

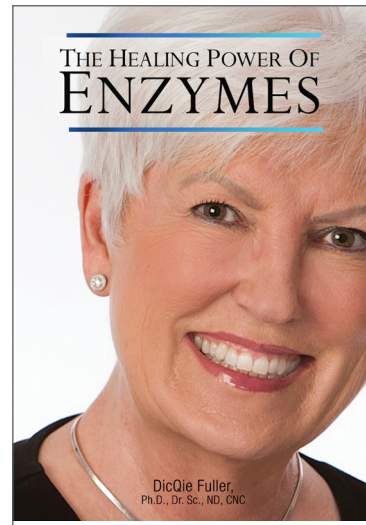
Our goal is to help you identify these unique nutritional or digestive needs and assist you to make better choices that positively affect your health.

Each of the *four Biochemical Types* is born with specific traits such as the way they are shaped, their typical food cravings, and common symptoms resulting from a specific over-stimulated endocrine gland, as well as the powerful energy and drive they feel when they are in balance.

Use this exciting and innovative system for bringing about a real health Transformation™!

Look inside to learn about each of the four biochemical types. Discover which one best describes your body type!

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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What's Your Body Type?



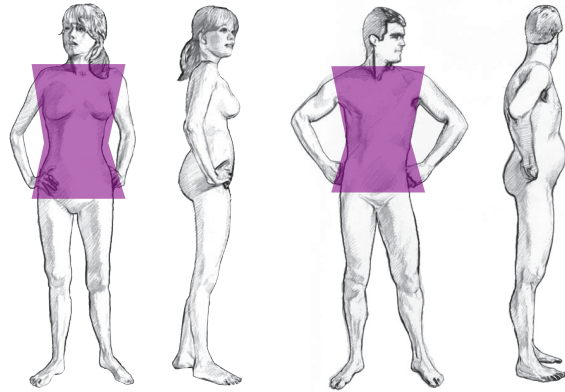
A guide to healthy nutrition and supplementation for *your* unique biochemical type!

Have you noticed that your friend's diet just didn't work for you? Or maybe you even gained weight from it!



No one program can possibly work for everyone. And why not? That's because each individual has slightly different ways of using nutrients and will need different relative amounts of these raw materials.

Type 1 PARA



Food Preferences: All carbohydrates such as breads, rice, pasta, potatoes, sugar, sweets, candy, cakes, pies, and vegetarian meals

Enzyme Deficiency: Polysaccharolytic enzymes for proper digestion of carbohydrates

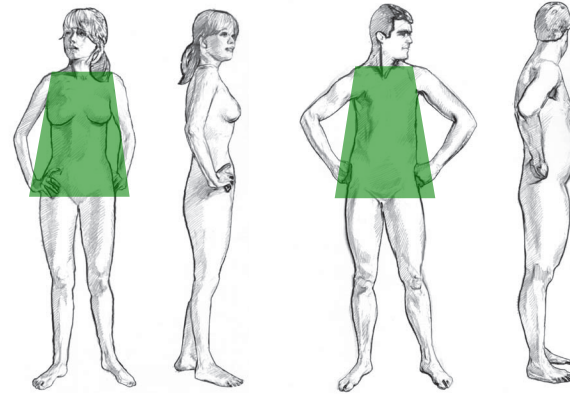
Health Concerns: Thyroid dysfunction, eczema, headaches, fatigue, low blood pressure, hypoglycemia, brain fog, mood swings, depression, cold hands and feet

Body Shape: You tend to gain weight evenly all over, and your waist may be either small and defined or broader than your shoulders and hips. The widths of your clavicle and your hip bone are equal, and you have well-defined, “high & perky” buttocks.

Nutrition for Balance: Avoid sugar and meals high in starch. Include a complete protein at each meal. Healthy fats in moderation. Whole grains, fruits, and vegetables.

Suggested Transformation™ Formulas: Digest, Protease, Probiotic, Thyroid Complex, Transcendence™ Privita, BalanceZyme Plus, ExcellZyme, Carbo-G, ReleaseZyme

Type 2 ESTRO/TESTRO



Food Preferences: Spicy ethnic foods, foods high in fat, creamy sauces or dips, gravies, ice cream, fried foods, pizza, rich foods

Enzyme Deficiency: Lipolytic enzymes for proper digestion of fats and triglycerides

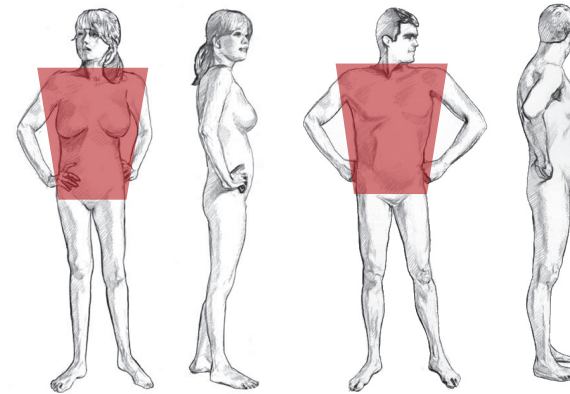
Health Concerns: Reproductive system dysfunction, hormonal imbalance, gallbladder stress / gallstones, liver disorder, urinary problems, arthritis, high cholesterol/triglycerides, menstrual / prostate problems, hysterectomy

Body Shape: You tend to gain weight below the waist in your hips and thighs. The width of your clavicle is narrower than your hip bone width. You have sloping shoulders and “low-slung” buttocks.

Nutrition for Balance: Avoid fried food, heavy sauces or spices, and rich meals. Healthy fats in moderation. Include a complete protein at each meal. Whole grains, fruits, and vegetables.

Suggested Transformation™ Formulas: Digest, Protease, Probiotic, Transcendence™ Privita, LypoZyme, Lypo, Gastro/GastroZyme, Liver Support, Essential Fatty Acids

Type 3 SUPRA



Food Preferences: All proteins such as steak, hamburger, chicken, fish, seafood, bacon, ham, and pork chops, also salt or salty foods

Enzyme Deficiency: Proteolytic enzymes for digestion of all protein foods

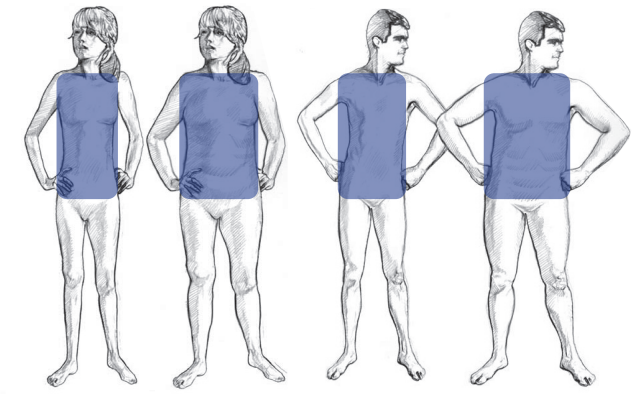
Health Concerns: Adrenal stress, kidney dysfunction, cardiovascular disease, high blood pressure, edema, acid reflux, indigestion, gas, constipation, stiff joints, gout, back problems

Body Shape: You tend to gain weight in the upper body (stomach, back, and shoulders). The width of your clavicle is broader than your hip bone width. You have “no” buttocks with strong, muscular legs.

Nutrition for Balance: Avoid high protein meals, high fat proteins, and salt. Healthy fats in moderation. Include whole grains, fruits, and vegetables.

Suggested Transformation™ Formulas: Digest, Protease, Probiotic, Adrenal Complex, CalmZyme, Gastro, Protease IFC, K-Drain, Transcendence™ ReZEN

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.

Suggested Transformation™ Formulas: DigestZyme, PureZyme, Plantadophilus, Super CellZyme, GastroZyme, Transcendence™ Privita, CalmZyme