

# *Determining Your Body Type & Optimal Lifestyle Plan*

Body Typing has been around for thousands of years. For example, Ayurveda, “the science of life” is considered the worlds oldest existing medical system. Originating on the Indian sub-continent, Ayurveda is thought to be 6,000 years old. At its core, is the principle of Body Typing. It considers that each person is unique, made up of a balance of physical, emotional, mental and spiritual states called “Doshas”. The three Body Types or Doshas are Kapha (water), Pitta (fire), and Vata (air).

More recently with the work of Dr. Robert Williams, Dr. Elliot Abravanel, and Dr. DicQie Fuller an effort has been made to refine this process to include the endocrine system and enzyme deficiencies.

To quote Dr. Robert Williams “ If we continue to try to solve the (nutritional) problems on the basis of the average man, we will be continually in a muddle. Such a man (average) does not exist.” He demonstrated that biochemically we are all individuals. Our “Bio-individuality” dictates the need for different proportions of fats, proteins and carbohydrates. He also demonstrated that people respond differently to vitamins, minerals and other co-factors.

Commenting on the various diets that people try today, Gabriel Cousens M.D. (Conscious Eating) states “All of these diets do seem to work...but only for about one-third to one-half of the people! Why do these diets work for some and not for others? The answer to this puzzling “controversy” can be found in biochemical individuality. Different physiological types

require different fuel mixtures in order to enter the right conditions to have maximum cellular energy and expression of health.” Dr. Fuller states “Fad diets are fads. If they worked for everyone, we would stay on them indefinitely and would not have to look anywhere else for a suitable program.”

Dr. Abravanel says “The only way to find your way through the conflicting claims of today’s experts is to be aware of your body type and its requirements. Everything you eat has an effect on your glandular system. When you understand how this works, you can use food to create a state of metabolic balance in which your body can reach and maintain its ideal weight. “He describes the four body types as dominant gland types such as pituitary, gonadal, thyroid and adrenal. “The approach is, fundamentally, to restrict foods that are stimulating to the dominant glands of your body type (these are your body type’s “danger foods”), and to encourage foods that strengthen and support your less active glands.”

Dr. Fuller expands on this by tying in these dominant glands with specific enzyme deficiencies. It is this final assessment that we describe in the following information. As you determine your dominant gland(s) and enzyme deficiencies it will open to you a new understanding of why you feel the way you feel, the best types of foods for your type and the supplements, and exercise that will create the foundation for your ideal lifestyle plan.

**References:** Dr. Robert Williams, Ph.D., D.Sc. (Biochemical Individuality)  
Dr. Abravanel’s Body Type Diet & Life Time Nutrition Plan  
Dr. DicQie Fuller Ph.D., D. Sc. (The Healing Power of Enzymes)

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent disease.

# Enzyme Deficiency Test

The information presented in this form is intended to provide a profile of your past and present nutritional habits. **It is not intended to diagnose, treat, cure or prevent disease.**

Name \_\_\_\_\_ Date: \_\_\_\_\_

## SECTION 4

Sex: Male \_\_\_\_\_ Female \_\_\_\_\_ Date of Birth \_\_\_\_\_

Please circle any issues you have had. (present or past)

Weight: \_\_\_\_\_ Height: \_\_\_\_\_

Phone # \_\_\_\_\_ Fax # \_\_\_\_\_

Are you currently under a doctors care? Yes No

If yes, Reason: \_\_\_\_\_

Current Medications & Diagnosis: \_\_\_\_\_

Please list the supplements you take most often.

Are you a vegetarian? Yes \_\_\_\_\_ How long? \_\_\_\_\_ No \_\_\_\_\_

How many bowel movements do you have in one day? \_\_\_\_\_

## SECTION 1

Which of the following best describes your body, especially when weight is gained?

(Please circle the appropriate letter in each section.)

- A) Gain weight evenly (may then hold in stomach).
- L) Carry weight in hips & thighs.
- P) Carry weight in upper body, especially the stomach.
- C) Remained similar since teens (slim & trim, heavy).

## SECTION 2

In which category is your favorite food?

- A) Carbohydrates (Vegetables / Breads / Pies / Sweets)
- L) Rich Foods, Fatty Foods, Spicy Foods.
- P) Proteins (Meat)
- C) Dairy

## SECTION 3

Which foods give you problems? Do not circle if no foods bother you.

- A) Carbohydrates (Vegetables / Breads / Pies / Sweets)
- L) Rich Foods, Fatty Foods, Spicy Foods.
- P) Proteins (Meat)
- C) Dairy

**A**  
Allergies / Cold Hands & Feet / Depression / Fatigue / Headaches / Hemorrhoids / Low Blood Pressure / Neck & Shoulder Aches / PMS / Pancreatitis / Skin Eruptions / Sprue (Wheat Intolerance) / Upset Stomach / Ulcer

**L**  
Aching Feet / Arthritis / Bladder Infection / Breast Lumps / Breast Tumors / Bypass Surgery / Cataracts / Cirrhosis / Cystitis / Eczema / Gallbladder Problems / Gallstones / Hay Fever / Hepatitis / Hives / Jaundice / Prostate Problems / Psoriasis / Urinary Problems

**P**  
Alcohol Addiction / Arteriosclerosis / Back Problems / Candidiasis / Constipation / Ear Infections / Heart Disease / Herniated Disc / High Blood Pressure / Insomnia / Kidney Disease / Lower Back Ache / Loss of Hearing / Osteoporosis/ Sciatica

**C**  
Aching Knees / Chronic Allergies / Colds / Colitis / Crohn's Disease / Diarrhea to Constipation / Diverticulosis / Irritable Bowel / Milk Intolerance

## DEFICIENCY TYPE

Which letter did you circle in each section? For section 4 determine under which letter you circled the most issues.

Section 1 \_\_\_\_\_ Section 2 \_\_\_\_\_

Section 3 \_\_\_\_\_ Section 4 \_\_\_\_\_

Two of any letter and one of another suggests you have a dominant enzyme deficiency and a secondary enzyme deficiency (most common). Your secondary, is the one in the section with the lowest number.

A pair of two letters suggests you have two enzyme deficiencies.

Three or four of any one letter suggests you have a dominant enzyme deficiency.

A different letter in each section suggests you are a type C. (least common)

### Key

**Type A is Amylase Deficiency** (most common)

**Type L is Lipase Deficiency**

**Type P is Protease Deficiency**

**Type C is Amylase, Lipase & Protease deficiency**  
**(Combination deficiency)**

(Note: You cannot be both a type C and another type.)

# Suggestions for *Enzyme Deficiency Test*

## Dominant Enzyme Deficiencies

### Type A: (Amylase deficient)

**Diet:** Amylase is the enzyme that breaks down carbohydrates. Reduce simple carbohydrates (cakes, pies, breads, pastas). Increase lean protein. If vegetarian, eat high protein plants (soy, beans, etc).

**Exercise:** Low impact aerobic, three times a week. Walking is excellent.

**Enzymes:** *V-gest* or *Digest Gold* with meals. *Allerase* can be taken between meals to address symptoms associated with amylase deficiency.

**Diet:** Lipase is the enzyme that breaks down fats.

### Type L: (Lipase deficient)

Reduce fatty and deep fried foods. Eat complex carbohydrates (vegetables) and lean proteins. Supplementing with flax oil, fish oil or both will help. Take one *Lypo* with oils.

**Exercise:** High cardiovascular exercises (depending on age), three times a week. Speed walking and jogging is excellent for this type.

**Enzymes:** *Digest Gold* with meals. Two *Lypo* should be taken between meals 2-3 times a day to address symptoms associated with lipase deficiency.

**Diet:** Protease is the enzyme that breaks down

### Type P: (Protease deficient)

proteins. Reduce protein intake. Increase complex carbohydrates. When eating protein, small, lean portions are best.

**Exercise:** Cross train (resistance and cardiovascular) at least 3 times a week for a minimum of thirty minutes a session.

**Enzymes:** Take 2 *Digest Gold* with high protein meals. Two *Virastop* at least twice a day on an empty stomach.

**Diet:** This is a deficiency in the enzymes that break

### Type C: (Combination deficient)

down carbohydrates, fats and proteins. Moderation and balance with carbohydrates, fats, and proteins are important. Protein is best in the morning. Rotating food groups is good for type C.

**Exercise:** Low impact aerobic and resistance training three times a week. Tai Chi would be a good choice.

**Enzymes:** At least one *Digest Gold* with meals. *Virastop* for maintenance, *Allerase* and *Lypo* when needed.

The recommendations above are for primary

### More to Consider

deficiencies. If you have a primary and secondary deficiency consider the above information and make the appropriate adjustments knowing you are deficient in more than one enzyme.

#### About enzymes with meals...

The number of capsules needed for each meal varies with circumstances. For example: A person in excellent health, with a strict diet that includes eating five times a day, may only need one *Digest* with each meal. On the other hand, an individual in poor health (undergoing a severe health crisis), eats three large meals a day and does not exercise, may need 4-5 *Digest* with meals. Use your good judgment when deciding, knowing you cannot take too many. The average person will take two with small meals, or three with large meals.

#### For serious health issues...

For persons having to deal with serious issues it is best to take enzymes with and between meals in larger quantities than normal. It is not uncommon for a critical client to receive 1,000,000 active units of protease (the equivalent of 6.5 capsules of *Virastop*) four times a day on an empty stomach.

*Acid Soothe* helps relieve discomfort often associated

### Enzymedica Products

with poor digestion.

*Candidase* is formulated to manage yeast overgrowth (Candida).

*Digest* is our foundation product. It contains a high potency blend of all necessary enzymes.

*Digest Gold* represents the highest potency digestive enzyme blend available.

*Lacto* is for individuals that have difficulty digesting foods that contain Lactose (a dairy sugar).

*Lypo* supports cardiovascular health & fat metabolism with a high potency lipase blend.

*MucoStop* assists in relieving the symptoms often associated with congestion and sinus issues.

*Natto-K* is a synergistic blend containing Nattokinase NSK-SD, an enzyme that supports cardiovascular health and blood pressure.

*pH Basic* assists in balance the pH of individuals who are too acidic.

*Repair* helps alleviate symptoms of inflammation, speeds recovery and increases circulation.

*V-gest* reduces gas and bloating often associated with raw vegetables, grains and legumes.

*Virastop* supports immune function and helps remove pathogenic proteins from the blood.

In addition to a healthy diet, sufficient supplemental plant based enzymes, exercise, a good probiotic (acidophilus), and plenty of water (at least 60 ounces a day) are also recommended.

# Body Types

<p><b>Amylase Deficient</b> (Thyroid)</p> <p>Body Type A</p>	<p><b>Lipase Deficient</b> (Gonadal)</p> <p>Body Type L</p>	<p><b>Protease Deficient</b> (Adrenal)</p> <p>Body Type P</p>	<p><b>Combination Deficient</b> [Amylase, Lipase, Protease] (Pituitary)</p> <p>Body Type C</p>
<p>Under-arms and hips are the same width. Weight is equally distributed.</p> <p>Craves: Carbohydrates, cakes, pasta, sweets, chocolate, coffee, bread, veggies</p> <p>Allergies / Cold Hands &amp; Feet / Depression / Fatigue / Headaches / Hemorrhoids / Low Blood Pressure / Neck &amp; shoulder Aches / PMS / Pancreatitis / Skin Eruptions / Sprue (Wheat Intolerance) / Upset Stomach / Ulcer</p>	<p>Hips are wider than under-arms. The lower half of the body carries more weight.</p> <p>Craves: Fats, creamy, rich tasting, smoked, Chinese, Mexican, chocolate, rich deserts</p> <p>Aching Feet / Arthritis / Bladder Infection / Breast Lumps / Breast Tumors / Bypass Surgery / Cataracts / Cirrhosis / Cystitis / Eczema / Gallbladder Problems / Gallstones / Hay Fever / Hepatitis / Hives / Prostate Problems / Psoriasis / Urinary Problems</p>	<p>Under-arms are wider than hips. Develops muscularly. Tends to carry weight above the waist.</p> <p>Craves: Proteins, beef, bacon, chicken, fish etc.</p> <p>Arteriosclerosis / Back Problems / Candidiasis / Constipation / Ear Infections / Heart Disease / Herniated Disc / High Blood Pressure / Insomnia / Kidney Disease / Lower Back Ache / Loss of Hearing / Osteoporosis / Sciatica</p>	<p>This body-type looks younger than actual age. Shape is similar to teens. Difficult to develop muscularly.</p> <p>Craves: Dairy, sweets and carbohydrates</p> <p>Aching Knees / Chronic Allergies / Colds / Colitis / Crohn's Disease / Diarrhea to Constipation / Diverticulosis / Irritable Bowel / Milk Intolerance / Frequent Colds</p>