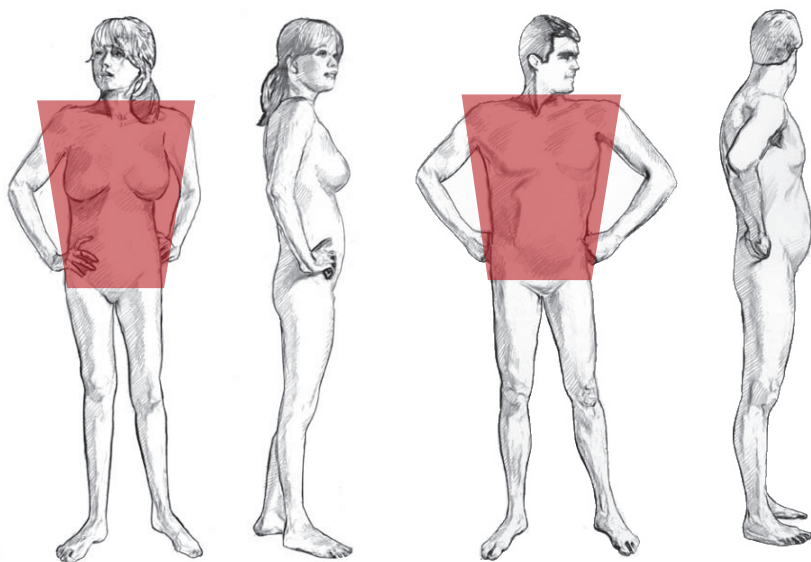


BioChemical Individualism

Type 3 SUPRA



Copyright © Transformation Enzyme Corporation

All Rights Reserved. No part of this booklet may be duplicated by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, without written permission from Transformation Enzyme Corporation.



Transformation Enzyme Corporation
2900 Wilcrest Dr., Suite 220
Houston, TX 77042
800-777-1474
TransformationEnzymes.com

***This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.**

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.

SUPRA

The results of your questionnaire indicate that you fit in the SUPRA biological individualism category. The SUPRA is stimulated by proteins, which makes them feel in control. However, the suprarenal gland is abused by this stimulation, can succumb to constant stress, and eventually may not function properly (a loss of adrenalin). 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.

Again, SUPRA represents the characteristics of this major gland of the endocrine system. The endocrine system regulates body activity by special secretions -- the hormones. They are delivered directly into the blood. Each of the glands within the endocrine system has one or more specific functions, but they are all dependent upon the other glands in the system for maintenance of a normal hormonal balance in the body.

You are born with specific SUPRA traits such as the way you are shaped, the food cravings you have, the symptoms resulting from an over-stimulated suprarenal (adrenal) gland, specific personality traits, and the powerful energy and drive that you feel when you are in balance. Your natural tendency is to be a perceptive individual! When you are in balance, you are in control of your world and can be a leader in whatever you choose.

When the suprarenal 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 from stress	High Blood Pressure	Gout
Kidney conditions	Constipation	Loss of Hearing
Body Aches	Osteoporosis	Insomnia
Heartburn	Poor mineralization of fluids	Pain behind left shoulder

There is an inability of the SUPRA's body to utilize vitamin C, vitamin E, and magnesium. The main enzyme deficiency is protease. A lack of protease, which breaks down proteins, may lead to kidney disorders and a buildup of uric acid. This can result in gout, kidney stones, and water retention.

A sense of fullness or flatulence is common to this body type.

PROTEINS

Enzymes in your stomach and intestines hydrolize protein into their constituent amino acids. Your enzymes then enable these amino acids to pass through the walls of your intestine and into the rest of your body. Your billions of body cells pick up these amino acids and then rebuild them into new molecules for new cells and tissues.

For your body type, assimilation of proteins can be a problem. Undigested proteins will be taken in by microorganisms and can create cadaverine and putrescine -- characteristic amino acids found in cadavers. These microflora use the undigested protein, which results in the release of ammonia. The liver will now be bombarded with toxins and, in turn, the kidneys will also be affected. Your lymphatic system, which also works to remove toxins, will likewise suffer. It is therefore essential for you to take a digestive enzyme with meals and to also include additional protease enzymes.

SOURCES OF PROTEINS OTHER THAN ANIMAL:

WHEAT GERM - This is a natural source of good plant protein.

NUTS - These may be eaten out of the shell or in the form of nut butters. They are a good source of essential unsaturated fatty acids, as well as many vitamins and minerals that work with protein for cellular rebuilding.

SEEDS - Try sunflower seeds, sesame seeds, or pumpkin seeds for snacks, mixed with your salads, in your baking, or with breakfast cereals.

GRAINS - All grains, like other seeds, are a good source of high quality protein. These sources are defatted corn germ, wheat germ, brown rice, wheat gluten, whole nuts, barley, whole corn, whole rye, buckwheat flour, and millet. Millet is almost perfect in its amino acid balance. Buckwheat is considered a master plant protein source (groats and kasha). It is important to select organic grain due to the heavy pesticide use on these crops.

LEGUMES - These include all varieties of beans, peas, and foods made from them. A variety of legumes and sprouts will offer high grade protein utilization needed for balance to help boost the body's overall rejuvenation.

The endocrine system must be fed and fortified as a whole. The suprarenal is supported by the pituitary, the thyroid, and the gonad systems. Hypofunction of the adrenal gland leads to symptoms of weakness and a loss of sodium, chloride, and water. A major symptom may include a generalized weakness, which results from muscle fatigue, and an inability to maintain a stable level of glucose for energy. It is important to note that a high usage of vitamin C (ascorbic acid) may lead to a higher risk of kidney stones.

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 suprarenal and off of the entire endocrine system. It may also be necessary to include a Transformation™ gastrointestinal product to aid in the reduction of uric acid and a Transformation™ digestive product to aid in the control of constipation.

The recommended diet is here to take stress off of your system, to bring you into control, and to bring your body into balance, thus cutting down on your need for stimulation.

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.

VEGETABLES RECOMMENDED:

Most vegetables are acceptable, especially in the raw state.

Asparagus	Beets	Broccoli
Brussels sprouts	Cabbage	Carrots
Cauliflower	Celery	Garlic
Eggplant	Leafy Green	Lettuce
Mushrooms	Okra	Onions
Peas	Peppers	Sprouts
Potatoes	Radishes	

Sweet potatoes, zucchini, and carrots are to be used sparingly. Tomatoes should be cooked.

LEGUMES RECOMMENDED:

All legumes are acceptable except Tofu. Eat kidney beans in moderation.

Tofu is from soy beans which contain certain estrogens, and your body type may convert these estrogens into improper hormones and increase your likelihood of breast problems. Men will have enlarged breasts and women may develop breast cancer. Also, the majority of soybeans made in the US are genetically modified.

FRUITS RECOMMENDED:

Apples	Pears	Apricots
Pomegranates	Cranberries	Most berries
All dried fruits in general (raisins, prunes, figs, apricots)		

Reduce the intake of very juicy fruits as they can create bloating for this body type:

Avocados	Grapefruits	Grapes
Mangoes	Melons	Oranges
Papayas	Pineapples	Plums

GRAINS RECOMMENDED:

Barley

Buckwheat

Millet

Rye

Reduce the intake of:

Oats

Rice

Wheat

Hot cereals and steamed grains are too moist and heavy. This will create a feeling of fullness or bloating. Enzyme supplementation is the answer.

DAIRY RECOMMENDED:

Organic Whole Milk

Organic Greek Yogurt

Organic Cottage Cheese

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.

NUTS AND SEEDS RECOMMENDED:

Sunflower Seeds

Pumpkin Seeds

Walnuts

Reduce or avoid others. If you choose to eat good quality nut butters, use sparingly. The Transformation™ digestive formulas are recommended with your protein snacks.

OILS RECOMMENDED:

Safflower Oil
Sesame Oil

Avocado Oil

Cold Pressed Olive Oil

HERBS AND SPICES RECOMMENDED:

Ginger (best)	Cayenne Pepper	Cumin
Anise	Poppy Seed	Garlic
Parsley	Cilantro	

REDUCE OR AVOID:

All others not on list.

SWEETENERS RECOMMENDED:

Raw Honey (unheated)

TEA RECOMMENDED:

Parsley Tea	Decaffeinated Green Teas
-------------	--------------------------

Parsley Tea is known for its purifying effect on your glands and is especially good for the kidneys. Green Teas contain antioxidants.

OTHER:

Be sure to balance the lack of animal protein with sufficient plant proteins to meet the needs of the endocrine and the nervous system. Your largest meal of the day should be at dinner before seven o'clock. This will help promote a good night's rest.

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

DIET OVERVIEW

The personal diet selections in this booklet are for your particular body type, should you desire to be in a balanced state.

PLENTY FOODS

Yogurt
Fish (not fried)
Cheese
Whole Grains
Garlic
Fresh Fruit (raw) / Vegetables
Parsley Herb or Green Tea

MODERATE FOODS

Poultry (turkey is best)
Decaf Coffee / Tea
Plant Proteins
Real Butter

FOODS TO AVOID

Salt / Salty Foods
Red Meat
Pork / Organ Meats
White Flour
Fried Foods
Heavy Oils

SNACKS

Plant protein, ½ cup yogurt or cottage cheese, raw fruit, and/or tea. Nuts should not be consumed without supplemental digestive enzymes.

SAMPLE DAILY DIET

Breakfast: Light organic cereal or seven grain toast with raw fruit and decaf coffee or herb tea. Your breakfast should be light compared to the other types. You digest protein easier in the evening, which may be why you tend to neglect breakfast. Drink 8-10 ounces of water with meal.

Lunch: Large organic green salad with fish and fruit. Do not use a creamy type of salad dressing. You may prefer a vegetable protein rather than fish. Drink 8-10 ounces of water with meal.

Dinner: Choice of organic chicken, turkey, or fresh fish along with steamed or raw vegetables and raw fruit. This is the meal at which you will have the easiest time digesting protein. If you choose beef, make sure it is grass fed and without hormones. Drink 8-10 ounces of water with meal.

NOTE: A semi-vegetarian diet is ideal for you. Choose your proteins from the plant protein list.

NOTE: It is recommended that you precede all of the above meals with a Transformation™ digestive product. You can also 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 **Supra** gains weight mainly in the upper portion of their body. This body type is naturally strong. To support the strength of the Supra, a workout that concentrates on each major muscle group and is coupled with *daily* cardiovascular activity is ideal. This body type needs to build cardiovascular endurance. Nordic Trak, StairMaster, or high impact sports are wonderful “heart” workouts! Also, because they are prone to stiffness, Supras need to STRETCH!

Here are some examples:

<i>Exercise</i>	<i>Set/Rep</i>	<i>Equipment</i>	<i>Weight</i>	<i>Movement</i>
Dumbbell flyes	2x10	Dumbbells	medium	slow
Shoulder press	2x10	Dumbbells	medium	slow
Tricep Kickbacks	2x10	Dumbbells	medium	slow
Crunches	3x15	Mat or bench	n/a	quick
Standing calf raises	2x10	Dumbbells	medium	slow

Cardio

20 minutes of StairMaster. Stretch each muscle group.

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

SUPRA ENZYME PROTOCOL

- 1 **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.

- 1 **TPP Protease** At beginning of each meal

Additional proteolytic enzyme support for enhanced digestion of proteins.

- 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 **TPP Adrenal Complex** With breakfast and lunch

Nourishes and supports the adrenal glands to support with food cravings, occasional irritability resulting from stress, or as part of your diet to help maintain normal blood sugar.

- 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:

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 Gastro

Following meals for heartburn / indigestion / reflux

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.

TPP Protease IFC

Three times daily between meals
for aches, pains, and stiff joints

A highly effective formulation with enzymes, vitamins, minerals, and herbs designed to promote overall wellness for oxidative stress and especially beneficial for supporting muscle pain and fatigue after exercise.*

K-Drain

In water three to four times daily for kidney support

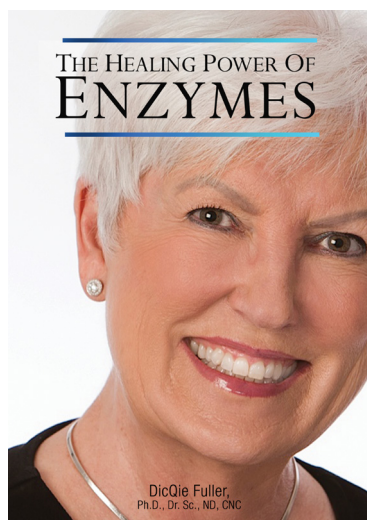
The kidneys are often taken for granted, but each and every day they filter nearly 200 liters of fluid from the bloodstream. This concentrated, rapidly-assimilated herbal product assists the kidneys to eliminate metabolic waste.

Transcendence™ ReZEN

Daily for stress / cortisol management

This gentle Transcendence™ formula is designed to encourage calming, relaxing emotions without a sedative feeling. ReZEN has a calming effect on stress, improving mood and supporting a healthy nervous system and overall brain health.

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.



TransformationEnzymes.com

moreinfo@tecenzymes.com