

**BioChemical Individualism**

**Type 2 ESTRO/TESTRO**



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**Dear Friend,**

Your interest in Transformation's Biochemical Individualism program may be the best time investment you ever make. This booklet is designed for your own particular individualistic needs, and the following points can help you understand the transformation to better health.

Each biochemical type represents particular glands of the endocrine system. These glands operate the workings of our body by producing hormones that travel through our blood to targeted glands and cells. This includes how many times our heart beats to how tall, short, thin, or heavy we may be, and on and on. The food recommendations for your body type together with Transformation™ Enzyme Formulas feed and fortify the particular endocrine glands that rule your body, assisting in balancing the system.

The one thing all body types have in common is that we must be able to digest, utilize, and assimilate what we eat. In fact, it is the body's inability to do this that will lead to many biochemical imbalances. This process is naturally accomplished with the aid of enzymes. Enzymes ensure that you are utilizing all of the available nutrients from the food you eat to nourish the cells of the body. Proteolytic enzymes hydrolyze proteins into amino acids. Lipolytic enzymes change fats into fatty acids. Polysaccharolytic enzymes ensure that you are breaking down all of the carbohydrates and starches into glucose.

It takes time and energy for the body to digest food. Our food can sit in the upper part of the stomach for 45 minutes to an hour before the stomach reaches the proper acid pH to begin the digestion of protein foods. This process may take three to five hours to accomplish. The partially digested food is moved into the duodenum by a pumping action to be further mixed with bile. This creates a proper alkaline pH where fat or lipid type foods can be digested with the aid of lipolytic enzymes.

In the small intestine, carbohydrates and starches, with the aid of polysaccharolytic enzymes, will be broken down. The nutrients can then be absorbed through the microvilli. This process may take another three to four hours. The last step is in the large intestine. The bulky, unusable chime is moved into the large intestine where the water and the last nutrients are

absorbed, and where the feces can finally be moved out of the body. This can take from ten hours to two days.

Although this whole process is very complicated and lengthy, all of this is necessary to receive our vital nutrients. Supplemental enzymes can assist with this process, take much of the strain off of the system, and help provide the nutrients you need. It is recommended for every body type that they maintain a maintenance program which consists of a digestive enzyme formula, a protease blend, and a probiotic. Transformation™ enzyme formulations taken at the beginning of a meal will be waiting in the upper part of the stomach to assist in the digestion of all foods. When taken between meals, they work therapeutically.

This approach to weight management is designed to assist with food cravings and help balance the body without the denial of all food that has been long associated with dieting. Ideal weight management involves fat loss, muscle maintenance (or gain, if needed), and adequate hydration. In fact, it is common for one to lose inches but gain weight as they bring their body into a healthy balance.

The information in this booklet will give you choices in balancing foods that are not difficult to follow, nor will they require you to prepare “special foods” to maintain a necessary balance to ensure good health. When we are aware of our choices of balancing foods for our body, the body may then be given the opportunity to heal itself. The result can be seen throughout the whole system. When you understand and choose the correct nourishment and enzymes for your biochemical type, your body can then begin to balance itself.

## ESTRO/TESTRO

The result of your questionnaire indicates that you fit in the ESTRO/TESTRO Biochemical Individualism category. The ESTRO/TESTRO type relates to that part of the endocrine system most stimulated by fried and fatty foods, very spicy foods, and ethnic foods. Although you may be drawn to other foods besides the ones mentioned, biochemical individualism takes into consideration all of a person's unique qualities and, because of this, you were placed in this particular group.

ESTRO/TESTRO represents the characteristic eating habits that stimulate the gonadal system (sex glands)--one of the major parts of the endocrine system. The endocrine system consists of glands that regulate body activity by special secretions, the hormones. These are delivered directly into the blood. Each of the glands within the endocrine system has one or more specific functions, yet they all are dependent upon the other glands in the system for maintenance of a normal hormonal balance in the body.

As stated above, you are born with specific ESTRO/TESTRO traits, such as the way you are shaped, the food cravings that you have, symptoms resulting from an over stimulated gonadal system, specific personality traits, and the creative and enthusiastic way you feel when you are in balance. Your natural tendency is to be a caring individual. When you are in balance, you are very organized and can organize everyone around you. You can be very quick to grasp any new information and use your wonderful imagination to make the world a better place for everyone.

When the gonadal system has been over-stimulated for a prolonged period of time, it may lead to the exhaustion of the glands. The following symptoms may appear:

Arthritis	Osteoporosis	Esophageal Reflux
Bladder situations	Urinary situations	Gallbladder problems
Cardiovascular	High Cholesterol	Diabetes
Acne / Psoriasis	Constipation	Diarrhea
Hormonal problems	Prostate disorders	

There is an inability of the ESTRO/TESTRO's body to utilize fatty acids, fat soluble vitamins (A, D, E, and K), starch, and hormones. The main enzyme deficiency is lipase. A lipolytic enzyme deficiency may lead to high cholesterol, hormone disorders, and kidney disorders.

## FATS

Fats are essential to the health of the body. Consuming the good fats (such as olive oil, fish oils, and flaxseed oil) rather than bad fats (such as animal fats or trans fatty acids) is essential to maintaining proper health. Trans fatty acids (TFAs) are those partially hydrogenated vegetable fats that can be found in cookies, fried foods, crackers, doughnuts, margarine, etc., and can range as high as 30 to 50% of their content. High TFAs lead to dangerous plaque build-up and heart disease.

Lipids are broken down into two categories: saturated (which are the bad lipids) and unsaturated (which are the good lipids). Lipids are carried in the blood and bound to a protein, where they become known as lipoproteins. For example, one type originates in the intestine and carry certain types of digested fat from the intestines into the bloodstream. Enzymes then remove the fat for use as energy or for storage in fat cells. Ultimately, the remaining ones are stripped of much of their fats (triglycerides) and removed from the bloodstream by the liver. LDLs and VLDLs contain large amounts of cholesterol.

Therefore, knowing the ratio of your LDLs to your HDLs when having your cholesterol tested is mandatory, since total cholesterol count does not give you enough information. Good enzyme supplementation, when combined with a diet lower in cholesterol and unhealthy fats, can reduce LDL levels. Exercise and proper digestion can also help reduce the blood levels of LDL cholesterol and increase the blood levels of HDL cholesterol.

Sweets and refined carbohydrate foods raise blood sugar levels quickly, which triggers insulin and then lowers HDL levels in the blood. Many ESTRO /TESTRO profiles have been told they are borderline diabetics. The main problem lies in the starch/fat combinations.

Cut down on saturated fat and eat high fiber fruits and vegetables. Avoid empty carbohydrates such as sugar, soft drinks, white bread, donuts, potatoes, and pretzels. Avoid being tricked into eating “fat-free” processed foods. They are usually high in refined carbohydrates.

The reason that we need to avoid these fats is because they cannot be properly digested by this body type. Because they are undigested, microorganisms (bacteria) will then take these fats and create improper

estrogens and testosterone that will eventually drive the formation of breast or prostate cancer.

The endocrine system must be fed and fortified as a whole. The gonads are supported by the pituitary, the adrenal, and the parathyroid. A change in your diet, limiting your intake of bad fats, adding enzymes to control your cravings for starchy and fatty foods, and adding recommended exercises will give you the balance you desire.

By using saliva, urinalysis, and blood screening, the foods suggested and the enzymes used have been researched for over two decades by Dr. DicQie Fuller and her multi-talented staff at the Transformation™ Enzyme Therapy Center and clinics throughout the United States, Europe, and Asia. The food recommendations have been compiled for the benefit of the uniqueness of each biochemical individualistic personality.

**GALLBLADDER:** As noted, the Estro/Testro has an imbalance of bile. This can create a specific problem with the gallbladder. This would feel like burping or belching, maybe a slight nausea after a meal, pain underneath the rib cage, and bloating. Fatty or fried foods and heavy spices will worsen this condition. When you take the enzyme formulas, *you have to take enough!* Therefore, you have to take more than the average amount and possibly increase them with meals. Lipase enzyme blends are essential for you. With continual abuse resulting from a bad diet, many Estro/Testros may have to have their gallbladder removed. With the aid of enzymes at meals and following meals, this can possibly be prevented.

**NOTE:** Fatty acid balance is very important for the Estro/Testro, but this balance cannot be maintained with a genetic inability of the body to produce enough lipase enzymes (the enzyme that breaks down lipids). Fats are important to the hormonal system! However, when fat is not broken down properly, the body's microorganisms use poorly digested fat to create estrogen-like hormones which are responsible for promoting prostate and breast cancer.

As stated before, excess fats have been shown to contribute to high cholesterol. Cardiovascular disease is another concern for the Estro/Testro profile. Inability to absorb the necessary fat-soluble vitamins A, D, E, and K leads to an array of conditions and high oxidative stress levels. The formation

of fatty deposits in the arteries can impede the flow of blood to the heart. The importance of good digestion and the balance of the good fats throughout the body's systems are of utmost importance to an Estro / Testro.

### **VEGETABLES RECOMMENDED:**

Asparagus	Beets	Carrots
Cucumber	Green Beans	Okra
Onions / Garlic (not raw)	Radishes	Turnips
Sweet Potato (½)		

*The following are acceptable if steamed or cooked with light oil:*

Broccoli	Brussel Sprouts	Cabbage
Cauliflower	Celery	Eggplant
Mushrooms	Peas	Peppers
Potatoes	Sprouts	Tomatoes
Zucchini		

### **LEGUMES RECOMMENDED:**

Mung Beans	Kidney Beans	Red Lentils
Garbanzo Beans / Chick Peas		

### **FRUITS RECOMMENDED:**

Apricots	Avocados	Berries
Bananas	Mangos	Melons
Nectarines	Oranges	Figs
Cherries	Coconuts	Dates
Stewed Fruits	Grapes	Plums
Papayas	Pineapples	Lemons
Grapefruits	Tangerines	Strawberries

### **REDUCE OR AVOID:**

Apples	Cranberries	Pears
Pomegranates		

*These are more acceptable when cooked, because they may irritate the gallbladder. Avoid unripe fruits and dried fruits in general.*



## GRAINS RECOMMENDED:

Oats

Rice

Wheat

## REDUCE OR AVOID:

Barley

Buckwheat

Corn

Millet

Rye

*You may have pasta, but not pasta made out of white flour.*

## DAIRY RECOMMENDED:

Organic Greek Yogurt

Organic Cottage Cheese

Organic White and Soft Cheeses

*Dairy products are difficult to digest without enzymes. The majority of cows that are being raised in the United States and other parts of the globe are A1 variety which are known for creating digestive distress, excess mucus, and allergies. Dairy should come from organic sources where the animals are allowed to graze and not treated with hormones. A2 forms of dairy from goat and sheep as well as Jersey, Charolais, and Guernsey cows are best when available.*

## HERBS AND SPICES RECOMMENDED:

Fennel

Ginger

Mace

Mustard

Nutmeg

Oregano

Sage

Thyme

Tarragon

*Almost all **in moderation**. Spices should not be used in large quantity.*

## REDUCE OR AVOID:

Coriander Seed

Fenugreek

Saffron

Parsley

Turmeric

Dill

## PROTEINS RECOMMENDED:

Pasture-Raised Eggs

Organic / Hormone-Free Poultry

Wild or Fresh-Caught Fish

*Protein sources should be organic and free of hormones when possible.*

### **NUTS RECOMMENDED:**

Pumpkin Seed

Sunflower Seeds

Walnuts

*All nuts are acceptable in small amounts. If using nut butters, be sure they are of a good quality and BE SURE to take your Transformation™ digestive enzymes when eaten as a snack to digest the protein and fat.*

### **OILS RECOMMENDED:**

Safflower Oil  
Sesame Oil

Avocado and Coconut Oil

Cold Pressed Olive Oil

*Sesame oil is especially recommended*

### **TEA RECOMMENDED:**

Red Clover or Green Tea is the best choice. Red Clover Tea is a blood purifier and a diuretic which is also said to soothe the liver and gallbladder. This tea is additionally used to ease menstrual problems.

### **OTHER:**

If a particular food is not listed here, then you may have it, as it will not cause an imbalance. However, remember to exercise moderation in all things! Do not eat a heavy meal late in the day, as it may stress your gallbladder and hinder your sleep.

## **DIET OVERVIEW**

The personal diet selections in this booklet are for the Estro/Testro body type if you desire to be in a balanced state. Your main concern is balancing white protein and carbohydrates at each meal (for example, fish & salad or vegetable).

### **PLENTY FOODS**

Fruit (raw)  
Fresh Vegetables  
Whole Grains  
Plant Proteins  
Red Clover / Green Tea

### **MODERATE FOODS**

Poultry (turkey is best)  
Fish (salmon is best)  
Yogurt  
Cottage Cheese  
Grass-Fed Butter

### **FOODS TO AVOID**

Pork / Organ Meats  
Spices (see list)  
Creams / Rich Desserts  
Fats / Heavy Oils  
Ice Cream  
Starch (bread, potatoes)

### **SNACKS**

Small raw fruits, Red Clover or Green Tea.

**IT IS BEST TO AVOID ALL FRIED FOODS!**

## SAMPLE DAILY DIET

**Breakfast:** Take some fruit from your list, organic yogurt, or scrambled eggs / omelet with vegetables, and herbal tea. It is important for you to “break the fast” by eating breakfast. You will feel healthier if your lunch is the largest meal of your day and dinner is the lightest. If you just drink a cup of coffee without food, it may set your gallbladder off early in the day. Drink 8-10 oz of water.

**Lunch:** Green salad or vegetables, organic fowl, organic cottage cheese, eggs, or plant protein. One raw organic fruit option selected from your list. Drink 8-10 oz of water.

**Dinner:** Choice of organic chicken, turkey, or fresh fish with brown rice and raw fruit for dessert. Drink 8-10 oz of water.

**REMEMBER:** It is the fats and the spices that stimulate the gonadal system. High fats put you at heart risk and can lead to skin disorders. However, this *can* be controlled with proper diet. Do not forget that your body type needs to be sure and take enough digestive enzyme formula at mealtime. Taking too few will not be adequate and the problem may seem more apparent. If this happens, take more!!!

**NOTE:** Drink enough water (at least eight glasses of 8 ounces good water) each day, especially with meals. Supplemental enzymes and your own metabolic enzymes are hydrolytic molecules that require water to work.

## EXERCISE

The **Estro/Testro** gains weight mainly in the lower portion of their body. Sometimes weight training can be frustrating for this body type. The muscle belly or width of the muscle can be short, making the person feel “bulky” or “stocky.” A total body workout that consists of low-rep, *slow*, controlled movements for the under-developed upper body and high-rep, quick, controlled movements to lean and tone the lower body, when coupled with lots of stretching, is ideal. “Leaning” cardio workouts can be fast-paced walking/jogging (with wrist weights) or swimming.

Here are some examples:

<b><i>Exercise</i></b>	<b><i>Set/Rep</i></b>	<b><i>Equipment</i></b>	<b><i>Weight</i></b>	<b><i>Movement</i></b>
Bench press	2x10	Dumbbells	medium	slow
Lat pull-downs	2x10	Dumbbells	medium	slow
Lunges	3x12	Dumbbells	light	quick
Shoulder press	2x10	Dumbbells	medium	slow
Bicep curl	2x10	Dumbbells	medium	slow
Crunches	2x15	Mat or bench	n/a	quick/slow
Standing calf raises	2x15	Dumbbells	light	quick

### **Cardio/Stretch**

20 minutes of continual, fast-paced walking (at least 4.0 mph) on a treadmill. Stretching should be done for at least 15 minutes a day.

***IMPORTANT NOTE:*** Please consult your physician or health professional before beginning any exercise program.

## ESTRO/TESTRO ENZYME PROTOCOL

- 2     **TPP Digest**     At beginning of each meal

A digestive enzyme formula with meals will help ensure proper assimilation and bio-availability of all nutrients supporting cellular health, function, and repair. Complete digestion also minimizes food intolerances and supports a healthy immune system.

- 2     **TPP Protease**     Three times daily between meals

A protease formula between meals will help promote optimal blood flow and efficient detoxification as well as help manage inflammation, supporting the overall health of all systems of the body.

- 1     **Transcendence™ Privita**     At beginning of morning

The natural choice for healthy hormone balance, this enzyme-delivered herbal Transcendence™ formula helps balance estrogen and testosterone levels to support physical and emotional wellbeing for both women and men.

- 2     **TPP Probiotic**     At bedtime

A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment.

## ADDITIONAL SUPPORT

*It is recommended that you start with the initial protocol first and then add support products as needed. Based on the imbalances seen in your type, the following may be beneficial:*

### **TPP Lypo**

With and/or between meals for blood lipids (TC, LDL/HDL, TG)

An enzyme supplement with herbs and vitamins designed to enhance the digestion of fats. Use this product to support weight management efforts and help maintain healthy cholesterol and triglyceride levels.

### **LypoZyme**

With or between meals for additional support for fat digestion and gallbladder stress

For extra support, take this formula during a meal that is high in fat content for improved fat digestion, support occasional indigestion related to dietary fats, and provide the body with a feeling of satiety which helps controls appetite.

### **TPP Gastro OR GastroZyme**

As needed for heartburn / indigestion

Gastro helps alleviate symptoms of gas such as bloating, pressure, fullness, and stuffed feeling. Use as a digestive aid for relief of occasional heartburn, occasional indigestion, upset stomach, occasional diarrhea, and/or digestive discomfort.

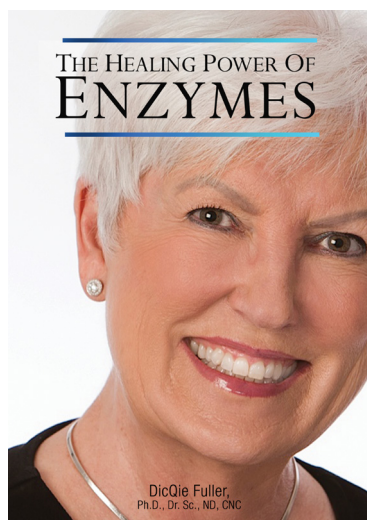
GastroZyme is a simple, well-tolerated formula intended for sensitive individuals and works fast to ease occasional discomfort “below the navel.” It may be taken anytime to relieve minor GI discomfort.

### **TPP Liver Support**

Twice daily with food to support detoxification and liver health

This product is the perfect choice to help counter exposure to various forms of environmental toxicity by encouraging the normal removal of toxic materials and supporting the liver’s normal regeneration sequence.

The science of Biochemical Individualism was developed by Transformation's Founder, Dr. DicQie Fuller, in her book *The Healing Power of Enzymes*, now in a revised edition.



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