

# Christine-Anne Platel Newsletter: Achieving Your Goals

mid-January 2007

🌐 Friends please see my Free Teleclass and Live Talk below...



## HOW ARE YOU DOING WITH YOUR NEW YEAR'S RESOLUTIONS?

I thought I'd check in with you to see if you needed any help.

A 2004 CNN survey showed that 70% of people have given up on their Resolutions by February 1st. Don't let that happen to you. Read my tips for [Making and Keeping New Year's Resolutions](#), in an article I wrote for the Fernandina Beach Newsleader.

## HAVE YOU BITTEN OFF MORE THAT YOU CAN CHEW?

Many times we set goals that are unrealistic for one reason or another.

It could just be a matter of timing; or that the goal does not clearly match what our spirit really needs. Whatever the underlying reason, we can begin feeling very overwhelmed in the process of trying to achieve our goals. **Please don't give up on your dream. I believe in YOU!** Come receive encouragement, support, and some pushing-the-envelope coaching in my **Free Teleclass: FINE-TUNING YOUR GOALS**, Tuesday, January 30th, at 9:00 P.M. EST. [Register here.](#)

---

## WHAT ARE YOUR HEALTH GOALS THIS YEAR?

Do you want to Lose Weight, and/or Increase Energy, Have Better Mental Focus, Feel More Relaxed, Calm, and Emotionally Balanced, Without Dieting?

Everyone's metabolism is different when it comes to food cravings, hunger, energy, mental focus, mood swings, etc. So **eating the right foods for YOUR Metabolic Type is vitally important for optimum health and well-being.**

Since 1919, many pioneers have contributed to the body of work that constitutes Metabolic Typing, and the Advanced Metabolic Typing Diet Program. Chief among them is W.L. Wolcott who, in 1983, discovered that any given nutrient (or food) can have varying effects on a person's health and well-being, depending upon which part of their Autonomic Nervous System (ANS) is dominant. **The given nutrient could be stimulating or sedating; acidifying or alkalizing - not because of the intrinsic value of the food, but due to its effect on the part of the ANS that is dominant.**

Further research showed that **the Oxidative System, which converts food to energy in our cells, can also vary in the way it functions from person to person.** For instance, Fast Oxidizers metabolize the glucose from food too quickly: Imagine the energy of a cheetah. Slow Oxidizers metabolize fats and proteins too quickly. Imagine the energy of a tortoise.

So you can see how important it is to eat the foods that are best for your INDIVIDUAL METABOLISM. [The Advanced Metabolic Typing Diet Program](#) analyzes your completed questionnaire and makes dietary, supplement, and lifestyle recommendations that are Optimal for YOUR Metabolism.

This is not a diet in the usual sense of the word. **There are no portions to weigh, or calories to count; and you'll never feel hungry or deprived.** **The Program is for everyone who wants to feel more healthy and vibrant.** It's not just for those who wish to lose weight. It is a Lifestyle Change Program that will teach you how to choose foods that are best for your Metabolic Type.

Interested in learning more? [Contact me for your Free Consultation](#), and the link to The Advanced Metabolic Typing Diet Questionnaire.

---

#### FREE EVENTS

**FINE-TUNING YOUR GOALS:** Tuesday, January 30th @ 9:00 P.M. EST, FREE Teleclass  
[Register here.](#)

 **THE EGO AS THE ENEMY OF THE LOVE RELATIONSHIP:** Sunday, February 11th @ 6:00 P.M. FREE Talk & Discussion followed by a **Valentine's Potluck Supper** at the Monthly Meeting of the Unitarian Universalist Discussion Group in Fernandina Beach.  
[E-mail for directions.](#)

#### ONGOING

**INTEGRITY BLOGIN:** Being in integrity, means living in integrity no matter how difficult the situation. I've created the [Integrity Blogin](#) to help us all stay on the path of integrity.

**MENDING BROKEN HEARTS PROJECT BLOG:** Like limbs, hearts that get broken also never heal. But they do mend sufficiently well to have a happy and fulfilling life. Read my [MBHP Blog](#) and share your experiences.

#### UPCOMING

**MENDING BROKEN HEARTS PROJECT GROUPS.** [Read about the project here.](#) A Teleclass Group and a Live Event Group are being planned. Details coming soon!

---

Friends, please feel free to contact me with your questions and comments. I also hope to see you in a Live Event, or speak with you on a Teleclass soon. And remember that I offer [FREE Consultations for all my services.](#)

I would appreciate you sharing my Newsletter with those on your list.

Sending Love, Light, and Joy to each of you.

Chris 😊

Christine-Anne Platel

[CONSCIOUS CONNECTIONS](#)

Life & Relationship Coaching

Emotional Freedom Technique

Metabolic Typing Diet Advising

Peak Performance Coaching for Athletes and Artists of all genres

(904) 491-8676 or on Yahoo Voice Messenger to chrisplatel

**All content is copyrighted 2007 Christine-Anne Platel and ConsciousConnections.com.  
Feel free to forward this Newsletter in its entirety; but you may not reprint any part  
of it without permission.**