



PHOTO: CORBIS

vinced about its weight-loss claims. She says she typically uses blood tests to determine what deficiencies clients may have such as vitamins. "As far as boosting your metabolism for weight loss, there's no basis for it. It sounds like it could be a fad."

Chan says weight loss is only one aspect of metabolic typing, and that a balanced internal system is his main goal when treating clients.

Based on the results of my question-

naire, Chan advises me to never become vegetarian and to eat more so-called brain food to boost serotonin levels. This is because I crave sweet snacks in mid-afternoon when my serotonin levels aren't high enough. He suggests more oil-rich fish in my diet.

For those with persistent, or unexplained health problems, metabolic profiling may well be worth a try. Just remember to eat your greens.