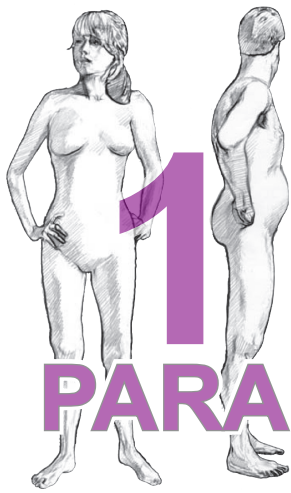


BIOCHEMICAL TYPES



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. That is because each individual has slightly different ways of using nutrients and will need different relative amounts of these raw materials. Biochemical individualism is the science of how body shape relates to these differing needs for basic digestive enzymes.

Each of the following 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 Transformation.



Type 1: Paras are intuitive, playful people and they love being the center of attention. They crave but have problems with sugars and carbohydrates. This challenges their thyroid gland. Their main concern is eating enough complete protein. Their shoulders and hips are equal width and their buttocks are high and round. The Para gains weight evenly all over and normally has a higher body fat percentage. A total body workout is essential for this person.



Type 2: Estro/Testros are natural supporters and they love taking care of others. They crave but have problems with fried and fatty foods, very spicy foods, and ethnic foods. This challenges their gonadal gland. Their shoulders are narrow, hips are broad, and buttocks are low and flat. They gain weight mainly in the hips and thighs. A total body workout coupled with lots of stretching is ideal.

Type 3: Supras are perceptive leaders and they love being in control. They crave but have problems with proteins. This challenges their adrenal glands. Their shoulders are broad, hips are narrow, and they have flat buttocks. They gain weight mainly in the upper portion of their body, especially the stomach, and are naturally strong. A muscle workout coupled with daily cardiovascular activity and plenty of stretching is ideal.



Type 4: Neuros are very analytical and they love research and learning. They crave but have problems with dairy and fatty foods. This challenges their pituitary glands. They can appear to be either thin and wiry or soft and plump, with no real distinction between width of shoulders, waist, and hips. This makes them look very young for their age. Because of the lack of overall muscle mass, they will need a total body workout concentrating on weight training.