

NEURO

The results of your questionnaire indicate that you fit in the NEURO bio-chemical profile. The NEURO type belongs that part of the endocrine systems most stimulated by dairy and fatty foods. Although you may be drawn to other foods besides the ones mentioned, the data we have received along with your food cravings, places in this particular group.

NEURO represents the characteristics of ones eating habits that stimulate the nerve and pituitary system, major glands of the endocrine system. The endocrine system consists of glands that regulate body activity by special secretions, the hormones, which are directly delivered into the blood. Information concerned with the well-being of an individual and gathered by the nervous system is transmitted by the hypothalamus, which regulates secretion of pituitary hormones. The activities of the nervous system and the endocrine system are thereby correlated.

You are born with specific NEURO traits such as the way you are shaped, the food cravings you have, the symptoms resulting from an over-stimulated pituitary system and some of your personality traits. Your natural tendency is to be a thinker and visionary individual and when you are in balance you are very much in control of your world and can be a logical and creative mind.

When the nerve/pituitary system is over-stimulated for a prolonged period of time, it may lead to exhaustion of the glands. The following symptoms may appear:

Aching knees	Fatigue	Milk intolerance
Allergies	Gas	Nervousness
Disinterest	Irritable Bowel Syndrome	Skin problems

There is an inability for the NEURO's body to utilize fatty acids, amino acids and cellulose. The main enzyme deficiency is LIPASE and LACTASE.

The endocrine system must be fed and fortified as a whole, not just the pituitary. The pituitary and nervous system are supported by the parathyroid/thyroid, suprarenals and the gonadal systems.

The diet recommended is not only to take stress off of your pituitary gland but also the lower digestive system. It has been arranged to bring your body into balance and cut down your cravings of dairy and sugar foods.

NOTE: Protein is very important to the NEURO. NEURO's crave carbohydrates and being a vegetarian is a natural choice; however, it is necessary to become a wise Vegan. To accomplish this you must be educated in plant protein foods and eat complete or whole amino acid/protein foods or you will eventually create an endocrine deficiency. The results could be hypoglycemia, borderline diabetes, nervous disorders and thyroid conditions to name a few.

NEURO

The personal diet selections in this booklet are for you if you desire to be in a balanced state and lessen your cravings. The recommendations on this page are for your particular category.

PLENTY FOODS

Proteins (very important, see list)
Poultry (turkey is best)
Fresh Vegetables
Fish
Fenugreek Tea

MODERATE FOODS

Fruits (raw)
Whole Grains
Eggs (proper source)

FOODS TO AVOID: Yogurt, Ice Cream, Sour Cream, Cheese, Butter, Sugar/Desserts, White Flour, All Dairy Products and Fried Foods.

SNACKS: Protein in some form such as nuts, nut butters, hard-boiled eggs and/or Fenugreek tea.

SAMPLE DAILY DIET:

Breakfast: Substantial meal with protein. Choice of 4 oz. Meat or balanced plant protein, ½ cup brown rice or bulgur wheat, 1 cup decaf coffee or Fenugreek tea.

Lunch: Choice of 4 oz. Light poultry or fish, a choice of plant protein, fresh vegetables and 1 piece of fruit.

Dinner: Choice of 4 oz. Light poultry, fish or eggs. Choice of plant protein, raw or steamed vegetables (as much as desired), 1 piece fruit and Fenugreek tea.

REMEMBER: It is the dairy that stimulates the Pituitary and what you need is **protein** from another source. It is important that you receive the **whole amino acids** in a food form. Avoid milk and cereal.

PROTEIN

The body may rejuvenate and balance itself with proteins. Your enzymes enable these amino acids to pass through the walls of your intestine into the rest of your body. Your billions of body cells pick up these proteins, then rebuild them into new cells and tissues and nourish the DNA and RNA elements.

REJUVENATING AND BALANCING FOODS

PLANT PROTEIN: This is as close to meat protein as possible. Here you have a fair balance of essential amino acids, together with vitamins and minerals needed for good health. Brown rice flour for bread or powdered rice milk may be added to soups, stews and beverages.

WHEAT GERM: A natural source of plant protein. May be added to soups, casseroles, main dishes, and yogurt.

NUTS: May be eaten out of the shell or in the form of nut butters. Nuts are a good source of plant protein, unsaturated fatty acids and are used for cellular rebuilding.

BREWERS YEAST: Its amino acid pattern makes it almost comparable to that of meat in protein structure.

GRAINS: These sources are brown rice, wheat gluten, barley, whole corn, buckwheat flour and millet. Millet lacks tyrosine, but if you add wheat germ then you will have a complete essential amino. If you add black beans to brown rice this will also be a complete protein. *All grains and vegetables are not complete proteins.*

LEAN MEATS: A complete source of all essential amino acids that help nourish the body's cells and tissues. All white meats such as fish, turkey and chicken are the most desirable. Fish is the best and pork should be avoided altogether.

EGGS: This is the most complete protein. Buy eggs from chickens that scratch the ground or free roaming chickens.

VEGETABLES RECOMMENDED:

NOTE: Vegetables are best for you if they are steamed. The list below may be eaten in a raw state, however, the reduce and avoid list must be cooked if eaten.

Spinach	Spouts	Onions
Garlic	Radishes	Asparagus
Eggplant	Tomatoes	Brussels Sprouts
Cauliflower	Celery	Green Beans
Leafy Green Veg.	Lettuce	Mushrooms
Okra	Peas	Sprouts

REDUCE OR AVOID: (see note above)

Beets	Carrots	Sweet Potatoes
Broccoli	Cabbage	Cucumbers
Zucchini		

LEGUMES RECOMMENDED:

Mung Beans	Garbanzos
Kidney Beans	

REDUCE OR AVOID:

Lentils

FRUIT RECOMMENDED:

Lemons	Grapefruits	Oranges
Tangerines	Figs	Plums
Grapes	Apples	

All should be ripe.

REDUCE OR AVOID:

Dried Fruits	Berries	Apricots
Bananas	Cranberries	Papayas
Peaches		

All other fruits not listed are permissible if they are ripe and sweet

GRAINS RECOMMENDED:

Rye	Buckwheat	Barley
Brown Rice	Toasted Grains	Oats

REDUCE OR AVOID:

Corn	Millet	Whole Wheat
White Rice		

DAIRY RECOMMENDED:

Dairy products are difficult to digest without enzymes. Most are mucous makers and may create allergies.

HERBS AND SPICES RECOMMENDED:

Ginger	Cumin	Anise
Poppy Seed	Fenugreek	

Should be used in small amounts.

REDUCE OR AVOID:

Barbecue Sauce	Catsup	Mustard
Pickles	Salt	Vinegar
Spicy Condiments		

If you use any of the above only minimal amounts.

NUTS RECOMMENDED:

Almonds	Cashews	Peantus
Coconuts		

If you use nut butters, make sure they are of good quality and take TPP Digest when snacking.

OILS RECOMMENDED:

Virgin Olive Oil (best)	Corn Oil	Sesame Oil
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TEAS RECOMMENDED:

Fenugreek tea

Fenugreek tea is used to soothe gastrointestinal discomfort and works best for your body category for balance.

NOTE: Even if there is a particular food NOT listed, it should still be eaten in moderation.

NEURO BODY TYPE NUTRITION

The suggested nourishment bill of fare is intended for those people who:

1. Do not feel a meal is complete without dairy products.
2. Drawn to starchy foods and sweets, i.e., cookies, ice cream and cereal.
3. Enjoys dairy but at some point recognize a milk intolerance.
4. Have the same body size as when they were in their teens. This may be a boyish like body for a woman or man; best described as wiry. Or it may also be someone who had baby fat without much shape early in life and has virtually remained the same into maturity.
5. Matured late in life. Youngest looking member in your family.
6. Have an on going bowel problem (constipation to diarrhea) including spastic colon.
7. If they have soft fat, it is all over the body, not held in just one area.

If you can answer yes to four or more from the seven questions above; the following suggestions are for you:

1. Break your fast by eating a substantial meal with protein. Eat some protein with each meal.
2. Eliminate as much dairy from your diet as possible.
3. Eat at least three meals every day.
4. When you crave something sweet, choose to eat protein instead.
5. Remember, it is the dairy foods that are responsible for the mucous or food allergies that you may be suffering from.
6. Take the Essentialzyme at least three times a day, whether you eat three meals or not. Take Essentialzyme anytime you are experiencing fatigue or indigestion.
7. If you should forget to take the Essentialzyme with the meal then take Essentialzyme when you remember. The benefit of enzymes will be experienced, however the appetite suppressant influence and the benefit of enzymes in the stomach digestions have been lost.
8. Know that it will take 6 to 9 weeks to experience *lasting* results.
9. Enjoy and experience³ the love of who you are at the weight and shape you are *right now*.
10. Visualize and anticipate the new you with commitment.

Your New commitment!

Avoid sugar/desserts, cookies, white flour, ice cream, sour cream, yellow cheese, butter fried foods and **dairy products**.

Snacks may include protein in some form such as nuts, nut butters, hard-boiled eggs and/or Fenugreek Tea and Raspberry Tea.

SAMPLE DAILY MEALS: The suggested foods below are for those that are over weight despite the fact they do not eat a great deal of food, and for those with food allergies.

Take Essentialzyme with meals.

Start off the day with protein and include some protein with each meal.

Breakfast: 4 – 5 capsules Essentialzyme. Substantial meal with protein. Choice of meat, eggs or balanced plant protein. ½ cup brown rice or bulgur wheat, 1 cup decaf coffee or Fenugreek tea or Red Raspberry Tea.

Lunch: 4 – 5 capsules Essentialzyme. Choice of light poultry or fish. Fresh vegetables and one piece of raw fruit. Vegetables should be steamed, your body type has problems digesting raw vegetables.

Dinner: 4 – 5 capsules Essentialzyme. Choice of poultry, fish or lean beef or eggs. Steamed vegetables (as much as desired), one raw fruit and recommended tea.

It is the dairy, including milk, that stimulates you. What you need is protein in another source. It is important for your body type to receive the whole amino acids in food. If you do eat dairy it should be low fat. Be careful of the low fat items that are high in sugar.

We have recommended the Raspberry Leaf because it soothes the intestines and strengthens the metabolism. Fenugreek Tea is also used to soothe the gastrointestinal system.

Supplements to include:

NingXia Red	1 oz. 2 x day
True Source	2 tablets 3 x day
MultiGreen	2 capsules 3-4 times per day
JuvaPower	2-4 capsules on an empty stomach 3 x per day
Super C	1 tablets daily before meals
Thyromin	2 capsules before bedtime
Cortistop Women's	1 capsule before retiring if overweight
AlkaLime	1 tsp. before bedtime
Balance Complete or Pure Protein may be used in smoothies make great between meal protein snack	

Required enzyme supplements:

Polyzyme	2 capsules first thing in the morning and last thing at night on an empty stomach
Essentialzyme	2-3 capsules with each meal or snack
Carbozyme	1-3 capsules daily with meals if eating any carbohydrates, which are hard for you to digest
Detoxzyme	1-2 capsules between meals to cleanse the system of toxins
Lypozyme	2 – 4 capsules on an empty stomach between meals
Fiberzyme	1 capsule just before meals – aids in digestion of yeast and fungal overgrowths and vegetable fibers (cellulose) **Cellulase is the only enzyme the body does not manufacture so it is important to supplement.

Wiry-Bodied Week 1 – 4

*No more than 60 seconds rest between each set in an individual exercise.

WARM-UP EACH BODY PART WITH STRETCHING!

Day 1				
Exercise	Set/Rep	Equipment	Weight	Movement
Bench press	2 x 10	Dumbbells (bench)	Medium	Slow
Lawnmower pulls	2 x 10	Dumbbells	Medium	Slow
Dumbbell Flys	2 x 10	Dumbbells (bench)	Medium	Slow
Lat pull-downs	2 x 10	Dumbbells	Medium	Slow
Leg extensions	2 x 10	Dumbbells (bench)	Medium	Slow
Squats	2 x 10	Dumbbells	Medium	Slow
Leg extensions	2 x 10	Dumbbells (bench)	Medium	Slow
Bent-over-rows	2 x 10	Dumbbells		
Shoulder press	2 x 10	Dumbbells	Medium	Slow
Alt. Dumbbell curls	2 x 10	Dumbbells	Medium	Slow
Lateral raises	2 x 10	Dumbbells	Medium	Slow
Bicep curl (together)	2 x 10	Dumbbells	Medium	Slow
Tricep kickbacks	2 x 10	Dumbbells	Medium	Slow
Abs				
Crunches	2 x 15	Mat		slow
Diagonal crunches	2 x 10	Mat		slow
Calves				
Standing calf raises	2 x 15	Dumbbells	Medium	Slow
Incline calf raises	2 x 15	Resistance		Slow

Cardio/Stretch

30 minutes of low intensity cardiovascular activity. Try step aerobics w/hand weights or power yoga. Stretch each muscle group

Day 2 – REST!

Day 3 – Repeat Day 1

Day 4 – REST!

Day 5 – Repeat Day 3

Day 6 and 7 – REST!

Special Options

If a particular exercise is extremely uncomfortable or painful, view this list for exercise options. Work *within* your endurance and strength zone, constantly striving to better yourself, without *over-doing* it.

<u>Exercise</u>	<u>Option</u>	<u>Equipment</u>
Lunges	Seated leg extensions	Machine or ankle weights
Squats	Wall squats	You and a wall!
Bent-over rows	Lying hamstring curls	Machine or ankle weights
	Seated hamstring curls	Machine