

## ESTRO

The ESTRO type relates to that part of the endocrine system most stimulated by spicy, fried and fatty foods high in salt content. Although you may be drawn to other foods besides the ones mentioned, the data we have received along with your cravings places you in this particular group.

ESTRO represents the characteristics of ones eating habits that stimulate the gonadal system (sex glands), a major gland of the endocrine system. The endocrine system consists of glands that regulate body activity by special secretions, the hormones, which are delivered directly into the blood. Each of the glands within the endocrine system has one or more specific functions, but they all are dependent upon the other glands in the system for maintenance of a normal hormonal balance in the body.

You are born with specific ESTRO traits such as the way you are shaped, the food cravings you have, the symptoms resulting from an over-stimulated gonadal system, some of your personality traits and the creative and enthusiastic way you feel when you are in balance. Your natural tendency is to be a sensing individual and when you are in balance you are very much in control of your world. You can be very quick to grasp new information and use your wonderful imagination to make the world a better place for everyone.

When the gonadal system has been over stimulated for a prolonged period of time, it may lead to the exhaustion of the glands. The following symptoms may appear:

Allergies	Eczema	Prostate disorders
Arthritis	Female problems	Psoriasis
Bladder situations	Gallbladder problems	Urinary situations

There is an inability of the ESTRO's body to utilize fatty acids, fat-soluble vitamins (A,D,E, and K), amino acids, hormones and vitamin B. The main enzyme deficiency is LIPASE. A lipase deficiency leads to high cholesterol and hormone and/or kidney disorders.

The endocrine system must be fed and fortified as a whole, not just the gonads. The gonads are supported by the pituitary, suprarenals and the parathyroid. The use of synthetic supplements listed above will not meet the needs. A change in your diet by limiting your intake of bad fats, adding enzymes to control your cravings for starchy and fatty foods, and the addition of recommended exercises will give you the balance you desire. The diet recommended is not only to take stress off your system it has been arranged to bring your body into balance.

**NOTE:** Fatty acid balance is very important for the ESTRO but this balance cannot be maintained with a genetic inability of the body to produce enough lipase enzymes (the enzyme that breaks down lipids). Fats are important to the hormonal system, however, when fat is not broken down properly the body's microorganisms use poorly digested fat to create hormones we do not want to make. These hormones are responsible for initiating prostate and breast cancer. Cardiovascular disease is another concern for the ESTRO profile. Excess fats have been shown to contribute to high cholesterol. The formation of fatty deposits in the arteries can impede the flow of blood to the heart. Inability to absorb the necessary fat-soluble vitamins A, D, E, & K lead to an array of conditions and high oxidative stress levels. The importance of good digestion and the balance of the good fats throughout the body's systems are of utmost importance to an ESTRO.

## ESTRO

The personal diet selections in this booklet are for the ESTRO body type if you desire to be in a balanced state.

### PLENTY FOODS

Fruit (raw)  
Fresh Vegetables  
Whole Grains  
Plant Proteins  
Soy Milk  
Red Clover Tea

### MODERATE FOODS

Poultry (turkey is best)  
Fish  
Low Fat Yogurt  
Low Fat Cottage Cheese

### IT IS BEST TO AVOID ALL FRIED FOODS!

**FOODS TO AVOID:** Red Meat, Spices, Creams, Butter, Rich Desserts, Fats, Oils, Pork, Organ Meats, Ice Cream, Fried Foods.

**SNACKS:** Small fruits, Rice Milk, Red Cover Tea.

### SAMPLE DAILY DIET:

**Breakfast:** Fruit from your list and a white or plant protein. May have Red Clover tea as your hot drink.

**Lunch:** Green salad, vegetables, low fat cottage cheese, 1 low-fat yogurt or 1 egg, or choice of white or plant protein. 1 slice whole grain bread and fruit. *Note: No creamy dressings on your salads (such as ranch, blue cheese, etc.)*

**Dinner:** Choice of 4 oz. Chicken, turkey, fish or plant protein choice. ½ cup brown rice and fruit. Red Clover tea.

**REMEMBER:** It is the fats and the spices that stimulate the gonadal system. High fats put you at higher risk for heart problems and can lead to skin disorders, however this *can* be controlled with a proper diet.

## FATS

You have heard the words “Good Fat versus Bad Fat”. The questions is, do you know the difference? Your bad and god fats can be measured with a sample of blood. HDL is known as the “good” cholesterol and the LDL is the “bad” cholesterol. We need to keep the good HDL cholesterol high and the bad LDL cholesterol low.

Rather than go into a long dissertation about saturated (fat found in animal fat) and unsaturated fats (found in vegetable oil) I think it will better serve you to understand Trans Fatty Acids (TFA). The levels of TFA vary it depends how many partially hydrogenated vegetable fats or partially hydrogenated marine oils are used in processed foods. Trans Fatty Acids are those partially hydrogenated. The latest reports show the typical American diet contains 60 grams or more of the Trans Fatty Acids. This high TFA leads to plaque and heart disease.

ESTRO profiles have a problem breaking down fat and starch foods. The most important advice to you would be to pay attention to your intake of TFA. They are found in all fried foods. Cookies and crackers range from 30% to 50% trans fats. Items like fried

potatoes/fries doughnuts and margarine contain 40% trans fats. Notice how most of these foods are made up of starch and fat – your two problem foods.

In order to achieve balance you should eat like a diabetic, even if you are not one. Sweets and refined carbohydrate foods raise blood sugar levels quickly, triggering insulin, which lowers HDL levels in the blood. Many ESTRO profiles have been told they are borderline diabetics.

Cut down on trans fat and each high fiber fruits and vegetables. Avoid empty carbohydrates such as sugar, soft drinks, white bread, donuts, potatoes and pretzels. Avoid being tricked into eating fat-free processed foods. They are usually high in refined carbohydrates.

*\*For specific choices of foods with fat see the food recommendations.*

The following is a list of energy producing and energy draining foods for an ESTRO body type:

**VEGETABLES RECOMMENDED:**

Asparagus	Beets	Carrots
Cucumber	Green Beans	Okra
Onions & Garlic (not raw)		Radishes
Turnips	Sweet Potato ½	

**STEAM OR COOK THE FOLLOWING: \***

Broccoli	Brussels Sprouts	Cabbage
Cauliflower	Celery	Peas
Eggplant	Mushrooms	Peppers
Sprouts	Potatoes	
Tomatoes	Zucchini	

*\*These are acceptable if cooked with light oil.*

**LEGUMES RECOMMENDED:**

Mung Beans	Kidney Beans	Garbanzos
Chick Peas	Red Lentils	

**FRUITS RECOMMENDED:**

Apricots	Avocados	Berries
Bananas	Mangoes	Melons
Nectarines	Oranges	Figs
Cherries	Coconuts	Dates
Stewed Fruits	Grapes	Plums
Papayas	Pineapples	Lemons
Grapefruits	Tangerines	

**REDUCE OR AVOID:**

Apples	Cranberries	Pears
Pomegranates		

*\*These are more acceptable if cooked. Avoid unripe fruits and dried fruits in general.*



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

1. Breakfast is not a meal you desire, however it is important for you to break your fast with fruit or a plant protein.
2. Do not have only coffee for breakfast. Be sure and eat within two hours after waking.
3. Remember that it is the fats and spices that you have the biggest problem digesting.
4. Ice cream and mucous making foods will continue to create problems with your sinus and allergies.
5. Going from constipation to diarrhea is a common problem for your body type along with nausea, headache, gas and bloating after you eat fatty foods. This can be eased by taking Essentialzyme and Lypozyme anytime, and taking Royaldopholis daily.
6. Take Essentialzyme at least three times per day.
7. If you should forget to take Essentialzyme with the meal, then take the Essentialzyme and Lypozyme when you remember. The benefit of the enzymes will still be experienced, however it will be too late for the enzymes that were needed for digestion in the stomach.
8. Know that it will take 6 to 9 weeks to experience *lasting* results.
9. Enjoy and experience the love of who you are at the weight and shape you are *right now*.
10. Visualize the new you with commitment.

A diet low in cholesterol and saturated fats will reduce the LDL levels. Exercise can help reduce the blood levels of LDL cholesterol and increase the blood levels of HDL cholesterol. Some say drinking a small amount of alcohol every day may raise the HDL level and lower the LDL level, although having more could have the opposite effect. The other suggestions are – if you are over-weight, you must lose weight, stop smoking, reduce the fat and cholesterol in your diet (DO NOT remove completely), increase exercise, and take a lipase enzyme supplementation - Lypozyme.

#### **ENZYME RECOMMENDATIONS:**

Lypozyme	2 – 3 capsules with each meal and between meals for Cholesterol control
Essentialzyme	3 – 4 capsules with each meal
Fiberzyme	1 before each meal
Detoxzyme	2 – 3 after each meal

AND as always,

Polyzyme	3 – 3x a day in between meals
Life 5 probiotic	3 before bed

#### **Your New commitment!**

**Avoid** chips, spices, heavy creams, butter, desserts, caffeine, fats, oils, pork, organ meats, sugar, ice cream and all fried foods.

**Snacks or small meals** may include, a raw fruit, soy milk rather than regular milk, a protein choice, Red Clover or Red Raspberry teas.

**SAMPLE DAILY MEALS:** The suggested foods below are appropriate for metabolic disturbance and glucose intolerance in people.

**Take Essentialzyme with meals.**

**Do not start your day with only coffee.**

**Breakfast:** 4 – 5 capsules Essentialzyme. One raw fruit (grapefruit) and a plant protein (7grain bread) or vegetable omelet. May have decaffeinated Red Clover or Red Raspberry Tea.

**Lunch:** 4 – 5 capsules Essentialzyme. Green vegetable salad with low fat cottage cheese or 1 egg, or low fat yogurt and choice of plant protein. Decaf tea or coffee.

NOTE: No creamy dressings on your salads. May substitute a Balance Complete smoothie.

**Dinner:** 4 – 5 capsules Essentialzyme. Choice of chicken, turkey, fish or lean beef. ½ cup brown rice and steamed vegetables. Herbal tea. Red Clover is suggested because it is a natural diuretic, blood purifier and good for the liver.

It is the fats and the salts that stimulate your system. High fats put you at heart risk. All dairy products should be low fat. Be very careful of low fat items that are high in sugar.

The fluids that you drink at a meal should be limited. Adequate amounts of water are to be taken between meals not at the meals.

Exercise is very important. Walking or any movement that concentrates on your body below the waist is the best choice for your body type.

**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
K&B tincture	1 dropper 2 x day
Super C	2 tablets daily before meals
Thyromin	2 capsules before bedtime
Cortistop	1 capsule before retiring
AlkaLime	1 tsp. before bedtime
Balance Complete or Pure Protein	may be used in smoothies make great between meal protein snack
HRT	1-3 droppers per day to maintain a healthy heart
CardioCare	2 capsules 3 x per day to maintain a healthy heart

Essential Oils beneficial to Estro body types include:

Thieves, 4 drops in capsule, 3 x per day

Sclaressence, 4 drops in capsule, 1-3 x per day, depends chiefly on age and stage of menopause

Citrus Fresh, 4 drops in capsule, 3 x per day

The **Estro** gains weight mainly in the lower portion of their body. Sometimes weight training can be frustrating for this body type. The muscle belly or width of the muscle can be short making the person feel “bulky” or “stocky”. A total body workout that consisted of low-rep slow and controlled movement for the under-developed upper body; and high rep quick, controlled movements to lean and tone the lower body coupled with lots of stretching is ideal. Fast-paced walking/jogging with wrist weights, or swimming would be “leaning” cardio workouts!

### Week 1 – 4

**\*No more than 45 seconds rest between each set in an individual exercise.  
WARM-UP EACH BODY PART WITH SLOW 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
Lunges	3 x 12	Dumbbells	Light	quick
Squats	3 x 12	Dumbbells	Light	quick
Lunges	3 x 12	Dumbbells	Light	quick
Bent-over-rows	3 x 12	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
<b>Abs</b>				
Crunches	2 x 15	Mat		Quick/slow
Diagonal crunches	2 x 10	Mat		Quick/slow
<b>Calves</b>				
Standing calf raises	2 x 15	Dumbbells	Light	Quick
Incline calf raises	2 x 15	Resistance		Quick

#### Cardio/Stretch

20 minutes of continual jogging, fast-paced walking (at least 4.0 mph), or bike with **NO TENSION. Pilates or Yoga for stretching! Stretching should be done for at least 15 minutes a day.**

**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