

## Enzyme Deficiency Test

The information presented on 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.**

Body Typing has been around for thousands of years. For example Ayurveda, “the science of life”, is considered the world’s oldest existing medical system. At its core is the principle of Body Typing. It states that each person is unique, made up of a balance of physical, emotional, mental and spiritual states called “doshas”.

More recently Dr. Robert Williams (*Biochemical Individuality*) demonstrated that biochemically we are all individuals. Our “bio-individuality” dictates the need for different proportions of fats, proteins, and carbohydrates. He also showed that people respond differently to vitamins, minerals, and other co-factors.

Dr. Fuller (*The Healing Power of Enzymes*) expands on this by tying in bio-individuality with specific enzyme deficiencies. As you determine your enzyme deficiencies, it will reveal a new understanding of why you feel the way you do, the best types of foods for your type and the supplements and exercise that will create the foundation for your ideal lifestyle plan.

(Please circle the appropriate letter in each section.)

### SECTION 1

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

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

### SECTION 2

In which category is your favorite food?

- A) Carbohydrates (vegetables, breads, pies, sweets)
- L) Rich Foods, fatty foods, or spicy food
- P) Proteins (meat)
- C) Dairy

### SECTION 3

Which foods give you problems?

- A) Carbohydrates (vegetables, breads, pies, sweets)
- L) Rich foods, fatty foods, or spicy foods
- P) Proteins (meat)
- C) Dairy
- N) None

### SECTION 4

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

#### 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 / Lactose Intolerance

### DEFICIENCY TYPE

Which letter did you circle in each section? For Section 4 which letter had 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. Your secondary, is the one in the section with the fewest issues (most common).

**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 have a combination deficiency (least common).

#### KEY

**Type A:** Amylase Deficiency (Most Common)

**Type L:** Lipase Deficiency

**Type P:** Protein Deficiency

**Type C:** Amylase, Lipase & Protease Deficiency (Combination Deficiency)

**(Note:** You cannot be both Type C and another type)

# Suggestions for Incorporating Enzymes into a Healthy Lifestyle

## Dominant Enzyme Deficiencies

### Type A: (Amylase Deficient)

Amylase is the enzyme that breaks down carbohydrates.

**Diet\***: Reduce simple carbohydrates (cakes, pies, breads, pastas). Increase lean protein. If vegetarian, eat vegetables high in protein (soy, beans, etc).

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

**Enzymes: Carb Digestion or Super Strength Digestion** with meals. **Carb Digestion** can be taken between meals to address problems associated with amylase deficiency.

### Type L: (Lipase Deficient)

Lipase is the enzyme that breaks down fats.

**Diet\***: 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 **Fat/High Lipase Digestion** with oils.

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

**Enzymes: Super Strength Digestion** with meals. One **Fat/High Lipase Digestion** between meals 2-3 times a day to address problems associated with lipase deficiency.

### Type P: (Protease Deficient)

Protease is the enzyme that breaks down proteins.

**Diet\***: Reduce protein intake. Increase complex carbohydrates. When eating protein, small, lean portions are best.

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

**Enzymes: Super Strength Digestion** with meals. Add one **Immune Support** with high protein meals. One **Immune Support** at least two times a day on an empty stomach.

### Type C: (Combination Deficient)

This is a deficiency in the enzymes that break down carbohydrates, fats, and proteins.

**Diet\***: 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 **Super Strength Digestion** with meals. **Immune Support** for maintenance, **Carb Digestion** and **Fat/High Lipase Digestion** when needed.

## More to Consider

### For Secondary Deficiencies...

The recommendations are for primary deficiencies. If you have a primary and secondary deficiency consider the 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 **Super Strength Digestion** 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 to take two to three **Super Strength Digestion** with meals (take two with small meals, or three with big meals).

### For the individual with an enzyme deficiency...

If a person can reduce the energy being used by the body to digest and assimilate the food eaten, the body will be able to exert more energy in overcoming the issue. The fewer digestive enzymes the body is required to make, the more metabolic enzymes it has the ability to make. Metabolic enzymes drive every biochemical reaction and system of the body. This includes the immune, circulatory, nervous, endocrine, and respiratory systems. Though it may seem to be oversimplifying a very complex problem, there is little doubt that enzymes play a vital role in maintaining and restoring optimal health.

For persons having to deal with these serious issues it is best to take enzymes with and between meals in larger quantities than normal. For example, it is not uncommon for a critical client to receive 1,000,000 to 2,000,000 active units of protease (three to five **Immune Support**) four times a day on an empty stomach.

\* In addition to a healthy diet, sufficient supplemental plant based enzymes, exercise, a good probiotic (*Bacillus subtilis*), and plenty of water are also recommended.

\*\* The exercise recommended here is based on what this individual is most likely to enjoy and stick with. Most experts agree that the best exercise regimen includes a significant amount of both resistance training and cardio.