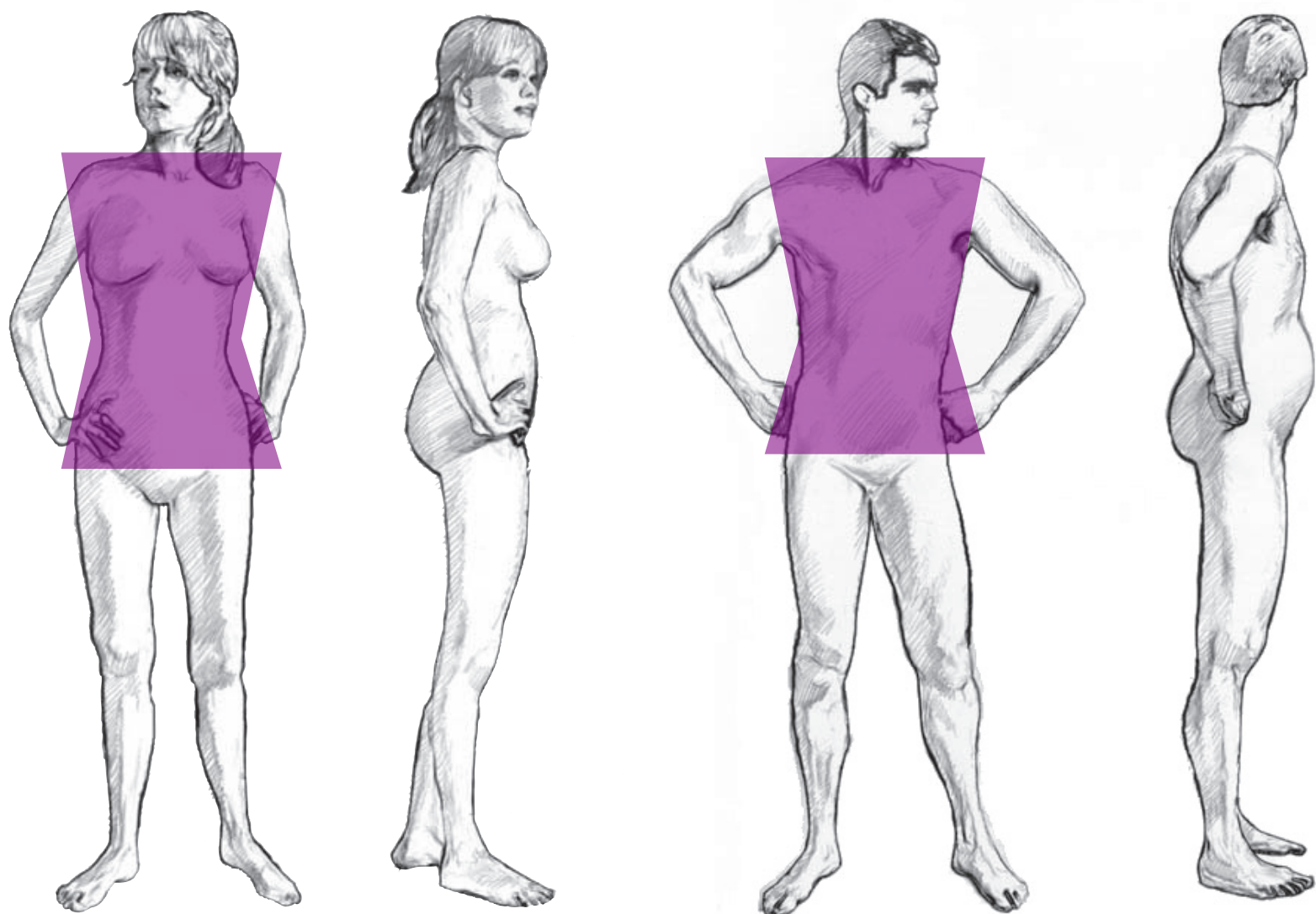


## Type 1 PARA



**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

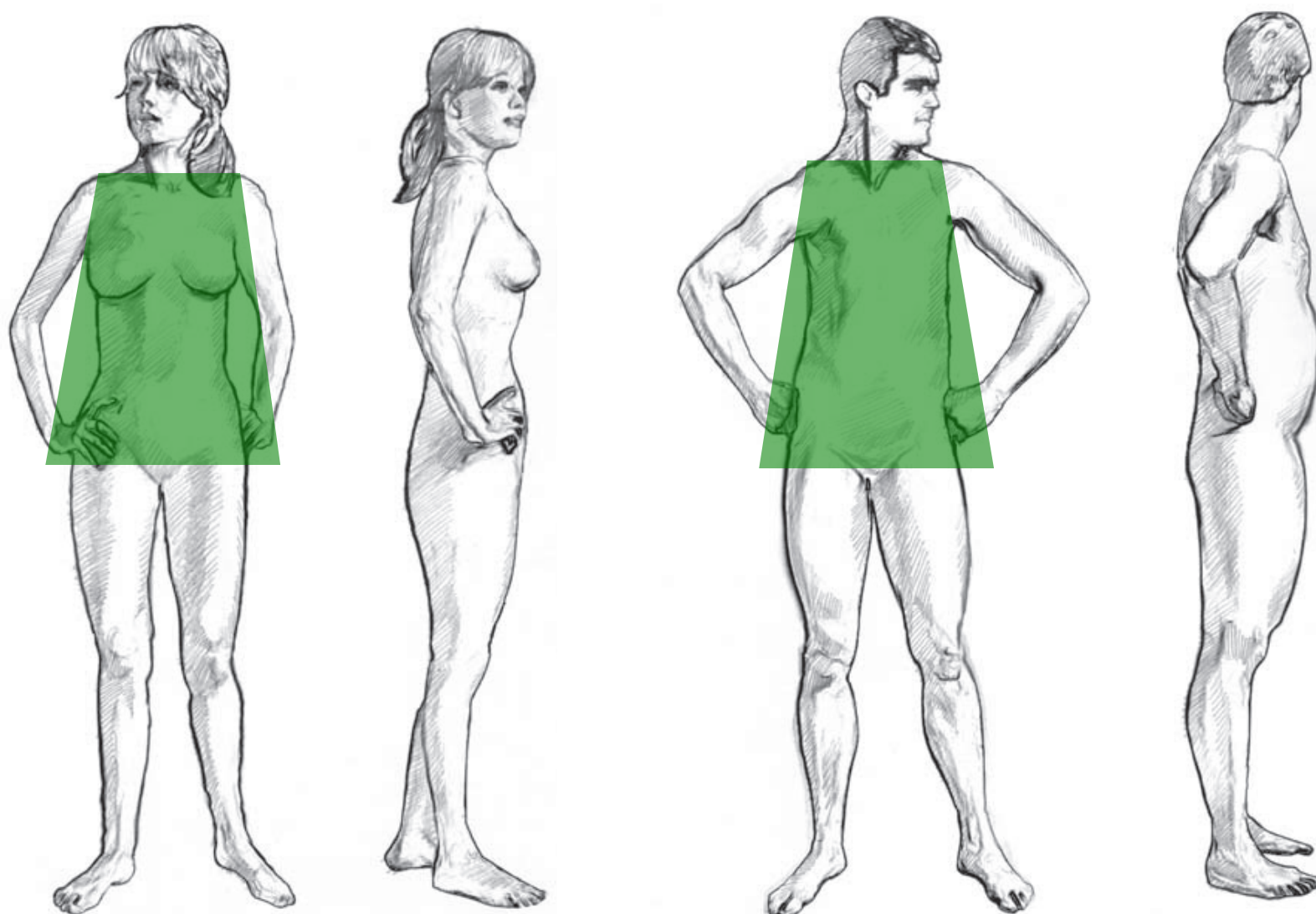
**Health Concerns:** Thyroid dysfunction, eczema, headaches, fatigue, low blood pressure, hypoglycemia, brain fog, mood swings, depression, cold hands & feet

**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 Formulas:** Digest, Protease, Probiotic, Carbo-G, BalanceZyme Plus, MasterZyme, Thyroid Complex, 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 & triglycerides

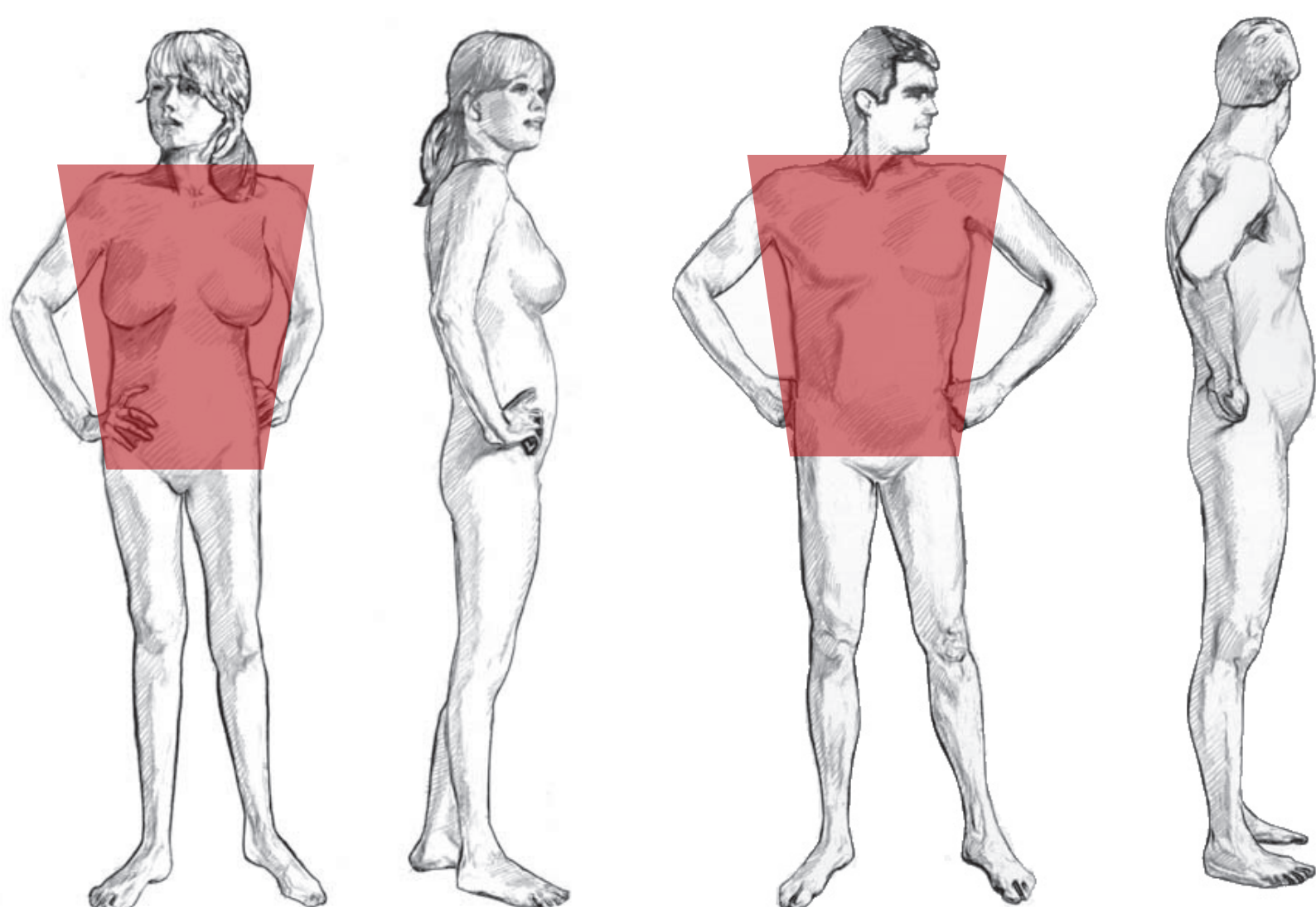
**Health Concerns:** Reproductive system dysfunction, gall bladder stress and/or gallstones, liver disorders, high cholesterol and triglycerides, hormonal imbalance, urinary problems, arthritis, menstrual problems, hysterectomy, prostate disorders

**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 Formulas:** Digest, Protease, Probiotic, LypoZyme, Lypo, Gastro/GastroZyme, MasterZyme, 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

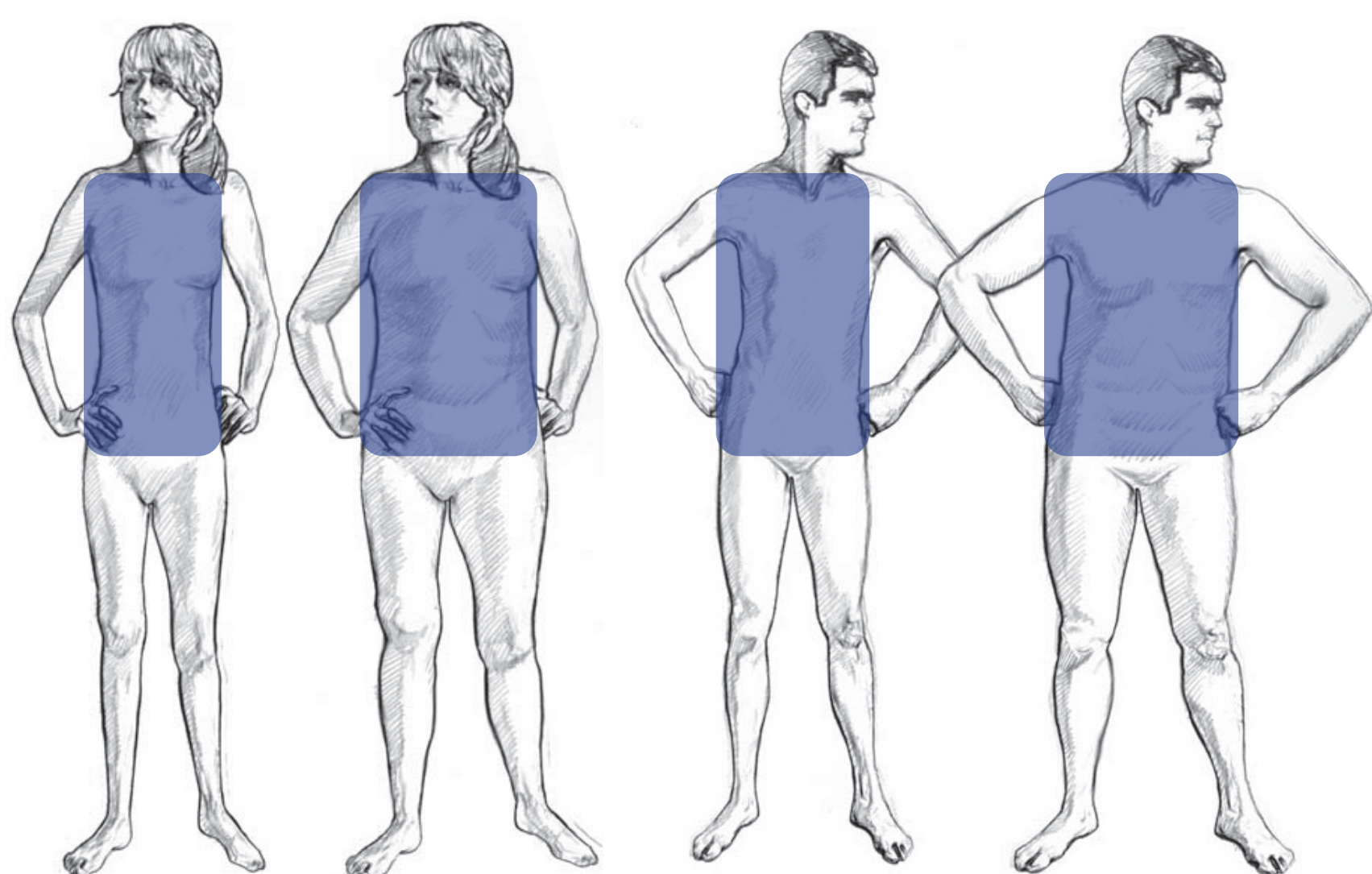
**Health Concerns:** Adrenal stress, kidney dysfunction, cardiovascular disease, high blood pressure, edema, acid reflux, indigestion, gas, constipation, stiff joints, gout, back problems

**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 Formulas:** Digest, Protease, Probiotic, Protease IFC, Gastro, Adrenal Complex, CalmZyme, 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 & 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 Formulas:** DigestZyme, PureZyme, Plantadophilus, GastroZyme, MasterZyme, CalmZyme, Super CellZyme, Immune AV