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Type 4: NEURO

Food Preferences

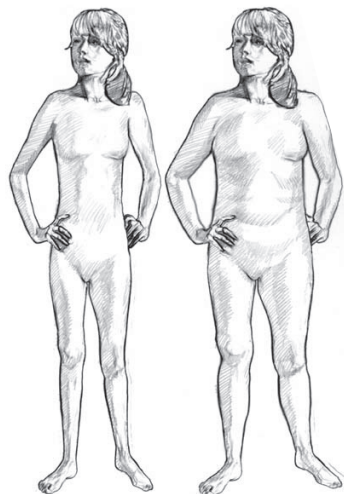
Milk and dairy products, also grains and cereals.

Enzyme Deficiency

Most all of the digestive enzymes including lipase and lactase.

Health Concerns

Pituitary disorders, chronic allergies, chronic digestive problems, IBS, diarrhea, lactose intolerance, frequent colds or infections, asthma, chemical or environmental sensitivities, weak constitution.

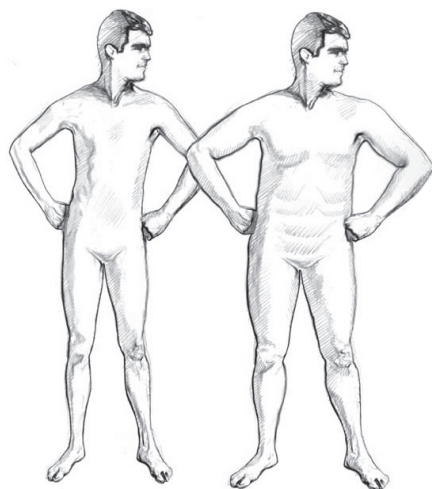


Body Shape

You tend to gain weight evenly and can be either wiry or soft and plump. The widths of your clavicle, waist, and hip bone are equal, with no distinct buttocks. Slow to mature as a teen, your body shape has not changed much, so you look young for your age.

Nutrition for Balance

Avoid dairy and high fat foods. Healthy fats in moderation. Include a complete protein at each meal. Whole grains, fruits, and vegetables. Small, frequent meals.



Enzyme Therapy

The Foundation of Wellness

- DigestZyme
- PureZyme
- Plantadophilus

Supporting Formulas for Body Type

- GastroZyme
- MasterZyme
- CalmZyme
- Super CellZyme / TPP Mineral Complex
- TPP Protease IM