

# 2

## Type 2: ESTRO/TESTRO

### Food Preferences

Spicy ethnic foods, foods high in fat, creamy sauces or dips, gravies, ice cream, fried foods, pizza, rich foods.

### Enzyme Deficiency

Lipolytic enzymes for proper digestion of fats and triglycerides.

### Health Concerns

Reproductive system dysfunction, gallbladder stress or gallstones, liver and urinary disorders, high cholesterol and triglycerides, hormonal imbalance, arthritis, hysterectomy, menstrual problems, prostate disorders.

### Body Shape

You tend to gain weight below the waist in your hips and thighs. The width of your clavicle is narrower than your hip bone width. You have sloping shoulders and "low-slung" buttocks.

### Nutrition for Balance

Avoid fried food, heavy sauces or spices, and rich meals. Healthy fats in moderation. Include a complete protein at each meal. 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 Lypo
- TPP Gastro or GastroZyme
- MasterZyme
- TPP Liver Support

