

METABOLIC RENEWAL QUICK START GUIDE



Metabolic Renewal is designed to help you create a diet, exercise and lifestyle plan that is tailored to your unique hormonal, metabolic, and psychological needs. This will allow you to tap into your natural female metabolic advantage to finally get the results you want... ones that will stick for the long-term as well.

This Quick Start guide has been structured as a "cheat sheet" for quick reference. You should read the entire program first to understand the "why" and refer to this guide for quick reminders on what you should be doing. To get started on the program right away, here is what to do:

- STEP 1:** Take the Hormone Type Quiz at <http://www.metabolicrenewal.com/quiz> to identify your current Hormone Type. This will help you identify which of the customizations suggested throughout this program you should follow.
- STEP 2:** Check for your hormone type below if you are a menstruating woman; check on the back if you are in any stage of menopause.
- STEP 3:** Integrate the diet, exercise, and lifestyle changes meant for you. Follow the legend at the bottom of this sheet for terms like 3-2-1 Diet and so on.

It's as simple as that. A program uniquely tailored to your personal metabolism in three easy steps.

NORMAL MENSTRUAL CYCLE

Metabolic Quick Start Guide

Judd E. Hollander



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