crisp bread	Rice crackers

Note: Gluten - containing foods

Many grains and related foods contain gluten. Check with your practitioner if gluten containing foods are suitable for you.

Grains which contain gluten include:

Wheat, rye, oats, barley, spelt, triticale, semolina, bran, wheatgerm, bulgur and malt.

TARGET 5: INCLUDE A HANDFUL OF NUTS AND SEEDS AND UP TO TWO TABLESPOONS OF HEALTHY OILS

“Good fats” from foods such as fish, nuts, seeds and cold pressed vegetable oils are an important part of a healthy diet. Remember; these dietary fats are especially good for your heart and will help you burn body fat.

Oils

Different oils are good for different purposes. There is only one healthy oil which is stable enough to use for cooking. Other healthy oils can be used as dressing for salad and vegetables. Buy salad oils fresh and keep refrigerated. Always choose oils which are cold pressed and extra virgin where available.

Consumption of cooking and salads oils should be limited to approximately 2 tablespoons daily.

Cooking oils

Olive oil

Salad oils

Flax seed oil

Apricot kernel oil

Macadamia nut oil

Olive oil

Walnut oil

Sesame oil

Nuts and Seeds

Nuts and seeds are a nutritious, healthy vegetarian food source, high in protein and omega 3. However, nuts and seeds are high in fat and should not be over consumed. Nuts are delicious as a snack or in salads or meals.

You can enjoy a small handful or ¼ a cup of nuts and seeds daily. Vegans may need to increase their allowance to ½ cup daily to assist in providing essential protein.

Some recommended nuts and seeds include:

Almonds	Macadamia
Walnuts	Sesame seeds
Sunflower seeds	Hazel nuts
Flax/ Linseed	Brazil nut
Coconut	Pecans
Pepitas (pumpkin seeds)	Pine nuts
Cashews	LSA (ground linseed, sunflower seed and almond)



TARGET 6: DRINK A MINIMUM OF EIGHT GLASSES OF PURE WATER DAILY

Our body is at least 50% water. Water helps carry nutrients to our tissues and remove metabolic wastes. It is important to keep up your intake of fresh, filtered water to ensure healthy bodily function. Aim for a minimum of eight glasses or two litres of water daily. Carry a water bottle with you, and if you work at a desk, place your water in front of you so you remember to drink. You will need to drink more water when exercising - a good guideline is one litre for every hour of exercise.

Just because you don't notice the effects of not drinking water doesn't mean it isn't important - many people don't drink enough water.

Drink clean pure water

Filtered water is recommended because tap water contains a number of potentially harmful contaminants including sanitising chemicals and environmental toxins. Reverse osmosis is the most effective method of in home filtration.

Flavourings

If you prefer flavoured water, you can add ice, mint, bitters, fresh lemon or lime juice. Getting into the routine of drinking a glass of water with the juice of ½ fresh squeezed lemon in the morning is an excellent cleanser and digestive toner.

Soft drinks

Aim to substitute soft drinks, fruit juices, cordials and other sweetened drinks with water or any of the flavoured alternatives above. A healthy replacement for soft drinks is 4 parts sparkling mineral water with 1 part fresh fruit juice.

Caffeine

Caffeinated beverages such as coffee and tea should be limited to a few cups daily, or as your Practitioner advises. If you are drinking more than a couple of cups daily it is best to speak to your Practitioner as the process of reducing your intake can cause temporary side effects such as headaches. Herbal teas are an excellent alternative.

Alcohol

As part of a healthy diet alcohol should be kept to a minimum. Research has found that alcohol may help protect against heart disease when consumed at a level of 1-2 standard drinks per day. In any case, it is best to drink in moderation and not every day, as higher intakes have negative health effects.

Red wine, especially pinot noir, does appear to have health benefits over spirits and beer due to its levels of antioxidants. Choose red wine, low carbohydrate beer or spirits with sugar free mixers (e.g. fresh lime and soda), as these beverages are lower in sugars and calories.



TARGET 7: ENJOY A FREEDOM MEAL ONCE A WEEK

When it comes to eating habits, some people fall into extreme behaviours. Some may indulge themselves with no sense of proportion, finding little satisfaction in their habits while putting themselves at risk of ill health. There are others who rigidly follow an unrealistic diet and lifestyle, denying their appetites, until craving and deprivation reach an unbearable level and they give up on the program.

The best way to approach a life-long healthy lifestyle and diet is to find the middle ground between indulgence and deprivation and develop a healthy sense of proportion - this is the key to long term wellness. Therefore, it is a good idea to allow yourself one or two meals a week when you can throw caution to the wind and indulge in your favourite food.

You are what you 'most consistently' eat. In a week we will eat on average 21 meals. A realistic discipline to employ is allowing yourself one or two meals a week to eat whatever you want. Don't feel bad or guilty, make sure you are satisfied with your indulgence, and then go straight back to the program for the next meal. Your Practitioner will advise you on any guidelines to follow with this principle.

It is worthwhile considering that indulgences become really enjoyable only when they are indulgences, and not everyday occurrences. For example the first piece of fried chicken or pizza tastes great, but four or five pieces later begins to become positively unpleasant. Similarly, the first time you start exercising is generally far from fun, however with time it becomes a thoroughly pleasurable and enjoyable process. There is a saying in Yogic philosophy "what is pleasurable in the beginning becomes poison in the end and what is like poison in the beginning becomes a permanent pleasure in the end".

A good suggestion is to develop other positive healthy habits, like a regular monthly massage or beauty treatment as a substitute for a night out drinking alcohol or fast food takeaway dinners.

Eating out the healthy way

We are all on occasion too busy to prepare meals. Social engagements and eating out sometimes make it difficult to stick to a dietary plan.

Here are a few ideas to minimise the impact of these occasions on your healthy lifestyle.

Takeaway

Thai

Japanese

Falafel kebabs

Grilled fish and salad

Vegetarian pizza

Sweets

Fresh fruit

Fruit sorbet

Frozen berries and yoghurt

Apple/ blueberry pie

Stewed fruit and custard

Dark chocolate

STEP 2: EXERCISE, FUN AND RELAXATION

Exercise regularly

It is best to aim for a minimum of 30 minutes of light to moderate exercise most days of the week. Gentle to brisk walking is recommended; walking is enjoyable, easy to undertake and requires minimal effort. If you haven't exercised for a while take it slow, baby-steps, and stay motivated as it will become easier in time. Walking requires no initial cost although comfortable walking shoes are recommended to support your feet and protect your knees and back. You may prefer a quick walk first thing in the morning or a nice after-dinner-walk, developing a regular routine will help you stay on track. The elderly, or those with decreased mobility, may prefer exercising in water.

Exercise shouldn't be a chore, make it fun! Find an activity you enjoy (e.g. swimming, tennis, yoga, squash, bicycle riding, aerobics, self defence) and stick with it. Consider recruiting someone to join you so you can keep each other motivated.

Ideally it is best to incorporate some resistance training (e.g. weight training) into your exercise program as this can give you benefits beyond walking or aerobic exercise alone. If you want to exercise at a higher than regular walking level speak to your Practitioner about "Your Guide to Exercise", an easy-to-use booklet that is designed to help you set goals, monitor your progress and tailor an exercise regimen, combining resistance and aerobic training options, which suits your individual needs.

**"A man's health can be judged by which he
takes two at a time - pills or stairs."**

- Joan Welsh

Relax and have fun

Stress strongly affects every system in your body. Long term or poorly managed stress can have serious health consequences. We need to manage stress and our response to stressful situations to ensure balance and health.

There are both positive and negative ways to cope with stress. A positive way to cope with stress is to take time out every day to relax and have fun.

Some activities you might find enjoyable are:

Going on a picnic

Getting a massage

Trying out a new hobby - carpentry, knitting, pottery

Reading a book

Going to a yoga class

Soaking in a bath with candles

Going to see a comedy show

Watching a movie with a friend

Deep breathing and meditation

Playing with pets

Cooking a favourite recipe

Playing sport or throwing a frisbee in the park

Relaxing on the beach

Take 30 minutes of each day to take pleasure in some relaxing and fun activities, and you will be rewarded with an increased capacity to deal with stress and added enjoyment of life.



STEP 3: SUPPLEMENT YOUR DIET

A Wellness lifestyle requires optimal nutrition and this means using nutritional supplements long-term and on a daily basis. Our diet is deficient in many essential nutrients which in turn may affect our health and wellbeing. It is recommended that you use a multivitamin and mineral formula, omega 3 fatty acid supplement and a probiotic daily. These supplements form a foundation for good health. Your Practitioner will advise you as to whether these supplements are suited to you and may choose to prescribe other supplements which are best suited to helping you achieve optimal wellness.

“A vitamin is a substance that makes you ill if you don’t eat it.”
- Albert Szent - Gyorgyi
(Nobel Prize for Medicine 1937)

1. MULTIVITAMIN AND MINERAL FORMULAS

It is well-established that a daily multivitamin and mineral supplement is sensible nutritional insurance. Choosing the right supplement for your individual needs, however, can sometimes be confusing. Some multivitamin and mineral products contain lower doses and cheaper forms of important nutrients, and may be poorly absorbed.

Metagenics uses highly absorbable forms of nutrients in physiologically balanced ratios and combinations tailored specifically for males, females or to suit the whole family. Both Male Essentials and Femme Essentials contain nutrients for normal, healthy function of the nervous, cardiovascular and reproductive systems, as well as supporting energy production and optimal antioxidant defence. Key nutrients and scientifically validated herbal extracts are included in each formula to support the differing needs of men and women.



2. OMEGA 3 ESSENTIAL FATTY ACIDS

The typical Western diet is low in omega 3 fatty acids. A low intake of these essential fats may be linked to the development of chronic disease, as well as other health problems such as arthritis and skin conditions. Fish is a rich dietary source of omega 3, however eating a lot of fish may expose people to a number of dangerous contaminants, including heavy metals such as mercury, cadmium, pesticides and organochlorines. Purification of omega-3 marine oils is therefore essential. The Metagenics range of fish oil supplements has undergone molecular distillation to remove all such impurities and independent tests have shown concentrations of these contaminants to be "below detectable levels". Fish oils also vary widely in potency, so ensure your fish oil contains a high level of active EPA and DHA fatty acids - this means you'll need to take less capsules.



3. PROBIOTICS

Probiotics are friendly bacteria that live in your gastrointestinal tract. They are fundamental to good health, maintaining normal healthy digestive and immune function. Many lifestyle factors can reduce the population of beneficial flora.

A daily probiotic supplement can help to maintain gut flora balance. Probiotics differ according to species and strain, however, and not all probiotics provide enough health benefits to be considered therapeutic. Your practitioner can help you choose the right probiotic strain of probiotics to give you optimal health benefits. Probiotic supplements should be stored in carefully refrigerated conditions to ensure viability before and after purchase.



ULTRAMEAL MEDICAL FOODS

The UltraMeal range of medical foods are delicious, nutritionally fortified meal replacements, specifically formulated for people who have difficulty losing fat or maintaining a healthy body weight. Clinical research supports the claim that UltraMeal as part of a healthy eating program, as a meal replacement or snack, can help reduce fat while helping to maintain valuable lean muscle.

UltraMeal is a soy-based powdered supplement that is high in protein, vitamins and minerals. It utilises the highest quality natural ingredients, and contains no dairy, artificial flavours, genetically modified soy, colourings or sweeteners. UltraMeal has been specifically designed so that when mixed with just water it makes a great tasting, creamy and satisfying drink. UltraMeal can be blended with fruit to make a tasty breakfast shake or meal replacement.

This supplement comes in four delicious flavours; Dutch Chocolate, Natural Vanilla, Raspberry and Country Peach. The UltraMeal ranges uses real cocoa or fruit for flavour so it tastes just like the real thing.



FREQUENTLY ASKED QUESTIONS

Is the Wellness diet a high protein diet?

The protein recommendations contained within the Wellness diet aim to provide adequate protein to support healthy immune system function, energy production, brain function and lean muscle mass. Some people will find their daily protein intake increases when they start the Wellness diet. This indicates that they may not have been consuming enough protein previously. Satisfying your body's protein requirement is a great way to help to prevent weight gain, as protein can reduce appetite and maintain a healthy metabolism.

Is the Wellness diet a low carbohydrate diet?

The Wellness diet is a moderate-carbohydrate diet. Excessive dietary carbohydrate dramatically increases the amount of sugar which enters our bloodstream, known as the 'glycaemic load' of the diet. A high glycaemic load diet is suspected to be an important contributor to weight gain, diabetes and cardiovascular disease. Many people consume an excess of highly processed, carbohydrate-rich foods, at the expense of sources of protein, essential fats, fibre and other nutrients. The Wellness diet reduces high carbohydrate, starchy or sugary foods, and replaces them with lower-carbohydrate, nutrient-rich alternatives such as vegetables, fruits, nuts and high quality protein sources. Extensive research has demonstrated that these core dietary principles are some of the most important ways to promote health and vitality and reduce the risk of chronic disease.

Will eggs for breakfast raise my cholesterol?

The humble egg is the source of much negative scrutiny because it contains naturally occurring cholesterol. However, eggs are a low cost source of high quality protein, vitamins and minerals. Scientific research has shown that that regular egg consumption (2 eggs daily for 6 weeks) had no negative effects on blood cholesterol. Furthermore, eggs enriched with omega 3 fatty acids have been shown to have positive cardiovascular benefits (such as increasing levels of the "good" HDL cholesterol). In fact three omega 3 enriched eggs provide approximately the same amount of omega 3 as one meal of fish.

Your Guide to Wellness

Can dietary supplements help me lose weight?

If you need to reduce body fat levels, there are a number of natural supplements that may assist your fat loss. However, it is always best to seek the advice of a qualified health professional, so speak to your Practitioner before trying anything.

I can't live without daily chocolate – how am I going to cope?

Once you are into the Wellness program it is likely you will see old cravings disappear. For chocolate lovers there are low-carbohydrates alternatives readily available in good health food stores and supermarkets. Dark chocolate, although still high in sugars and fats, is a good source of antioxidants, and may be enjoyed in moderation. However, make sure you limit your intake of carbohydrates from chocolate to less than 5 g of sugars daily. UltraMeal Dutch Chocolate Shakes are a great way to satisfy a craving as they supply both a delicious chocolate taste and appetite-reducing protein. Chocolate craving may also be a sign of magnesium deficiency – something your Practitioner can help you correct.

I am still hungry, is there anything I can do to control my appetite?

People generally have a reduced appetite with a Wellness program, however the best way to reduce excess appetite is to use food. Here are three proven tips to reduce your appetite.

- Have a protein rich snack. Protein is extremely satisfying.
- Take a fibre supplement and drink plenty of water, something your Practitioner can help you with.
- Eat a salad as an entrée. This will help you feel more satisfied and eat less during your meal.

“Medicine does not give health, it only removes ill health.

Health, or wellness, is our inherent nature.”

- Swami Parthasarathy- Philosopher/Author

WELLNESS RECIPE IDEAS

BREAKFAST RECIPES

Zucchini and mushroom omelette
Roasted vegetables with smoked salmon
Scrambled tofu
Chorizo Sausage and Sautéed Vegetables
Sun dried tomato omelette
Poached eggs with crusty sourdough
Cinnamon stewed fruit and cereal

ZUCCHINI AND MUSHROOM OMELETTE

Ingredients

4 eggs

1 clove garlic, crushed

1/2 cup button mushrooms sliced finely

1/2 cup grated zucchini

40 ml water

2 small onions, finely chopped

1/2 cup (120 g) coarsely grated cheddar cheese

1 tablespoons butter

Method

Heat butter and cook garlic and mushrooms until browned, add zucchini and onion until soft, remove from pan and set aside. Break eggs into a mixing bowl, whisk and mix in water and cheese. Add 1/2 the egg mixture to the pan and cook until almost set, spread 1/2 of the vegetable mixture evenly over the omelette and using an egg flip fold in half. Slide omelette onto a serving plate. Repeat with remaining mixture and serve.

Carbohydrate count: 1/2 cup vegetables

Serves 2

ROASTED VEGETABLES WITH SMOKED SALMON

Ingredients

200 g smoked salmon
3 baby eggplants
1 large capsicum
2 medium zucchini
2 cups rocket leaves
1 lemon

Method

Slice zucchini, eggplant and capsicums lengthways into strips, place onto an oiled oven tray and place into a hot oven or under a grill and cook until lightly brown on both sides. Let vegetables cool slightly, mix with rocket and place the mixture on two plates with salmon on top. Dress with olive oil and serve with quartered lemon.

Carbohydrate count: 1 ½ cup vegetables
Serves 2

SCRAMBLED TOFU

Ingredients

200 g silken tofu
1 cup mixed mushrooms, zucchini and onion
1 clove garlic, diced
1 tablespoon olive oil
1 teaspoon oregano, dry
Cracked pepper to taste
Paprika to season

Method

Finely chop vegetables, add to oiled fry pan with garlic and sauté with oregano and pepper until tender. Add tofu, breaking up and stirring until heated through. Place on plate and sprinkle lightly with paprika.

Carbohydrate count: 1 cup vegetables

Serves 2

CHORIZO SAUSAGE AND SAUTÉED VEGETABLES

Ingredients

- 2 Chorizo sausages cut into thick slices
- 1 cup mixed chopped onion, mushroom and green capsicum
- 1 cup washed, fresh spinach leaves
- $\frac{1}{2}$ teaspoon turmeric
- 1 teaspoon paprika

Method

Steam spinach until wilted (3-5 minutes). Chop into bite size pieces and place on a plate. Place chopped vegetables, turmeric, paprika and sausage into a hot oiled pan and sauté until sausages are cooked through. Spoon the mixture over the spinach. Season with pepper and serve.

Carbohydrate count: 1 cup vegetables

Serves 1

SUN DRIED TOMATO OMELETTE

Ingredients

- 1 whole egg
- 1-2 whites of egg
- Cayenne or black pepper
- 4-5 sliced sun dried tomatoes
- 1/4 cup diced Spanish onion
- 1/4 cup finely sliced spinach

Method

Lightly stir-fry vegetables in extra-virgin olive oil and remove to one side. Break eggs into a mixing bowl and whisk. Lightly cook eggs with one tablespoon of water and pinch of pepper. When almost cooked top with vegetables and flip to heat through.

Carbohydrate count: 1/2 cup vegetables

Serves 1

POACHED EGGS WITH CRUSTY SOURDOUGH

Ingredients

2 large eggs
2 slices of wholemeal sourdough
Butter for bread
Pepper to taste
1 tablespoon white vinegar

Method

Heat water and vinegar in a shallow fry pan and bring to light boil, place egg rings in water and crack eggs into ring. Place bread in toaster, remove eggs and serve on buttered bread. Season with pepper.

Carbohydrate count: 1 serve high-GL

Serves 1

CINNAMON STEWED FRUIT AND CEREAL

Ingredients

1 cup high fibre cereal

250 ml milk or soy milk

1 fresh pear or apple

A sprinkle of Cinnamon and nutmeg

Method

To stew pear: slice pear into segments lengthways, place into a saucepan with a little water, add cinnamon and nutmeg and simmer lightly until soft. Serve over cereal (pears can be stewed and stored in the fridge). Stewed fruit can be substituted with unsweetened canned fruit.

Carbohydrate count: 1 serve high-GL, 1 serve fruit

Serves 1

ULTRAMEAL RECIPES

UltraFast-UltraMeal
Apple Pie
Cherries Amaretto
Pina Colada
Banana berry supreme
Cran Berry
Chocolate Berry Bliss
Chocolate milk shake
Creamy Chocolate Banana
Chocolate –Covered Cherries
Peach Deluxe
Creamy Country Peach

ULTRAFast-ULTRAMEAL

Ingredients

1 serve (2 level scoops) of UltraMeal or UltraMeal Plus
1/2 cup of fresh or frozen berries of your choice
500-750 ml pure water or unsweetened soy milk
2-4 ice cubes

Method

Combine ingredients and blend. Serve in a tall glass.
Serves 1

APPLE PIE

Ingredients

1 serve (2 level scoops) of UltraMeal Vanilla or UltraMeal Plus
500-750 ml pure water or unsweetened soy milk
3 tablespoons apple juice concentrate
4 drops of vanilla extract
A sprinkle of nutmeg and cinnamon
2-4 ice cubes

Method

Combine ingredients and blend. Serve in a tall glass. Sprinkle with more nutmeg and cinnamon to serve (optional).
Serves 1

CHERRIES AMARETTO

Ingredients

- 1 serve (2 level scoops) of UltraMeal Vanilla or UltraMeal Plus
- 500-750 ml pure water or unsweetened soy milk
- 1/2 frozen banana
- 4 frozen unsweetened (pitted) cherries
- 1 teaspoon almond extract

Method

Combine ingredients and blend. Serve in a tall glass.
Serves 1

PINA COLADA

Ingredients

- 1 serve (2 level scoops) of UltraMeal Vanilla or UltraMeal Plus
- 500-750 ml pure water or unsweetened soy milk
- 1 teaspoon coconut extract
- 2 tablespoons unsweetened pineapple juice concentrate
- 2-4 ice cubes

Method

Combine ingredients and blend. Serve in a tall glass. Serve with cocktail umbrella (optional).
Serves 1

BANANA BERRY SUPREME

Ingredients

1 serve (2 level scoops) of UltraMeal Raspberry
500-750 ml pure water or unsweetened soy milk
1/2 frozen banana
4 fresh strawberries
2-4 ice cubes

Method

Combine ingredients and blend. Serve in a tall glass.
Serves 1

CRAN BERRY

Ingredients

1 serve (2 level scoops) of UltraMeal Raspberry
500 ml pure water or unsweetened soy milk
250 ml cranberry juice
2-4 ice cubes

Method

Combine ingredients and blend. Serve in a tall glass. Add slices of strawberry to garnish (optional).
Serves 1

CHOCOLATE BERRY BLISS

Ingredients

1 serve (2 level scoops) of UltraMeal Dutch Chocolate
500-750 ml pure water or unsweetened soy milk
1/2 cup of fresh or frozen berries of your choice
2-4 ice cubes

Method

Combine ingredients and blend. Serve in a tall glass. Garnish with fresh mint (optional).
Serves 1

CHOCOLATE MILK SHAKE

Ingredients

1 serve (2 level scoops) of UltraMeal Dutch Chocolate
500-750 ml unsweetened soy milk
4 drops vanilla essence
2-4 ice cubes

Method

Combine ingredients and blend. Serve in a tall glass.
Serves 1

CREAMY CHOCOLATE BANANA

Ingredients

1 serve (2 level scoops) of UltraMeal Dutch Chocolate
500-750 ml pure water or unsweetened soy milk
½ frozen banana
A sprinkle of cinnamon
2-4 ice cubes

Method

Combine ingredients and blend. Serve in a tall glass. Sprinkle with cinnamon.
Serves 1

CHOCOLATE –COVERED CHERRIES

Ingredients

1 serve (2 level scoops) of UltraMeal Dutch Chocolate
500-750 ml pure water or unsweetened soy milk
4 frozen unsweetened (pitted) cherries
1 teaspoon almond extract

Method

Combine ingredients and blend. Serve in a tall glass.
Serves 1

PEACH DELUXE

Ingredients

2 scoops UltraMeal Natural Country Peach
500-750 ml pure water or unsweetened soy milk
1/2 fresh peach
1/2 cup fresh or frozen raspberries
2-4 ice cubes

Method

Combine ingredients and blend. Serve in a tall glass.
Serves 1

CREAMY COUNTRY PEACH

Ingredients

2 scoops UltraMeal Natural Country Peach
500-750 ml pure water or unsweetened soy milk
1/2 a frozen banana
2-4 ice cubes

Method

Combine ingredients and blend. Serve in a tall glass.
Serves 1

LUNCH AND DINNER RECIPES

Fresh Garden Salad
Chicken Caesar Salad
Mediterranean Salad
Orange Sea Scallop Salad
Baked Fish with Toasted Almonds
Asian Style Fish and Sesame Mushrooms
Grilled Pepper Steak with French Beans and
Lemon Butter Sauce
Lamb Cutlets with Vegetables
Spanish meat balls in chunky tomato sauce
Hearty Winter Pot Stew
Thai Lime and Sesame Stir-fry
Chicken Fajita Casserole
Marsala Chicken Vegetable Curry
Pork Tuscany Treat
Pork Fillet with Spicy Cabbage
San Choy Bow (Pork Mince in Lettuce Cups)

FRESH GARDEN SALAD

- A light, crisp and easy to prepare salad

Ingredients

180 g chicken or tuna

1/4 cup sliced celery

1/4 cup sliced red capsicum

1/4 cup fresh snow peas

1 cup lettuce

1 avocado sliced

1 small tomato cut into wedges

Lemon, squeezed

Cracked black pepper

1 tablespoon low carbohydrate mayonnaise

1 tablespoon Keto Oil

Method

Combine all ingredients together, dress with lemon, mayonnaise, pepper, and Keto Oil. Serve immediately.

Carbohydrate count per serve: 1 cup vegetables

Serves 2

CHICKEN CAESAR SALAD

- One of the most popular salad recipes

Ingredients

90 g chicken breast (cut into pieces)
1 poached egg
1 tablespoon lemon juice
1 tablespoon water
1 teaspoon cracked black pepper
1 teaspoon olive oil
2 tablespoons traditional mayonnaise
1 cup Cos lettuce
Anchovies (optional)
 $\frac{1}{4}$ cup croutons

Method

Cook chicken pieces in hot pan till brown. Remove chicken from heat and allow to cool. Mix together the lemon juice, mayonnaise, warm water, oil and pepper into a bowl. Place the salad greens, chicken and eggs into a bowl. Pour salad dressing over the salad. Dress with anchovies and croutons.

Carbohydrate count per serve: 1 cup vegetables

Serves 2

MEDITERRANEAN SALAD

Ingredients

1 cup salad greens, include bitter greens such as rocket or watercress

1 hard-boiled egg

Slices of red onion and cucumber

Small can of tuna

4 black olives (optional)

Optional extras to add variety: Blanched green beans, asparagus, anchovies, $\frac{1}{4}$ avocado, 1 artichoke, feta, mixed herbs, oven roasted capsicum or eggplant strips, marinated mushrooms.

Dressing: toss salad with one dessertspoon of extra virgin olive oil and sprinkle with vinegar (apple cider, red wine or balsamic) or lemon juice.

Carbohydrate count: 1 cup vegetables

Serves 1

ORANGE SEA SCALLOP SALAD

- Continental style scallops on a bed of salad greens

Ingredients

415 g of fresh scallops

3 teaspoons apple cider vinegar and olive oil mixture

1 teaspoon Dijon mustard

1/2 teaspoon garlic, crushed

Cracked pepper

Garlic salt

Freshly chopped dill

1 cup mixture: lettuce, capsicum and cucumber, finely sliced

1/2 cup orange, finely sliced

Method

Pre-heat griller on low heat. Lightly sprinkle garlic salt over scallops and then place under griller. Grill until lightly browned (about 2-5 minutes on each side). Put aside to cool. Combine and mix well, vinegar/oil mix, mustards, garlic and pepper. Prepare salad bed and arrange scallops on top. Pour salad dressing over and garnish with freshly chopped dill. Arrange sliced orange around dish.

Carbohydrate count: 1/2 cup vegetables

Serves 2

BAKED FISH WITH TOASTED ALMONDS

Ingredients

325 g of trout or other choice of fish

$\frac{3}{4}$ cup vegetable mix - green beans, broccoli florets, zucchini

$\frac{1}{4}$ cup onions, thinly sliced

$\frac{2}{3}$ cup vegetable stock

1 tablespoon fresh chopped parsley

1 small clove garlic, crushed

1 teaspoon almonds, slivered, toasted

Chopped marjoram

Olive oil cooking spray

Sea salt

Vinaigrette

1 teaspoon Dijon mustard

1 clove garlic, crushed

4 tablespoon extra virgin olive oil

1 tablespoon Balsamic vinegar

1 tablespoon chopped capers

1 tablespoon fresh chopped parsley

4 tablespoons hot water

Method

Steam green vegetables until tender, strain and put aside to cool.

In a fry pan, lightly toast slivered almonds until golden, put aside

to cool. Vinaigrette: Put all ingredients together in closed jar,

shake vigorously for a few minutes Pour over vegetables and let

stand (for vinaigrette to soak into vegetables 25 minutes)

Fish: Clean, wash and dry fish coat shallow casserole dish with

olive oil. Add garlic, onions and fry gently until onions soft

and golden. Place the fish on top of onion mixture, pour over

vegetable stock then sprinkle with parsley, marjoram and sea salt.

Bake in pre-heated oven (200°C or 400°F) until cooked (up to 25

minutes), baste a few times. Serve with garnished toasted slivered

almonds and, strained green vegetable mix from vinaigrette.

Carbohydrate count: $\frac{1}{2}$ cup vegetables

Serves 2

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ASIAN STYLE FISH AND SESAME MUSHROOMS

Ingredients

325 g of Perch fish (or other white fish) cleaned

1 whole egg

Fish Marinade

1 teaspoon sesame oil

1/2 teaspoon onion powder

1 kaffir lime leaf (remove rib and cut finely)

1 sprig thyme

Sea salt and cracked pepper to taste

1/4 cup water

1 cup button mushrooms, finely chopped

Toasted sesame seeds and fresh chopped chives to garnish

Method

Marinate the fish in a dish containing all the onion powder, kaffir lime leaf, salt, pepper, sesame oil and thyme for 30 minutes to 1 hour. Remove the fish from the marinade. Grill under pre-heated grill (approximately 5-10 min each side), baste with a little marinade. Beat egg with Italian herbs and sea salt. Add mushroom to the egg mixture. Add olive oil to pan. Heat pan, then add mushroom mix. Stir occasionally to avoid burning. When ready, sprinkle with toasted sesame seeds, chopped chives and serve with fish.

Carbohydrate count: 1/2 cup vegetables

Serves 2

GRILLED PEPPER STEAK WITH FRENCH BEANS AND LEMON BUTTER SAUCE

Ingredients

2 sirloin or fillet steaks (135 g each)
2 tablespoon extra-virgin olive oil
Freshly ground black pepper
2 cups French or green beans

Lemon butter sauce

60 g unsalted butter
Juice of $\frac{1}{2}$ a freshly squeezed lemon
Freshly ground black pepper

Methods

Brush steaks with olive oil on both sides and season liberally with black pepper. Place under a hot grill, at least 8 cm from heat, and grill to taste. While steak is grilling, steam the beans until tender but still firm. Heat the butter in a small saucepan, stir in the lemon juice and freshly ground pepper to taste, and serve over beans.

Carbohydrate count: 1 cup vegetables

Serves 2

LAMB CUTLETS WITH VEGETABLES

- The quintessential Australian dish

Ingredients

180 g of lean lamb cutlets (or beef or veal cutlets)
1 cup cauliflower and broccoli florets
1 teaspoon Worcestershire sauce
1/2 teaspoon tarragon vinegar
1/4 teaspoon onion powder
1/4 teaspoon French mustard
2 tablespoons water
Sea salt and freshly ground pepper
Fresh chopped parsley and chives
1 teaspoon slivered almonds

Method

Steam cauliflower and broccoli florets on low heat, until tender. Mix Worcestershire sauce, vinegar, onion, mustard, sea salt and pepper with water. Baste each side of the cutlet with sauce mixture. Then coat each side lightly with olive oil. Place under pre-heated griller and grill each side until cooked. Serve with steamed vegetables and garnish of freshly chopped parsley, chives and slivered almonds.

Carbohydrate count: 1/2 cup vegetables
Serves 2

SPANISH MEATBALLS IN CHUNKY TOMATO SAUCE

Meatballs

500 g lean mince beef
1/4 cup chopped, pitted kalamatta olives
2 eggs
1 teaspoon paprika
3 cloves diced garlic
2 teaspoon fresh or 1 teaspoon dried thyme
Cracked black pepper to taste
Splash of red wine (optional)
Olive oil for cooking

Tomato sauce

1 can diced tomatoes
2 cloves garlic
1 teaspoon cumin seeds
1 teaspoon dry oregano
Olive oil for cooking

Method

For meatballs: Break eggs in a large mixing bowl and whisk, add all other ingredients and knead until mixed thoroughly. Heat pan, add oil. Shape mixture into small balls and fry until golden turning until cooked through. For Sauce: Lightly fry garlic, cumin and oregano in oil, add tomato and reduce until sauce is thick. Serve meatballs on top of sauce. Garnish with fresh copped parsley (optional).

Carbohydrate count: 1/2 cup vegetables
Serves 2

HEARTY WINTER POT STEW

- Perfect for the winter months

Ingredients

500 g chicken / beef or meat of choice

1 tablespoon of butter

Pinch salt

1 teaspoon parsley

1 teaspoon Worcestershire sauce

1 large onion chopped

1 teaspoon garlic

1/2 cup of broccoli broken into flowerets

1 cup turnips

1/2 cup cauliflower

Method

Brown meat in melted butter. Add seasonings and Worcestershire sauce. Place all ingredients into casserole dish and cook in moderate oven till meat and vegetables are tender.

Carbohydrate count per serve: 1 cup vegetables

Serves 2

THAI LIME AND SESAME STIR-FRY

- A basic stir-fry recipe that can incorporate any meat, tofu or seafood

Ingredients

180 g Chicken / Beef / Tofu / Seafood
1 tablespoon sesame oil
1 cup bean sprouts
1 clove garlic
1 teaspoon minced ginger
1/2 cup snow peas
1/2 cup sliced red capsicum
Flaked almonds
1 tablespoon lemon/lime juice
1 tablespoon soy sauce

Method

Sauté chicken / meat / seafood / tofu with ginger, garlic and soy sauce until brown. Add vegetables and cook for 2 to 3 minutes. Sprinkle almonds over meal just prior to serving. Dress with Lime juice and sesame oil.

Carbohydrate count per serve: 1 cup vegetables
Serves 2

CHICKEN FAJITA CASSEROLE

- Any choice of meats could replace the chicken

Ingredients

2 tablespoons of olive oil
500 g chicken breast cut in strips
2 tablespoons paprika
1 tablespoon turmeric
Salt, pepper, garlic powder to taste
1/2 cup onions, thinly sliced
1 cup red & green capsicum strips
1/2 cup tomato salsa
135 g hard cheese, shredded

Method

Pre-heat fry pan. Brown chicken in oil, and stir in seasonings. When chicken is done, remove from pan. Add onions and peppers and cook few minutes until crisp-tender. Put chicken into casserole dish. Top with onions and peppers. Spread salsa on top and sprinkle with cheese. Put in oven for few minutes until cheese bubbly and melted.

Carbohydrate count: $\frac{3}{4}$ cup vegetables

Serves 3

MARSALA CHICKEN VEGETABLE CURRY

- One for the Indian food lovers

Ingredients

180 g of Skinless chicken or turkey breast (beef or lamb)
1 cup of mixed raw vegetables: Cauliflower, zucchini and broccoli
2 tablespoons Garam Marsala
Sea salt and pepper to taste
1 teaspoon dried parsley
1 teaspoon dried nutmeg

Method

Spray coat chicken breast with olive oil cooking spray. Sprinkle with traditional curry powder, sea salt and pepper. Wrap inside foil and bake in hot oven for up to 20 minutes, until cooked. In a food processor, process all vegetables together until fluffy. Place vegetables in a bowl and spray coat with olive oil cooking spray (until they bind together). Then place vegetable mixture onto a piece of foil. Sprinkle with dried basil, parsley and a pinch of nutmeg. Carefully bring up edges of foil and fold into packet securely, but leave a little airspace inside. Place vegetable packet in oven next to chicken parcel and cook (approx. 15 minutes). Grate or chop vegetables finely, if no food processor available.

Carbohydrate count: $\frac{1}{2}$ cup vegetables

Serves 2

PORK TUSCANY TREAT

- A great way to bring the flavour of Tuscany into the kitchen

Ingredients

325 g of lean pork pounded thin and cut into medallions

$\frac{3}{4}$ cup zucchini slices and broccoli florets

$\frac{1}{4}$ cup thinly sliced mushrooms

1 clove garlic, crushed

2 tablespoons water

Olive oil cooking spray

$\frac{1}{4}$ tsp fresh chopped sage

$\frac{1}{4}$ tsp fresh chopped rosemary

Crushed almonds to garnish

Method

Sprinkle herbs over pork medallions. Coat frying pan with olive oil. Over high heat stir-fry garlic, mushrooms and pork medallions until golden brown. Add water, toss in the vegetables and continue tossing until pork is cooked and vegetables are tender. Garnish with crushed almonds.

Carbohydrate count: 1 cup vegetables

Serves 2

PORK FILLET WITH SPICY CABBAGE

Ingredients

2 small pork fillets (325 g), baked or barbequed approximately 30 minutes

1/2 small red cabbage finely sliced

1 cup apple finely sliced

3 cloves

1 teaspoon cider vinegar

Olive oil for cooking

Stevia or Splenda brand sweetener to taste

Method

Sauté onion in a little olive oil, for one minute. Add cabbage and cook for another minute. Add apple slices and cloves. Seal tightly and reduce heat. Simmer for 20 minutes. Two minutes before end of cooking add vinegar and sweetener.

Carbohydrate count: 1/2 cup vegetables 1/2 cup fruit

Serves 2

SAN CHOY BOW (PORK MINCE IN LETTUCE CUPS)

Ingredients

325 g pork fillet, minced
1 cup sliced water chestnuts, drained
1 tablespoon sliced ginger
1 tablespoon chilli sauce
2 tablespoons sherry
1 tablespoons tamari or soy sauce
Iceberg lettuce leaves cut carefully into cups

Method

Sauté ginger lightly before browning pork mince. Add sherry and sauces with water chestnuts and simmer for five minutes. Thin with a little water. Spoon mix into lettuce cups for serving. Accompany with mixed steamed Chinese vegetables.

Carbohydrate count: 1 cup vegetables

Serves 2



APPENDIX: THE BLOOD TYPE DIET

APPENDIX: THE BLOOD TYPE FOOD LISTS

As well as the general Wellness guidelines already discussed, your Practitioner may recommend you follow the blood type diet.

The blood type diet has been developed by Dr Peter D'Adamo, an acknowledged expert in naturopathic medicine, and best-selling author of the book "Eat Right for Your Type".

The blood type diet is based on the principle that not all foods are good for all people. Whether or not a food is good for you may depend on your blood type and subsequent genetic heritage.

The blood type diet is quite effective at improving many aspects of overall health, as measured by the large number of individuals who have reported their results. Conditions that may benefit from the blood type diet include digestive problems, fatigue, allergies and arthritis.

You will notice that, depending on your blood type, it is recommended that you avoid or include certain foods in your diet, these are listed as being either 'avoid' or 'beneficial' foods. Quite simply, 'avoid' foods act as a poison and 'beneficial' foods act as a medicine. Foods not on the lists are in-between or 'neutral' and are neither harmful nor particularly beneficial.

If you are unsure of your blood type your Practitioner can perform a simple on-the-spot test to find out.

TYPE A: BENEFICIAL FOODS

SEAFOOD	
Cod	Sardine
Mackerel	Sea trout
Snapper	Silver Perch
Rainbow trout	Whitefish
Salmon	Yellow perch

DAIRY SUBSTITUTES	
Soya cheese	Soya milk

OILS / FATS	
Linseed (flaxseed) oil	Olive oil

NUTS / SEEDS	
Peanuts	Pumpkin seeds
Peanut butter	

BEANS / LEGUMES	
Beans, aduke	Lentils, domestic
Beans, black	Lentils, green
Beans, green	Lentils, red
Beans, pinto	Peas, black-eyed

CEREALS	
Amaranth	Kasha
Buckwheat	

TYPE A: BENEFICIAL FOODS (CONTINUED)

BREADS / CAKES

Essene bread	Soya flour bread
Rice cakes	Sprouted wheat bread

GRAINS / PASTAS

Buckwheat	Flour, rye
Kasha	Noodles, soba
Flour, oat	Pasta, artichoke
Flour, rice	

VEGETABLES

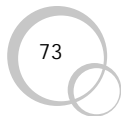
Artichoke, domestic	Leek
Artichoke, Jerusalem	Lettuce, romaine
Beet leaves	Okra
Broccoli	Onions
Carrots	Parsley
Chicory	Parsnips
Collard greens	Pumpkin
Dandelion	Silver beet
Escarole	Spinach
Garlic	Sprouts, alfalfa
Horseradish	Tempeh
Kale	Tofu
Kohlrabi	Turnips

FRUIT	
Apricots	Grapefruit
Blackberries	Lemons
Blueberries	Pineapple
Boysenberries	Plums
Cherries	Prunes
Cranberries	Raisins
Figs	

JUICES	
Apricot	Grapefruit
Carrot	Pineapple
Celery	Prune
Cherry, black	Water (with lemon)

SPICES	
Barley malt	Miso
Blackstrap molasses	Soya sauce
Garlic	Tamari
Ginger	

CONDIMENTS	
Mustard	



TYPE A: BENEFICIAL FOODS (CONTINUED)

HERBAL TEAS	
Alfalfa	Green Tea
Aloe	Hawthorn
Burdock	Milk Thistle
Chamomile	Rosehip
Echinacea	Saint John's Wort
Fenugreek	Slippery Elm
Ginger	Valerian
Ginseng	

MISCELLANEOUS BEVERAGES	
Coffee, decaffeinated	Tea, Green
Coffee, regular	Wine, red

A

TYPE A: FOODS TO AVOID

MEATS / POULTRY	
Bacon	Liver
Beef	Pork
Duck	Quail
Ham	Rabbit
Heart	Veal
Lamb	Venison

SEAFOOD	
Anchovy	Herring (fresh)
Bass	Herring (pickled)
Catfish	Lobster
Caviar	Mussels
Clam	Octopus
Crab	Oysters
Crayfish	Prawns
Eel	Salmon, smoked
Flounder	Scallops
Haddock	Sole
Hake	Squid (calamari)
Halibut	

TYPE A: FOODS TO AVOID (CONTINUED)

DAIRY	
All cheese	Casein
Butter	Ice cream
Buttermilk	Whey
Camembert	Whole milk

OILS / FATS	
Corn oil	Safflower oil
Cottonseed oil	Sesame oil
Peanut oil	

NUTS / SEEDS	
Brazil	Pistachio
Cashew	

BEANS / LEGUMES	
Beans, kidney	Beans, red
Beans, lima	Chick peas
Beans, navy	

CEREALS	
Mixed grain	Wheat bran
Shredded wheat	Wheat germ

A

BREADS / CAKES

Pumpernickel

Wheat

GRAINS / PASTA

Flour, white

Pasta, semolina

Flour, whole wheat

Pasta, spinach

VEGETABLES

Cabbage

Olives

Capsicum

Peppers, jalapeno

Eggplant

Potatoes

Lima beans

Sweet potatoes

Mushrooms, domestic

Tomatoes

Mushroom, shiitake

Yams

FRUIT

Bananas

Pawpaw

Coconuts

Rockmelon

Mangoes

Tangerines

Melon, honeydew

JUICES

Orange

Tomato

Pawpaw



TYPE A: FOODS TO AVOID (CONTINUED)

SPICES	
Capers	Cayenne
Pepper	

CONDIMENTS	
Mayonnaise	Worcestershire sauce
Tomato sauce	Vinegar

HERBAL TEAS	
Cayenne	Rhubarb
Corn silk	Yellow dock
Red clover	

MISCELLANEOUS BEVERAGES	
Beer	Soft drink
Soda water	

A

TYPE B: BENEFICIAL FOODS

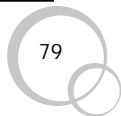
MEAT / POULTRY	
Eggs	Rabbit
Lamb	Venison
Mutton	

SEAFOOD	
Cavier	Mackerel
Cod	Ocean perch
Flounder	Salmon
Haddock	Sardine
Hake	Sea trout
Halibut	Sole

DAIRY	
Cottage cheese	Mozzarella
Feta	Ricotta
Goat cheese	Skim or 2% fat milk
Goat milk	Yoghurt

OILS / FATS	
Olive oil	

BEANS / LEGUMES	
Beans, kidney	Beans, navy
Beans, lima	Beans, red soy



TYPE B: BENEFICIAL FOODS (CONTINUED)

CEREALS	
Millet	Rice, puffed
Oat bran	Rice bran
Oatmeal	Spelt

BREADS / CAKES	
Brown rice bread	Millet
Essene bread	Rice cakes

GRAINS / PASTA	
Flour, oat	Flour, rice

VEGETABLES	
Beets	Kale
Beet leaves	Lima beans
Broccoli	Mushroom, shiitake
Brussels sprouts	Mustard greens
Cabbage	Parsley
Capsicum	Parsnips
Carrots	Peppers, jalapeno
Cauliflower	Sweet potatoes
Collard greens	Yams
Eggplant	

FRUIT

Bananas	Pawpaw
Cranberries	Pineapple
Grapes	Plums

JUICES

Cabbage	Pawpaw
Cranberry	Pineapple
Grape	

SPICES

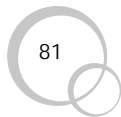
Cayenne pepper	Horseradish
Curry	Parsley
Ginger	

HERBAL TEAS

Ginger	Peppermint
Ginseng	Raspberry leaf
Liquorice	Rosehip
Parsley	Sage

MISCELLANEOUS BEVERAGES

Tea, Green	
------------	--



TYPE B: FOODS TO AVOID

MEATS / POULTRY	
Bacon	Ham
Chicken	Heart
Duck	Pork
Goose	Quail

SEAFOOD	
Anchovy	Lobster
Bass	Mussels
Clam	Octopus
Crab	Oysters
Crayfish	Prawns
Eel	Salmon, smoked

DAIRY	
Blue cheese	Ice cream

OIL / FATS	
Canola oil	Safflower
Corn oil	Sesame oil
Cottonseed oil	Sunflower oil
Peanut oil	

B

NUTS / SEEDS

Cashew	Poppy seeds
Hazelnut	Pumpkin seeds
Pinenut	Sesame butter (tahini)
Pistachio	Sesame seeds
Peanut butter	Sunflower margarine
Peanut	Sunflower seeds

BEANS / LEGUMES

Beans, aduke	Chick peas
Beans, black	Lentils
Beans, pinto	Peas, black-eyed

CEREALS

Amaranth	Mixed grain
Barley	Rye
Buckwheat	Wheat bran
Corn flakes	Wheat germ
Cornmeal	Wheat, shredded
Cream of wheat	

BREADS / CAKES

Bagels, wheat	Multigrain bread
Corn muffins	Rye crispbread
Durum wheat	Wheat bran muffins
100% rye bread	Whole wheat bread

TYPE B: FOODS TO AVOID (CONTINUED)

BREADS / CAKES	
Bagels, wheat	Multigrain bread
Corn muffins	Rye crispbread
Durum wheat	Wheat bran muffins
100% rye bread	Whole wheat bread

GRAINS / PASTA	
Couscous	Flour, rye
Flour, barley	Flour, whole wheat
Flour, bulgur	Noodles, wheat
Flour, durum wheat	Pasta
Flour, gluten	Rice, wild

VEGETABLES	
Artichoke, domestic	Radishes
Artichoke, Jerusalem	Sprouts, radish
Avocado	Sprouts, mung
Corn	Tempeh
Olives	Tofu
Pumpkin	Tomato

FRUIT	
Coconut	Rhubarb
Persimmon	Starfruit (carambola)
Pomegranate	

JUICES

Tomato

SPICES

Allspice

Corn syrup

Almond extract

Gelatine

Barley malt

Pepper

Cinnamon

Tapioca

Cornflour

CONDIMENTS

Tomato sauce

HERBAL TEAS

Aloe

Mullein

Corn silk

Red clover

Fenugreek

Rhubarb

Gentian

Senna

Hops

Skullcap

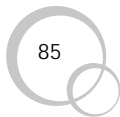
Linden

MISCELLANEOUS BEVERAGES

Alcoholic spirits

Soft drink

Soda water



TYPE AB: BENEFICIAL FOODS

MEAT / POULTRY

Eggs	Rabbit
Lamb	Turkey
Mutton	

SEAFOOD

Cod	Salmon
Mackerel	Sardine
Ocean perch	Sea trout
Rainbow trout	Tuna
Red snapper	

DAIRY

Cottage cheese	Mozzarella
Feta	Ricotta
Goat cheese	Sour cream
Goat milk	Yoghurt

OILS / FATS

Olive oil	
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NUTS / SEEDS

Chestnuts	Peanut butter
Peanuts	Walnuts

BEANS / LEGUMES

Beans, navy	Beans, red
Beans, pinto	Lentils, green

CEREALS

Brown rice bread	100% rye bread
Essene bread	Rye crisps
Millet	Ryvita
Oat bran	Spelt
Oatmeal	Soya flour bread
Rice cakes	Sprouted wheat bread
Rice, bran	Wasa bread
Rice, puffed	

GRAINS / PASTAS

Flour, oat	Flour, sprouted wheat
Flour, rice	Rice
Flour, rye	



TYPE AB: BENEFICIAL FOODS

VEGETABLES	
Beet leaves	Kale
Beets	Mustard greens
Broccoli	Parsley
Cauliflower	Parsnips
Celery	Sprouts, alfalfa
Collard greens	Sweet potatoes
Cucumber	Tempeh
Dandelion	Tofu
Eggplant	Yams
Garlic	

FRUIT	
Cherries	Kiwi
Cranberries	Lemons
Figs	Loganberries
Gooseberries	Pineapples
Grapes	Plums
Grapefruit	

A
B

JUICES

Cabbage	Cranberry
Carrot	Grape
Celery	Pawpaw
Cherry, black	

SPICES

Curry	Miso
Garlic	Parsley
Horseradish	

HERBAL TEAS

Alfalfa	Green Tea
Burdock	Hawthorn
Chamomile	Liquorice root
Echinacea	Rosehip
Ginger	Strawberry leaf
Ginseng	

MISCELLANEOUS BEVERAGES

Coffee, regular	Tea, Green
Coffee, decaffeinated	

TYPE AB: FOODS TO AVOID

MEATS / POULTRY	
Bacon	Heart
Beef	Pork
Chicken	Quail
Duck	Veal
Ham	Venison

SEAFOOD	
Anchovy	Halibut
Caviar	Herring, pickled
Clam	Lobster
Crab	Octopus
Crayfish	Oysters
Eel	Prawns
Flounder	Salmon, smoked
Haddock	

DAIRY	
Blue cheese	Ice cream
Brie	Parmesan
Butter	Provolone
Buttermilk	Whole milk
Camembert	

OILS / FATS

Corn oil	Sesame oil
Cottonseed oil	Sunflower oil
Safflower oil	

NUTS / SEEDS

Hazelnut	Sesame seeds
Poppy seeds	Sunflower margarine
Pumpkin seeds	Sunflower seeds
Sesame butter (tahini)	

BEANS / LEGUMES

Beans, aduke	Beans, lima
Beans, black	Chick peas
Beans, fava	Peas, black-eyed
Beans, kidney	

CEREALS

Buckwheat	Soba noodles
Pasta	

TYPE AB: FOODS TO AVOID

VEGETABLES	
Artichoke, domestic	Mushroom, shiitake
Artichoke, Jerusalem	Olives, black
Avocado	Pepper, jalapeno
Capsicum	Radishes
Corn	Sprouts, mung
Mushroom, abalone	Sprouts, radish

FRUIT	
Banana	Persimmon
Coconut	Pomegranate
Guava	Rhubarb
Mango	Starfruit (carambola)
Orange	

JUICES	
Orange	

SPICES	
Allspice	Cornflour
Almond extract	Gelatine
Anise	Pepper
Barley malt	Pepper, cayenne
Capers	Tapioca

CONDIMENTS

Pickles	Vinegar
Relish	Worcestershire sauce
Tomato sauce	

HERBAL TEAS

Aloe	Mullein
Corn silk	Senna
Fenugreek	Shepard's purse
Gentian	Skullcap
Hops	Red clover
Linden	Rhubarb

MISCELLANEOUS BEVERAGES

Alcoholic spirits	Tea, black decaffeinated
Soft drink	Tea, black regular



TYPE O: BENEFICIAL FOODS

MEATS / POULTRY	
Eggs (Not if of Negroid descent)	Liver
Beef	Mutton
Buffalo	Veal
Heart	Venison
Lamb	

SEAFOOD	
Cod	Salmon
Hake	Sardine
Hailbut	Snapper
Herring	Sole
Mackerel	White perch
Pike	Whitefish
Rainbow trout	Yellow perch
Red snapper	

OILS / FATS	
Linseed (flaxseed) oil	Olive oil

NUTS / SEEDS	
Pumpkin seeds	

BEANS / LEGUMES

Beans, aduke	Peas, black-eyed
Beans, pinto	

BREADS / CAKES

Essene bread

VEGETABLES

Artichoke, domestic	Lettuce, Romaine
Artichoke, Jerusalem	Okra
Beet leaves	Onions
Broccoli	Parsley
Chicory	Parsnips
Collard greens	Pepper, red
Dandelion	Pumpkin
Escarole	Seaweed
Garlic	Silver beet
Horseradish	Spinach
Kale	Sweet Potatoes
Kohlrabi	Turnips
Leek	

TYPE O: BENEFICIAL FOODS

FRUIT	
Figs	Prunes
Plums	

JUICES	
Black cherry	Prunes
Pineapple	

SPICES	
Carob	Parsley
Curry	Pepper, cayenne
Dulse	Turmeric
Kelp (bladderwrack)	

TYPE O: FOODS TO AVOID

MEATS / POULTRY	
Bacon	Ham
Goose	Pork

SEAFOOD	
Caviar	Octopus
Herring, pickled	Smoked salmon

DAIRY	
All cheeses	Ice cream
Buttermilk	Whey
Cream cheese	Whole milk
Goat's milk	Yoghurt

OILS / FATS	
Corn oil	Peanut oil
Cottonseed oil	Safflower oil

NUTS / SEEDS	
Brazil	Peanut
Cashew	Pistachio
Chestnut	Poppy seeds
Peanut butter	Sunflower

TYPE O: FOODS TO AVOID (CONTINUED)

BEANS / LEGUMES	
Beans, kidney	Lentils
Beans, navy	

CEREALS	
Cornflakes	Oatmeal
Cornmeal	Wheat bran
Cream of wheat	Wheat germ
Mixed grain	Wheat, shredded
Oat bran	

BREADS / CAKES	
Bagels, wheat	Oat bran muffins
Corn muffins	Pumpernickel
Durum wheat	Sprouted wheat bread
English muffins	Wheat bran muffins
High-protein bread	Whole wheat bread
Multigrain bread	

GRAINS / PASTA	
Bulgur wheat flour	Pasta, semolina
Couscous	Pasta, spinach
Durum wheat flour	Sprouted wheat flour
Gluten flour	White flour
Noodles, soba	Whole wheat flour
Oat flour	

VEGETABLES

Avocado	Mushroom, domestic
Brussels sprouts	Mushroom, shiitake
Cabbage	Mustard greens
Cauliflower	Olives
Cucumber	Potatoes
Corn	Sprouts, alfalfa
Eggplant	

FRUIT

Blackberries	Oranges
Coconut	Rhubarb
Kiwi	Rockmelon
Lychees	Strawberries
Melon, honeydew	Tangerines

JUICES

Apple	Orange
Cabbage	

SPICES

Capers	Nutmeg
Cinnamon	Pepper
Cornflour	Vanilla
Corn syrup	

CONDIMENTS

Pickles	Tomato sauce
Relish	Vinegar

HERBAL TEAS

Alfalfa	Red clover
Aloe	Rhubarb
Burdock	St. John's Wort
Corn silk	Senna
Echinacea	Shepard's purse
Gentian	Strawberry leaf
Golden seal	Yellow dock

MISCELLANEOUS BEVERAGES

Alcoholic spirits	Soft drink
Apple cider	Tea, black decaffeinated
Coffee, regular	Tea, black regular



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