

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 Formulas: Digest, Protease, Probiotic, ExcellZyme, MasterZyme or Thyroid Complex, BalanceZyme Plus, Carbo

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, gall bladder stress / 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, Lypo, LypoZyme, MasterZyme, Gastro or GastroZyme, Hep DX

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 flat 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, Adrenal Complex, CalmZyme, Protease IFC, Gastro, K-Drain

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 Formulas: DigestZyme, PureZyme, Plantadophilus, GastroZyme, MasterZyme, CalmZyme, Super CellZyme, Protease IM