

# 3

## Type 3: SUPRA

### Food Preferences

All proteins such as steak, hamburger, chicken, fish, seafood, bacon, ham, and pork chops, also salt or salty foods.

### Enzyme Deficiency

Proteolytic enzymes for digestion of all protein foods.

### Health Concerns

Adrenal stress, kidney dysfunction, cardiovascular disease, high blood pressure, edema, acid reflux, indigestion, gas, constipation, stiff joints, gout, back problems.

### Body Shape

You tend to gain weight in the upper body (stomach, back, and shoulders). The width of your clavicle is broader than your hip bone width. You have "no" buttocks with strong, muscular legs.

### Nutrition for Balance

Avoid high protein meals, high fat proteins, and salt. Healthy fats in moderation. Include 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 Protease IFC
- TPP Gastro
- K-Drain
- TPP Adrenal Complex
- CalmZyme

