

## *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."

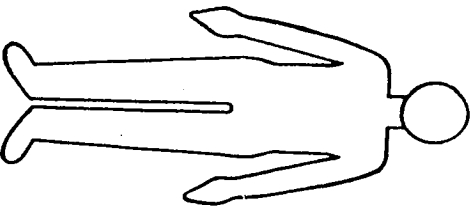
Dr. Fuller expands on this by tying in these dominant glands with specific enzyme deficiencies. It is this final assessment that we describe in the following information. As you determine your dominant gland(s) and enzyme deficiencies it will open to you a new understanding of why you feel the way you 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)

# Body Types

**Amylase Deficient**  
(Thyroid)

**Body Type A**



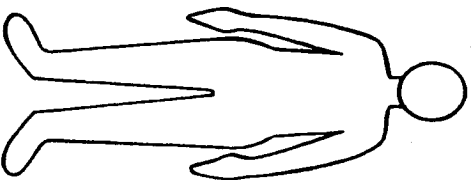
Under-arms and hips are the same width.. Weight is equally distributed.

Craves: Carbohydrates... cakes, pasta, sweets, chocolate, coffee, bread, veggie's...

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

**Lipase Deficient**  
(Gonadal)

**Body Type L**



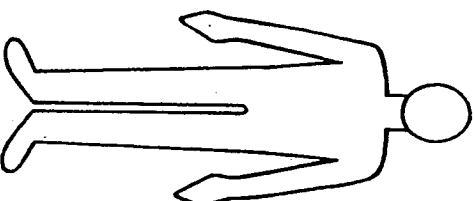
Hips are wider than under-arms. The lower half of the body carries more weight.

Craves: Fats, creamy, rich tasting, smoked, Chinese, Mexican, chocolate, rich deserts...

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

**Protease Deficient**  
(Adrenal)

**Body Type P**



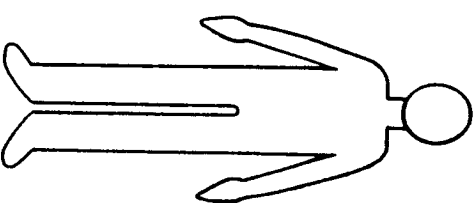
Under- arms are wider than hips. Develops muscularly. Tends to carry weight above the waist.

Craves: Proteins, beef, bacon, chicken, fish etc...

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

**Combination Deficient**  
[Amylase, Lipase, Protease]  
(Pituitary)

**Body Type C**



This body-type looks younger than actual age. Shape is similar to teens. Difficult to develop muscularly.

Craves: Dairy, sweets and carbohydrates

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

# 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: \_\_\_\_\_

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

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

(Please circle the appropriate letter in each section.)

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

- 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

## SECTION 4

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

### 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.

## 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.)