



## COURSE SEQUENCE

### Certified Metabolic Typing Advisor (CMTA) Level III: Comprehensive Program Certification (Online Version)

Step	Description	Expected days to do	Elapsed time at completion
1. Initiation	<ul style="list-style-type: none"> <li>▶ Email Info@MetabolicEd.com to request forms</li> <li>▶ Complete forms and return via email</li> </ul>	4	4
2. Preparation	<ul style="list-style-type: none"> <li>▶ Order equipment per MT Instructions</li> <li>▶ Print out and read all materials</li> <li>▶ Submit Hair Tissue Mineral Analysis sample</li> </ul>	10	14
3. Testing Session: Teleconference #1	<ul style="list-style-type: none"> <li>▶ We will help you through the self-test process</li> <li>▶ Submit the testing data online</li> </ul>	14	28
4. Evaluation Session: Teleconference #2	<ul style="list-style-type: none"> <li>▶ Discuss your MT, diet, lifestyle issues and food sources</li> <li>▶ Review of Dominance, Balance and structure of MT</li> </ul>	7	35
5. Test follow up: Teleconference #3	<ul style="list-style-type: none"> <li>▶ Review MT Diet Plans</li> <li>▶ Fine tune the diet</li> <li>▶ Discuss lipo-oxidative imbalances, blood type, prostaglandins, HTMA</li> </ul>	7	42
6. Test follow up: Teleconference #4	<ul style="list-style-type: none"> <li>▶ Discuss electrolyte and acid/alkaline imbalances, Glucose Challenge results, supplement lists, skin brushing, castor oil pack, baths</li> <li>▶ Select sample client.</li> </ul>	14	56
7. Test follow up: Teleconference #5	<ul style="list-style-type: none"> <li>▶ Discuss Potassium Challenge, MT Questionnaire, fine tuning, food sources, food preparation</li> <li>▶ Detoxification One</li> </ul>	7	63
8. Client Preparation Plan, Detox 2: Teleconference #6	<ul style="list-style-type: none"> <li>▶ Fine tuning, troubleshooting, test procedure</li> <li>▶ Review for Advanced Client Case Program</li> <li>▶ Four keys to success: Digestion, Circulation, Detoxification, Elimination.</li> </ul>	7	70
9. Supplements, Retest (Column A, Circadian), Detox 3: Teleconference #7	<ul style="list-style-type: none"> <li>▶ Cycling Supplements, MT Retests, troubleshooting, client testing progress.</li> </ul>	7	77

*COURSE SEQUENCE, Certified Metabolic Typing Advisor (CMTA), Level III: Comprehensive Program Certification (Online Version)*

<b>Step</b>	<b>Description</b>	<b>Expected days to do</b>	<b>Elapsed time at completion</b>
10. Your client results: Teleconference #8	▶ Presentation of your Client's Advanced MT Results Report	7	84
11. Blocking Factors, Detox 4: Teleconference #9	▶ Discussion of Blocking Factors, Supplements per system, food sources, continued lifestyle review.	7	91
12. Client Advising Review, Advanced Certification Exam: Teleconference #10	▶ Complete Client Case Report ▶ Discuss exam.	7	98
13. Course Review, CYF and PFP Cleanses: Teleconference #11	▶ General questions ▶ Certification exam questions ▶ Detox descriptions.	7	105
14. Completion & Certification	▶ Pass Exam	7	112

MTEC will continue to support you through email and over the phone. Extensive counseling (over 10 minutes) will be on an \$80 hourly fee. After one year you will receive a review from MTEC. Reviews will continue on a yearly basis.