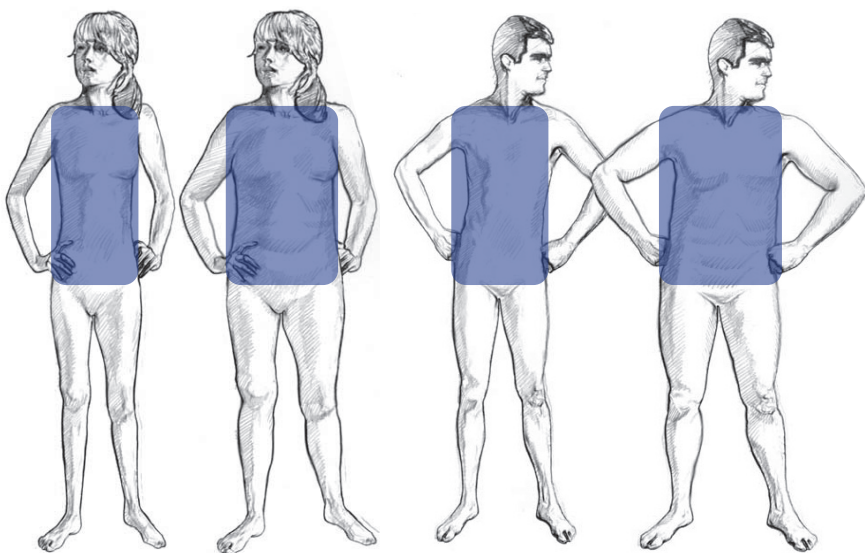


BioChemical Individualism

Type 4 NEURO



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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.

NEURO

The results of your questionnaire indicate that you fit in the Neuro biochemical individualism category. You relate to that part of the endocrine system most stimulated by dairy and fatty 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.

NEURO represents the characteristic eating habits that stimulate the nerve and pituitary – major glands 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. Information concerned with the well-being of an individual and gathered by the nervous system is transmitted by the hypothalamus, which regulates secretion of pituitary hormones. The activities of the nervous system and of the endocrine system are thereby correlated.

As stated above, you are born with specific NEURO traits, such as the way you are shaped, the food craving you have, the symptoms resulting from an over-stimulated pituitary system, specific personality traits, and the clear, creative mind you have when you are in balance. Your natural tendency is to be a thinker and a visionary. When you are in balance, your creativity will flourish and your logical mind can rule the world.

When the nerve/pituitary system is over-stimulated for a prolonged period of time, it may lead to exhaustion of these glands. The following symptoms may appear:

Allergies	Milk Intolerance	Cholesterol Imbalance	Aching Knees
Skin conditions	Irritable Bowel	Diarrhea	Gas / Bloating
Hives	Anxiety	Nervousness	Fatigue

There is an inability for the NEURO's body to utilize fatty acids, starch, and fiber type foods. The main enzyme deficiencies are the lipolytic enzymes, lactase, and carbohydrate-splitting enzymes.

PROTEIN FOODS TO NOURISH THE HORMONE NETWORK

Metabolized into usable amino acids, proteins can help nourish the millions of cells and tissues involved in the network of the body. The hormone network is the cascading effect of all the hormonal excretions in the body that control all of our vital responses. Some protein foods that can promote the replenishment of cells and tissues of the hormone network include the following:

Lean Meats - A good source of all of the essential amino acids, these help nourish the body's cells and tissues. Red meats may be the least desirable, but occasional consumption would provide you with the all-important hemeiron, which contains an excellent and mandatory source of iron for the brain. Turkey and chicken are the most desirable for your type. Avoid pork!

Seeds - These prime sources of protein factors can nourish the endocrine system. This includes the prostate gland which, in turn, can influence male virility. Also assists female hormonal balance.

Nuts - High concentrations of protein in nuts can replenish cells and tissues of the female ovaries and promote better production of estrogen, the hormone of youth. Protein-produced estrogen also seems to protect against dry skin and wrinkles.

Whole Grains - Good grain protein is helpful in promoting a secretion of the male hormone, testosterone, which is influential in giving him both virility and fertility.

Fish - The ocean offers a treasure of life-building protein. A bonus is that fish is a source of minerals from the ocean. In combination, the protein plus the minerals works to nourish the millions of body cells. Fish is a superior source of nutrition for the brain cells. Cold water white fish, when broiled, is the most desirable; shellfish is the least desirable.

The endocrine system must be fed and fortified as a whole, not just the pituitary. The pituitary and the nervous system are supported by the parathyroid/thyroid, suprarenal, and the gonad systems. It is called the master gland of the endocrine system because it controls hormone production of other endocrine glands.

Information concerned with the well-being of an individual and gathered by the nervous system is transmitted by the hypothalamus, which then regulates secretion of the pituitary hormones. The activities of the nervous system and the endocrine system are thereby correlated. All of the endocrine glands interact with one another to some extent, but only the pituitary has the special function of stimulating other members of the system to produce their particular hormones.

A change of diet, the use of a Transformation™ digestive formula to digest all food, the use of a Transformation™ support product to feed and fortify the endocrine system, and the use of a Transformation™ enzyme product with a high potency blend of proteases will bring the body into balance. This will take stress off of the pituitary and off of the entire endocrine system.

The recommended diet is here to take stress off your system and it has been arranged to bring your body into balance.

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. The following is a list of energy-producing and energy-draining foods for your body type.

VEGETABLES RECOMMENDED:

Vegetables are best for you if they are steamed. The list below may be eaten in a raw state.

Spinach	Onions	Okra	Garlic
Radishes	Asparagus	Eggplant	Tomatoes
Brussels Sprouts	Cauliflower	Celery	Green Beans
Lettuce	Mushrooms	Peas	Leafy Vegetables

REDUCE OR AVOID: (must be cooked if eaten)

Beets	Carrots	Sweet Potatoes	Broccoli
Cabbage	Cucumbers	Zucchini	

LEGUMES RECOMMENDED:

Mung Beans	Garbanzo Beans / Chick Peas	Kidney Beans
Lima Beans		

REDUCE OR AVOID:

Lentils

FRUIT RECOMMENDED: (should be ripe)

Lemons	Grapefruits	Oranges	Tangerines
Figs	Plums	Grapes	Apples

REDUCE OR AVOID:

Dried Fruits	Berries	Apricots	Bananas
Cranberries	Papayas	Peaches	Canned / Frozen

All other fruits not listed are permissible if they are ripe and sweet

GRAINS RECOMMENDED:

Rye	Buckwheat	Barley	Brown
Toasted Grains	Oats		

REDUCE OR AVOID:

Corn

Millet

Whole Wheat

DAIRY RECOMMENDED:

Dairy should be avoided or used sparingly. If consuming dairy, you must take an enzyme supplement.

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.

PROTEINS RECOMMENDED:

Pasture-Raised Eggs

Grass-Fed Beef

Wild or Fresh-Caught Fish

Organic / Hormone-Free Poultry

Protein sources should be organic and free of hormones when possible. Protein is most important for your body type. You have always needed protein foods but have preferred to get them from dairy. All complete protein is needed for your type for muscle and healing.

HERBS AND SPICES RECOMMENDED: (use in small amounts)

Ginger

Cumin

Anise

Poppy Seed

Fenugreek

REDUCE OR AVOID:

Barbecue Sauce

Catsup

Mustard

Pickles

Salt

Vinegar

Spicy Condiments

NUTS RECOMMENDED:

Almonds

Cashews

Peanuts

Coconuts

If you use nut butters, make sure they are of a good quality and take a Transformation™ digestive enzyme when snacking.

OILS RECOMMENDED:

Virgin Olive Oil is best (cold pressed)

Sesame Oil

Avocado Oil

Unrefined Coconut Oil

TEA RECOMMENDED:

Fenugreek or Raspberry Tea

Fenugreek Tea is used to soothe gastrointestinal discomfort and works best for your body category for balance.

OTHER:

If a particular food is not listed here, then you may have it, as it will not cause an imbalance. However, remember to have moderation in all things.

DIET OVERVIEW

The personal diet selections in this booklet are for the Neuro body type if you desire to be in a balanced state.

PLENTY FOODS

Proteins (very important)
Poultry (turkey is best)
Fish
Fresh Vegetables
Fenugreek or Raspberry Tea

MODERATE FOODS

Fruits (raw)
Whole Grains
Eggs (proper source)

FOODS TO AVOID

Dairy products (such as Yogurt, Ice Cream, Sour Cream, Cheese, Butter)
Sugar / Desserts
White Flour
Fried Foods
Margarine

SNACKS

Protein in some form (such as nuts, nut butters, hard boiled eggs) and
Fenugreek or Raspberry Tea

SAMPLE DAILY DIET

Breakfast: Have a substantial meal with protein. It is extremely important for you to begin your day with protein. Have this with some raw fruit. Be careful with cereal and milk – although you may like them at every meal, they throw you out of balance. Drink 8-10 ounces of water with meal.

Lunch: Choice of organic poultry, fish, or eggs with steamed vegetables and one piece of ripe fruit. Drink 8-10 ounces of water with meal.

Dinner: Choose another protein from your list, more steamed vegetables, a whole grain roll, herbal tea, and raw fruit for dessert. Drink 8-10 ounces of water with meal.

REMEMBER: It is the dairy, including milk, which stimulates the Pituitary! What you need is **protein** in any other source but dairy. It is important that you eat complete proteins with each meal.

NOTE: It is recommended that meals be preceded by a Transformation™ digestive product. If you have intestinal discomfort, a Transformation™ gastrointestinal product may be used at any time. You can support the endocrine system with a Transformation™ product designed for that purpose.

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 Neuro can either be thin and wiry or soft and plump to the touch. Because of the lack of overall muscle mass, you will need a total body workout concentrating on weight training. The soft-bodied Neuro should participate in *daily* cardiovascular activity and the wiry-bodied Neuro should focus on increasing muscle size and strength. Instructor-lead activities are best to help them focus. Here are some examples:

Soft-Bodied

Exercise	Set/Rep	Equipment	Weight	Movement
Bench press	2x10	Dumbbells	light/med	quick
Lat pull-downs	2x10	Dumbbells	light/med	quick
Lunges	2x10	Dumbbells	light/med	quick
Shoulder press	2x10	Dumbbells	light/med	quick
Bicep curl	2x10	Dumbbells	light/med	quick
Crunches	2x15	Mat	n/a	quick
Standing calf raises	2x15	Dumbbells	medium	slow

Cardio/Stretch: 20 minutes of continual, fast-paced walking (at least 4.0 mph). Stretch each muscle group.

Wiry-Bodied

Exercise	Set/Rep	Equipment	Weight	Movement
Bench press	2x10	Dumbbells	medium	slow
Lat pull-downs	2x10	Dumbbells	medium	slow
Lunges	2x10	Dumbbells	medium	slow
Shoulder press	2x10	Dumbbells	medium	slow
Bicep curl	2x10	Dumbbells	medium	slow
Crunches	2x15	Mat	n/a	slow
Standing calf raises	2x15	Dumbbells	medium	slow

Cardio/Stretch: 30 minutes of low-intensity cardiovascular activity.
Stretch each muscle group.

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

NEURO ENZYME PROTOCOL

- 3 **DigestZyme** 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 **PureZyme** 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.

- 3-6 **Super CellZyme** Daily for added nutrient support

This pure plant product with all natural phyto-nutrient complexes is not a “mega dose” of any one nutrient but rather a healthy balance of nutrients as found in nature in bio-available form allowing those nutrients to be absorbed.

- 3 **Plantadophilus** 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:

GastroZyme

Following meals for GI discomfort or diarrhea

A simple, well-tolerated support 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.

Transcendence™ Privita

In the morning for endocrine support

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.

CalmZyme

As needed for stress / at bedtime

As the name implies, CalmZyme has a calming effect and helps slow mental chatter for occasional stress relief. The perfect non-habit forming, natural solution for supporting a healthy nervous system and promoting restful sleep.

TPP Immune AV

For immune support / chronic infections

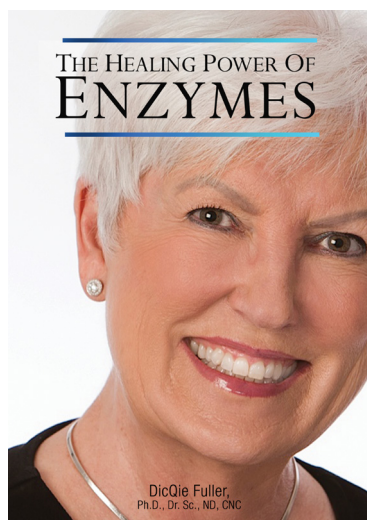
The antioxidants Vitamin C, Vitamin A, and Zinc are combined with the herbs Astragalus, Echinacea, Red Clover, Goldenseal, and Quercetin which are known for their ability to promote overall immune system function.

Super CellZyme

Daily (for best results, take first thing in the morning)

This pure plant product with all natural phyto-nutrient complexes is uniquely formulated with natural whole foods, herbs, and enzymes for a healthy balance of nutrients as found in nature in bio-available form allowing those nutrients to be absorbed.

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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