

PARA

The PARA type belongs to that part of the endocrine system most stimulated by sugars and carbohydrates. Although you maybe drawn to other foods besides carbohydrates, the data we have received places you in this particular class.

PARA represents the characteristics of ones eating habits that stimulate the parathyroid and thyroid glands, which are major glands of the endocrine system. These glands regulate body activity by special secretions, called hormones, which are delivered directly in the blood. Each of the glands within the endocrine system has one or more specific functions, but they are all dependent upon the other glands in the system for maintenance of a normal hormonal balance in the body.

You are born with specific PARA traits such as the way you are shaped and the food you crave. The symptoms you have are the over-stimulated thyroid, some of your personality traits and the powerful energy and drive you feel when you are in balance. Your natural tendency is to be a very intuitive individual and very much liked for your wit and caring attitude for others, and when you are in balance you are very much in control of your world.

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

Cold hands and feet	Insomnia	Osteoporosis
Cramps in legs	Lethargy	Restlessness
Fatigue	Low blood pressure	Skin problems
Heart palpitations	Nervousness	Weight Loss
Hypoglycemia	Obesity	

There is an inability of the PARA's body to utilize vitamin C and deliver calcium, and also a need for the B vitamins and potassium. The main enzyme deficiency is AMYLASE and with a lack of proper protein in the diet may create a PROTEASE enzyme deficiency as well.

The endocrine system must be fed and fortified as a whole, not just the parathyroid/thyroid glands. The thyroids are supported by the pituitary, suprarenal, and the gonadal systems. The synthetic form of the vitamins listed above will not be sufficient; in fact, a high usage of the synthetic vitamin C (ascorbic acid) may lead to a higher risk of kidney stones. A change in your diet by adding good protein, taking digestive enzymes to digest foods and control your cravings for sugars, and the addition of weights in your exercise program will bring the balance you desire.

The diet recommended is not only to take stress off of your endocrine system, but it has been arranged to bring your entire body into balance and cut down your food cravings.

NOTE: Protein is very important to the PARA body type. PARA'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. The body may rejuvenate and balance itself with proteins. Your enzymes enable these amino acids to pass through the walls of your intestines 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 butter. 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 vegetable 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.

The following is a list of energy-producing and energy-draining foods for a PARA body type:

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" or "avoid" list must be cooked.

Asparagus	Broccoli	Brussels Sprouts
Cabbage	Cauliflower	Celery
Cucumber	Green Beans	Leafy Green Vegetable
Lettuce	Mushrooms	Okra
Peas	Sprouts	Sweet Peppers
Zucchini		

REDUCE OR AVOID: (See note above)

Beets	Carrots	Eggplant
Garlic	Hot Peppers	Onions
Radishes	Spinach	Tomatoes
Potatoes	Sweet Potatoes	

LEGUMES RECOMMENDED:

Garbanzo	Chick-peas	Mung Beans
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REDUCE OR AVOID:

Lentils

All other beans may be eaten, but in moderation.

FRUITS RECOMMENDED:

Lemons	Apples	Avocados
Cherries	Figs	Grapes
Mangoes	Melons	Oranges
Pears	Pineapples	Plums
Prunes	Grapefruits	

*All should be ripe.***REDUCE OR AVOID:**

Dried Fruits	Apricots	Bananas
Berries	Cranberries	Papayas
Peaches	Persimmons	

GRAINS RECOMMENDED:

Barley	Oats	Wheat
Brown Rice		

REDUCE OR AVOID:

Corn	Rye	Millet
White Rice		

DAIRY RECOMMENDED:

All dairy should be low fat or not fat.

Cheese (white and soft) Yogurt

NOTE: Dairy products are difficult to digest without enzymes.

Most are mucous makers and may create allergies.

HERBS AND SPICES RECOMMENDED:

Cardamom	Coriander	Cinnamon
Dill	Fennel	Mint
Saffron	Allspice	Tumeric

*Should be used in small amounts***REDUCE OR AVOID:**

Barbecue Sauce	Catsup	Mustard
Pickles	Salt	Vinegar
Spicy Condiments		

*If you choose one of the above, allow only minimal amounts.***NUTS RECOMMENDED:**

Sunflower Seeds Almonds Peanuts*

PEANUTS are the most difficult to digest. If you eat peanuts or peanut butter for a snack, be sure and take Essentialzyme with the snack.*OILS RECOMMENDED:**

Olive	Grapeseed	Sunflower
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REDUCE OR AVOID:

Almond	Corn	Safflower
Sesame		

**All hydrogenated oils*

TEA RECOMMENDED:

Raspberry Leaf tea soothes and strengthens your metabolism and helps with cravings for sweets and starches. It works as an antacid with your body category.

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

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

*Eggs (good source of protein)
Chicken (not fried)
Turkey
Plant Proteins (see list)
Raspberry Leaf Tea

MODERATE FOODS

Cheese (see diary list)
Fruits (raw)
Whole grains
Seeds
Fresh Vegetables
Nuts

FOODS TO AVOID: Refined grains (white flour), Coffee, Tea, Sugars, Desserts, Fruit Juices, Fried Foods and Heavy Oils.

SNACKS: Hard-boiled egg, choice from your plant protein list, and Raspberry Leaf Tea.

SAMPLE DAILY DIET:

Breakfast: Eggs or choice of plant protein
The main thing is to start the day off with protein.

Lunch: Large green salad and dressing (no creamy) choice of 4 oz. Poultry or fish, 1 slice whole grain bread, ½ cup brown rice and Raspberry Leaf tea. You may want to substitute appropriate plant protein instead of the fish or poultry.

Dinner: Choice of 4 oz. Chicken, turkey, fish, lamb; raw or steamed vegetables (as much as desired) and Raspberry Tea

Plant Protein Sources: Green vegetables, Seeds, Nuts and Grains. “Eggs should be from chickens that scratch the ground or “organic”.

Remember: Pork, red meat and shellfish should be avoided.

Supplements to include:

NingXia Red	1 oz. 2 x day
True Source	1 packet per day
MultiGreen	2 capsules 3-4 times per day
JuvaTone	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 Women's	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

PARA BODY TYPE NUTRITION

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

1. Crave sweets (dessert, candy, cake, cookies, pie)
2. Drawn to breads, pasta, and all starch foods
3. Like Coffee or ice tea
4. Gain their body weight *evenly* all over
5. Hold fat in their buttocks (woman) or midriff bulge (men)
6. Hold fat in their stomach
7. Want something sweet following each meal or during the meal

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 some type of protein for breakfast ***everyday***
2. Eat some type of protein each meal
3. Eat at least three meals every day
4. When you crave something sweet; eat a protein snack or drink Raspberry tea instead
5. Recognize that your mood and energy is directly related to your sugar imbalance
6. Remember, it is the foods that change into glucose (sugar) in your system that are responsible for holding the fat on your body and help create most of your imbalance (overweight, fatigue, mood swings, allergies, headaches, etc.) that you may be experiencing.
7. Take the enzymes at least three times a day whether you eat three meals or not. Take enzymes with every meal and as needed for indigestion or fatigue
8. If you should forget to take the enzymes with the meal then take the enzymes when you remember. The benefit of the enzymes will still be experienced, however it will be too late for the enzymes which were to aid in digestion in the stomach
9. **Know that it will take 6 to 9 weeks to experience *lasting* results**
10. Enjoy and experience the love of who you are at the weight and shape you are *right now*.
11. Visualize and anticipate the new you with commitment

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 capsules on an empty stomach 3 x per day if cholesterol is elevated * if cholesterol is above 250 increase to 4 capsules 4 x per day
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.

The **Para** grains weight evenly all over. This person becomes easily fatigued and because of evenly distributed fat, normally has a higher body fat percentage. A total body workout is essential for this person. They need a balanced amount of weight training and cardiovascular activity to combat fatigue and increase endurance. A weight-training program that allows minimal time for rest between sets would be ideal.

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	Light/med.	Quick
Lawnmower pulls	2 x 10	Dumbbells	Light/med.	Quick
Dumbbell flys	2 x 10	Dumbbells	Light/med.	Quick
Lat pull-downs	2 x 10	Dumbbells	Light/med.	Quick
Leg Extensions	2 x 10	Dumbbells	Light/med.	Quick
Chair Squats	2 x 10	Dumbbells	Light/med.	Quick
Leg Extensions	2 x 10	Dumbbells	Light/med.	Quick
Bent-over-rows	2 x 10	Dumbbells	Light/med.	Quick
Shoulder Press	2 x 10	Dumbbells	Light/med	Quick
Alt. Dumbbell curls	2 x 10	Dumbbells	Light/med	Quick
Lateral raises	2 x 10	Dumbbells	Light/med	Quick
Bicep curl	2 x 10	Dumbbells	Light/med	Quick
Tricep kickbacks	2 x 10	Dumbbells	Light/med	Quick
Abs				
Crunches	2 x 15	Mat		Quick/slow
Diagonal crunches	2 x 10	Mat		Quick/slow
Calves				
Standing calf raises	2 x 15	Dumbbells	Medium	Slow
Incline calf raises	2 x 15	Resistance		Slow

Cardio/Stretch

20 mins. of continual jogging, fast-paced walking (at least 4.0 mph), treadmill, or step aerobics. 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>
Lungs	Seated leg extensions	Machine or ankle weights
Squats	Wall squats	You and wall!
Bent-over rows	Lying hamstrings curls	Machine or ankle weights
	Seated hamstrings curls	Machine