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Type 1: PARA

Food Preferences

All carbohydrates such as breads, rice, pasta, potatoes, sugar, sweets, candy, cakes, pies, and vegetarian meals.

Enzyme Deficiency

Polysaccharolytic enzymes for proper digestion of carbohydrates.

Health Concerns

Thyroid dysfunction, eczema, headaches, fatigue, low blood pressure, hypoglycemia, brain fog, mood swings, depression, cold hands and feet.

Body Shape

You tend to gain weight evenly all over, and your waist may be either small and defined or broader than your shoulders and hips. The widths of your clavicle and your hip bone are equal, and you have well-defined, "high & perky" buttocks.

Nutrition for Balance

Avoid sugar and meals high in starch. Include a complete protein at each meal. Healthy fats in moderation. Whole grains, fruits, and vegetables.

Enzyme Therapy

The Foundation of Wellness

- TPP Digest / DigestZyme
- TPP Protease / PureZyme
- TPP Probiotic / Plantadophilus

Supporting Formulas for Body Type

- TPP Carbo
- BalanceZyme Plus
- MasterZyme or TPP Thyroid Complex
- ExcellZyme

