



COURSE SEQUENCE

Certified Metabolic Typing Advisor (CMTA)

Level 1 Post-Certification Training

Step	Description
1. Registration	<ul style="list-style-type: none"> ▶ Contact info@metaboliced.com to get Registration Form.
2. Call in to monthly 1.5 hour sessions as indicated on the Registration Form	<ul style="list-style-type: none"> ▶ Use the call in number and passcode for your registered group. ▶ Subject Sessions will change every month for four months and then repeat. ▶ Topics will change every month within the Subjects.
3. Subject Session I	<ul style="list-style-type: none"> ▶ MT Advanced Questionnaire ▶ Results Session ▶ Metabolic Types ▶ Life Style Issues
4. Subject Session II	<ul style="list-style-type: none"> ▶ Diet plans ▶ Menu Plans ▶ Fine tuning and food sources ▶ Preparation, eating out and traveling.
5. Subject Session III	<ul style="list-style-type: none"> ▶ Supplements: why we need them, how they are made ▶ Nutrients specific for MT ▶ Starting clients on supplements, cycling supplements, quality of Ultra Life supplements.
6. Subject Session IV	<ul style="list-style-type: none"> ▶ Trouble shooting ▶ Blocking factors ▶ Marketing ▶ Working with groups, working one on one, classes, teleconferences ▶ Administration ▶ Ethics.

Standard Format of All Sessions:

- ▶ 20-minute lecture on topics
- ▶ 45-minute follow up, questions, discussion
- ▶ 30-minute open forum on questions and issues

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.