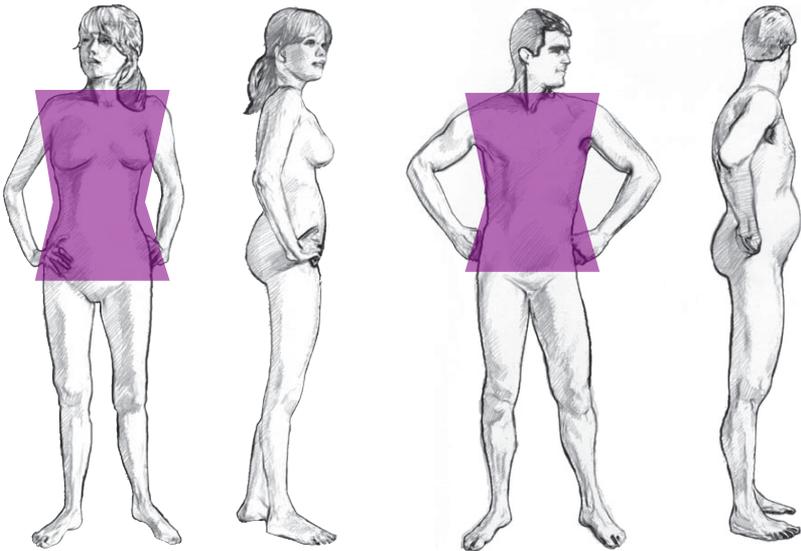


BioChemical Individualism

Type 1 PARA



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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.

PARA

The result of your questionnaire indicates that you fit in the PARA biochemical individualism category. The PARA type relates to that part of the endocrine system most stimulated by sugars and carbohydrates. Although you may be drawn to other foods besides carbohydrates, biochemical individualism takes into consideration all of a person's unique qualities and, because of this, you were placed in this particular group.

PARA represents the characteristics of one's eating habits that stimulate the parathyroid and thyroid glands – the major parts of the endocrine system. The endocrine system consists of glands that regulate body activity by special secretions, the hormones. They are delivered directly in the blood. Each of the glands within the endocrine system has one or more specific functions, yet they are all 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 PARA traits, such as the way you are shaped, your food cravings, the symptoms resulting from an over-stimulated thyroid, specific personality traits, and the energy and drive you feel when you are in balance. Your natural tendency is to be a very intuitive individual and very well-liked for your wit and playful attitude with others. When you are in balance, you have time and energy to truly enjoy the world around you.

When the parathyroid/thyroid has been over-stimulated for a prolonged period of time, it may lead to the exhaustion of the gland. The following symptoms may appear:

Fatigue	Nervousness	Depression
Weight imbalance	Allergies	Insomnia
Thyroid problems	Heart palpitations	Restlessness
Cold hands & feet	Cramps in legs	Lethargy
Hypoglycemia	Skin problems (eczema)	Headache (migraines)

There is an inability of the PARA's body type to utilize vitamin C and deliver calcium, along with a need for the B vitamins and potassium. The main enzyme deficiency is polysaccharolytic (carbohydrate-splitting) enzymes. The lack of proper protein in the diet may create a proteolytic enzyme deficiency as well.

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 heme-iron, 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.

NOTE: The reason that we need to avoid excessive carbohydrates is because they cannot be digested by this body type. Micro-organisms take these poorly-digested carbohydrates and create excessive acid, which prevents the body from absorbing nutrients. This leads to a variety of inflammatory problems.

The endocrine system must be fed and fortified as a whole. The suprarenal is supported by the pituitary, the thyroid, and the gonad systems. The thyroid is the largest of the endocrine glands. It produces hormones that are vital in maintaining normal growth and metabolism. It also acts as a storage house for iodine. The hormones secreted by the thyroid are mainly responsible for an individual's energy (or lack of it). These influence sexual growth and skeletal growth, as well as the texture of the skin and the luster of the hair.

A change of diet, the use of a Transformation™ digestive product 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 thyroid and off of the entire endocrine system.

The recommended diet is here to take stress off of your system, to bring you into emotional control, and to bring your body into balance so as to assist with irrational food cravings. The enzyme formulations will assist you with the proper digestion of carbohydrates.

Undigested carbohydrates will ferment in the system. These fermented food stuffs become a feeding ground for the microorganisms which, in turn, will produce short-chained and organic fatty acids (such as butyric acid, acetic acid, and lactic acid). These gases that are produced are absorbed into the blood. The red blood cells cannot bind the oxygen, and so the cells will aggregate. Our buffering system becomes overwhelmed and impairs the flow of oxygen.

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 lists foods to consider and foods to avoid.

VEGETABLES RECOMMENDED:

Vegetables are best for you if they are steamed. The list below may be eaten in a raw state. However, the “reduce or avoid” list must be cooked.

Asparagus	Broccoli	Brussel Sprouts
Cabbage	Cauliflower	Celery
Cucumber	Green Beans	Leafy Green Vegetables
Lettuce	Mushrooms	Okra
Peas	Sprouts	Sweet Peppers
Zucchini		

REDUCE OR AVOID: (must be cooked / steamed)

Beets	Carrots	Eggplant
Garlic	Hot Peppers	Onions
Radishes	Spinach	Tomatoes
Potatoes	Sweet Potatoes	

LEGUMES RECOMMENDED:

Mung Beans	Garbanzo Beans / Chick Peas
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REDUCE OR AVOID:

Lentils

FRUITS RECOMMENDED: (should be raw and ripe)

Lemons	Apples	Avocados
Cherries	Figs	Grapes
Mangos	Melons	Oranges
Pears	Pineapples	Plums
Prunes	Grapefruits	

REDUCE OR AVOID:

Dried Fruits	Apricots	Bananas
Berries	Cranberries	Papayas

Peaches

Persimmons

GRAINS RECOMMENDED:

Barley

Oats

Wheat

Brown Rice

REDUCE OR AVOID:

Corn

Rye

Millet

DAIRY RECOMMENDED:

Organic Cheese (white and soft)

Organic Greek Yogurt

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 / SPICES RECOMMENDED: (Should be used in small amounts)

Cardamom

Coriander

Cinnamon

Dill

Fennel

Mint

Saffron

Allspice

Turmeric

REDUCE OR AVOID:

Barbecue Sauce

Catsup

Mustard

Pickles

Salt

Vinegar

Spicy Condiments

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 very important to the Para Body Type. Paras crave carbohydrates, and so being a vegetarian, though a natural choice, is not a wise one. Every meal should have protein, and it is good for your mental capacity to start the day with protein.

NUTS RECOMMENDED:

Sunflower Seeds Almonds Most Kinds of Nuts

Peanuts are the most difficult to digest. If you eat peanuts or peanut butter for a snack, be sure and to take your digestive enzymes with the snack.

OILS RECOMMENDED:

Avocado Oil Cold Pressed Olive Oil Unrefined Coconut Oil

REDUCE OR AVOID:

Almond Corn Safflower Sesame

TEA RECOMMENDED:

Raspberry leaf tea soothes and strengthens metabolism and helps with cravings for sweets and starches. It works as an antacid with your body type.

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 Para body type if you desire to be in a balanced state and to lessen your cravings. Your main concern is eating enough complete protein for balance. Your body requires half your body weight in protein grams per day.

PLENTY FOODS

Eggs (good source*)
Turkey / Chicken (not fried)
Beef, Game, or Lamb
Plant Proteins
Raspberry Leaf Tea

**NOTE: Eggs should be hormone-free and free-range; they contain all 9 essential amino acids.*

MODERATE FOODS

Cheese
Fruits (raw)
Whole grains
Seeds
Fresh vegetables
Nuts

FOODS TO AVOID

Refined grains (white flour)
Coffee, Tea
Sugars, Desserts
Fruit Juices
Fried Foods
Heavy Oils

SNACKS

Hard-boiled egg, choice from your plant protein list such as unsweetened almond or coconut milk, nuts, and/or Raspberry Leaf Tea.

SAMPLE DAILY DIET

Breakfast: Eggs (organic or no hormones fed) or choice of plant proteins, one piece of raw fruit, and raspberry tea. Start your day with more proteins than carbohydrates. If you want bread, make sure you are not gluten intolerant. If not, eat complex carbohydrate bread such as seven grain or nut breads rich in proteins. **It is very important to start your day with proteins.** A good suggestion would be a healthy protein drink that has at least 25 grams of protein. You should also use organic raw sugars instead of synthetic sugars. Drink 8-10 ounces of water with meal.

Lunch: Large green salad with choice of poultry or fresh fish, brown rice, and raspberry tea. Take one piece of raw fruit for dessert. Eat only raw organic fruit (one selection). Drink 8-10 ounces of water with meal.

Dinner: Choice of organic chicken, turkey, fish, or grass-fed beef with raw salad and/or steamed vegetables. Limit your starchy vegetables such as white potatoes, sweet potatoes, and most breads. Drink 8-10 ounces of water with meal.

REMEMBER: Pork and shellfish should be avoided.

NOTE: It is recommended that all of the above meals be preceded by a Transformation™ digestive product. Additionally, 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 **Para** gains weight evenly all over. This person becomes easily fatigued and, because of evenly distributed fat, normally has a higher body fat percentage.

A total body workout is essential for this person. They need a balanced amount of weight training and cardiovascular activity to combat fatigue and to increase endurance. A weight training program that allows minimal time for rest between sets would be ideal.

Here are some examples:

Exercise	Set/Rep	Equipment	Weight	Movement
Bench press	2x10	Dumbbells	light/med	quick
Lunges	2x10	Dumbbells	light/med	quick
Shoulder press	2x10	Dumbbells	light/med	quick
Crunches	2x15	Mat or bench	n/a	quick/slow
Standing calf raises	2x15	Dumbbells	medium	med/slow

Cardio/Stretch

20 mins. of continual, fast-paced walking (at least 4.0 mph). Stretch each muscle group.

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

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:

BalanceZyme Plus Before meals for blood sugar balance

Assists with appetite control, weight management, and the maintenance of already normal cholesterol, glucose, and blood sugar levels when used along with a healthy diet and exercise.

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.

ExcellZyme As needed for energy and focus

This enzyme supplement with herbs that supports the kidneys, liver, and hypothalamus helps combat the effects of mental and physical fatigue. Ideal for seniors, students, and all those in need of help with concentration, balancing, and energy.

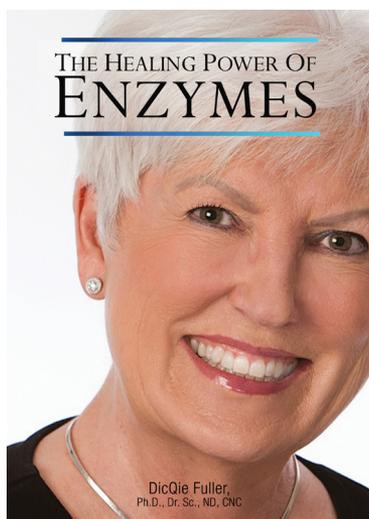
TPP Carbo-G As needed for gluten or casein intolerance

This unique formula assists with the digestion of complex carbohydrates found in grains, legumes, and fibers. It includes a protease blend with DPP-IV activity necessary for gluten digestion and probiotics and herbs to soothe the GI tract.

ReleaseZyme Following each meal / at bedtime

Uniquely formulated to assist the body in the elimination of waste and "jump start" the occasionally sluggish colon. This formula is designed for occasional constipation, occasional bowel irregularity, and support of a colon cleanse or detox program.

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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