

## Healthexcel's Advanced Metabolic Typing® Program Online Questionnaire Instructions

Now that you are ready to take the Healthexcel Advanced Metabolic Typing® on-line questionnaire, you will need to carry out the following:

1. Log on to [www.healthexcel.com/public/advanced.html](http://www.healthexcel.com/public/advanced.html)
2. Enter all details as requested
3. You will be requested to enter my name (Leigh Brandon), and my advisor number (LB753).
4. For privacy and security reasons you need to enter 4 random letters and 4 random numbers instead of your last name (ID) and first name (ID). You MUST inform me via the Chat Box in the right bottom corner of the Member's area of the website of your 4 letters and numbers so I can identify your results when I receive them.
5. Answer each question as honestly as possible and not what you believe to be the healthy option. This will enable you to achieve results in the quickest possible time. If you are not sure of an answer, you may need to try something to see how you feel, e.g. how you feel after drinking a glass of orange juice.
6. Once you have completed all the questions, press the 'Submit' button to send your answers to Healthexcel for analysis.
7. Once the questions have been analysed, I will send the results to you via email. When you receive your results, read through them (do not get over whelmed) write down any questions you have and either send them to me via the Chat Box in the right bottom corner of the member's area of the website or ask me direct in the Q&A calls.

In health and happiness,

Leigh Brandon CHEK Faculty, CHEK IV, HLC III, CMTA I, FDN, ART

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