

SUPRA

The SUPRA type belongs to that part of the endocrine system most stimulated by proteins. Although you may be drawn to other foods besides protein, the data we have received along with your cravings, places you in this particular group.

SUPRA represents the characteristics of ones eating habits that stimulate the suprarenal gland, 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 SUPRA traits such as the way you are shaped and the food cravings you have, the symptoms resulting form an over-stimulated suprarenal, some of your personality traits and the powerful energy and drive that you feel when you are in balance. Your natural tendency is to be a perceptive individual and when you are in balance you are very much in control of your world and can be a leader in whatever you choose.

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

Body aches	Fatigue	Kidney Problems
Constipation	High blood pressure	Kidney conditions
Gout	Insomnia	Osteoporosis

There is an inability of the SUPRA's body to utilize vitamin C, vitamin E and Calcium. The main enzyme deficiency is PROTEASE. A lack of protease to break down protein may lead to kidney disorders and a buildup of uric acid resulting in gout, kidney stones or water retention. A sense of fullness or flatulence is common to this body type. When out of balance you will suffer from inflammations.

The endocrine system must be fed and fortified as a whole, not just the suprarenal gland. The suprarenals are supported by the pituitary, thyroid and the gonadal system. 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 of diet and the use of digestive enzymes (especially protease) will support the adrenal glands and endocrine system helping to bring the body into balance. The diet recommended will aid in this process.

PLANT PROTEINS

NOTE: The following plant protein information is intended for the Supra body type *only*. The body may rejuvenate itself with plant proteins. Animal foods are usually more chemically treated and preserved. Plant foods are more natural, and if organic, are free from additives. In contrast, meat foods are injected with chemicals and cannot be removed. Since plant foods contain fewer additives than meat foods, and in the meat chemicals are lodged in the fat and muscles and cannot be removed, your body cells can use the amino acids of the plant foods with better assimilations. Plant proteins can create more efficient rebuilding.

Your body will benefit from a larger amount of plant foods with a lesser amount of animal foods. This maintains a good balance and helps rebuild cells with a minimum of internal cellular drug abuse cause by chemical corrosion of needed tissues.

The secret of the superiority of plant protein for cell rejuvenation lies in this biological process. The digested protein the form of an amino acid locks on to a particular "receptor" site on the surface of your cell. This sets off a form of biological chain reaction that relays the "message" into the interior of the cell. Replication or cellular rejuvenation now processes at a satisfactory rate. Plant protein appears to have this miracle of cellular rebuilding while animal protein would perform this function at a slower progressive rate. This again suggests that Nature meant for your cells to receive protein from it's source or it's foundation, namely at the bottom of the food chain, from the soil.

REJUVENATION AND BALANCING PLANT FOODS

Rice Milk	Seeds	Wheat Germ
Nuts	Grains	
Brewers Yeast	Legumes	

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

VEGETABLES RECOMMENDED:

Most vegetables are acceptable especially in the raw state.

Asparagus	Beets	Broccoli
Brussels sprouts	Cabbage	Carrots
Cauliflower	Celery	Garlic
Eggplant	Leafy Green	Lettuce
Mushrooms	Okra	Onions
Peas	Peppers	Sprouts
Potatoes	Radishes	

Sweet potatoes, zucchini and *carrots* are to be used sparingly. Tomatoes should be cooked.

LEGUMES RECOMMENDED:

All legumes are acceptable except Tofu. Eat kidney beans in moderation.

FRUITS RECOMMENDED:

Apples	Pears	Apricots
Pomegranates	Cranberries	

All dried fruits in general (raisins, prunes, figs, apricots)

REDUCE the intake of very juicy fruits in general:

Avocados	Grapefruits	Grape
Mangoes	Melons	Oranges
Papayas	Pineapples	Plums

GRAINS RECOMMENDED:

Barley	Buckwheat	Corn
Millet	Rye	

Reduce the intake of:

Oats	Rice	Wheat
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Hot cereals and steamed grains are too moist and heavy and this will create a feeling of the fullness or bloating without enzymes.

DAIRY RECOMMENDED:

Milk (low fat)	Yogurt (low fat)
Cottage Cheese (low fat)	

Small amounts of eggs NOT fried in butter.

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

NUTS AND SEEDS RECOMMENDED:

Sunflower Seeds	Pumpkin Seeds	Walnuts
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REDUCE OR AVOID OTHERS. If you choose to eat nut butters make sure they are of a good quality and use sparingly.

HERBS AND SPICES RECOMMENDED:

Ginger (best)	Cayenne Pepper	Cumin
Anise	Poppy Seed	Garlic
Parsley	Cilantro	

REDUCE OR AVOID:

All others not on list.

SWEETNERS RECOMMENDED:

Raw Honey (unheated)	Agave
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TEA RECOMMENDED:

Parsley Tea

Parsley Tea is known for its purifying effect on your glands and especially good for the kidneys.

PROTEINS:

Fish	Grains	Plant proteins
Poultry	Wheat Germ	Brewers Yeast

AVOID: Red meat, organ meats and pork.

NOTE: Even if there is a particular food NOT listed, it should still be eaten in *moderation*. Be sure and balance the lack of animal protein with sufficient plant proteins to meet the needs of the endocrine and nervous system. Your largest meal of the day should be dinner. This will help promote a good nights rest.

SUPRA

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

Low Fat Yogurt
Fish
Low Fat Cheese
Fruit (raw)
Fresh Vegetables
Whole Grains
Garlic
Parsley Herb Tea

MODERATE FOODS

Poultry (turkey is best)
Decaf Coffee/Tea
Plant Proteins

FOODS TO AVOID: Salty Foods, Salt, Red Meat, Pork, Organ Meats, White Flour, Fried Foods, Heavy Oils. Be careful NOT to consume nuts without using enzymes.

SNACKS: Plant protein or ½ cup low fat yogurt or low fat cottage cheese and/or Parsley tea.

SAMPLE DAILY DIET:

Breakfast: Cereal, fruit, fruit juice, decaf coffee or Parsley tea.

Lunch: Salad, low fat dairy, or fish and fruit. Large salad (no creamy dressing), Parsley tea. May choose a plant protein instead of fish.

Dinner: Choice of 4 oz. chicken, turkey, fish or choice of a plant protein. Steamed or raw vegetables (as much as desired), fruit and Parsley tea.

NOTE: A Semi-Vegetarian diet is ideal for you. Choose your proteins from the plant protein list in preference over flesh protein

SUPRA BODY TYPE NUTRITION

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

1. Do not feel that a meal is complete without some kind of protein (meat, fish or fowl).
2. Drawn to any kind of protein (lunch meats, pate, hot dogs, steak, chicken, fish and/or fowl).
3. Prefer to salt or pepper their food, even before they taste it.
4. Have strong firm legs no matter their age or weight.
5. Carry their weight in their stomach area or upper torso.
6. Their butt tends to be rather flat or have no butt.
7. Enjoys caffeine, alcohol and stimulating foods or drinks.

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 fruit or something light. No ham, sausage or eggs.
2. Eat the heavy protein of the day at your evening dinner. This is the best time of the day for your heavier meal.
3. A semi-vegetarian life choice is the healthiest for you. Recognize the gas and bloated feeling you have are directly related to your poor digestions of protein and salt intake. The proteins that are your best choice are fish or fowl. Avoid red meat and pork.

4. Take Essentialzyme at least three times a day whether you eat three meals or not. If you should forget to take Essentialzyme with the meal then take it when you remember. However, the enzymes will not have been present to aid proper digestions in the stomach.
5. If you are not willing to become a semi-vegetarian then at least be will to eat protein meals sparingly and be wise in your choices.
6. Recognize that the stress you feel and the body aches are related to your high protein and sodium intake.
7. Know that it will take 6 to 9 weeks to experience *lasting* results.
8. Enjoy and experience the love of who you are at the weight and shape you are *right now*.
9. Visualize and anticipate the new you with commitment.

Your new commitment!

Avoid Salty foods, salt, caffeine, pork, organ meats, white flour, fried foods, heavy oils, sugar and all desserts. Do not consume nuts without taking enzymes.

Snacks may include low or no fat yogurt, fruit or Parsley Tea.

SAMPLE DAILY MEALS: The suggested foods are for the disturbed metabolic system and the sweet craver (combination of fat and carbohydrate).

Take EssentialZyme with meals.

Breakfast: 4 – 5 capsules EssentialZyme. Cereal with milk and one fruit. Decaf coffee or Parsley tea.

Lunch: 4 – 5 capsules Essentialzyme. Large salad with hard-boiled egg, (no creamy dressings), or low fat cottage cheese, tomatoes and fish, one fruit. Parsley Tea or decaf drink. May choose a plant protein instead of fish.

Dinner: 4 – 5 capsules Essentialzyme. Choice of 4 oz. chicken, turkey, fish or choice of plant proteins. Steamed or raw vegetables (unlimited) or baked potato. Decaf tea or coffee.

The fluids you drink at a meal should be limited. Too many fluids will hinder your digestion. Adequate amounts of water are to be taken between meals.

Parsley Tea is recommended because of its purifying effect on your glands and is especially good for the kidneys. Raspberry Tea is a good second choice for your body type.

Avoid using salt with your meals. Notice you are eating some protein that is necessary to the body, however, you are not beginning your day with a large amount of protein.

Supplements to include:

NingXia Red	1 oz. 2 x day
True Source	2 tablets 3 x day
MultiGreen	4 capsules 3-4 times per day
K&B tincture	1 dropper 2 x day
Super C	1 tablets daily before a meal
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

The **Supra** gains weight mainly in the upper portion of their body. This body type is naturally strong. To support the strength of the Supra a workout that concentrates on each major muscle group coupled with *daily* cardiovascular activity is ideal. This body type needs to build cardiovascular endurance. Nordic Trak, Stairmaster or high impact sports are great “heart” workouts! Because they are prone to stiffness, Supras need to STRETCH!

Week 1 – 4

***No more than 45 seconds rest between each set**

WARM-UP EACH BODY PART WITH SLOW STRETCHING!

Day 1

Chest, Shoulders, Triceps

<i>Exercise</i>	<i>Set/Rep</i>	<i>Equipment</i>	<i>Weight</i>	<i>Movement</i>
Dumbbell flyes	2 x 10	Dumbbells/Bench	Medium	Slow
Bench press	2 x 10	Straight bar/bench	Medium	Slow
Shoulder press	2 x 10	Dumbbells	Medium	Slow
Lateral raises	2 x 10	Dumbbells	Medium	Slow
Tricep Kickbacks	2 x 10	Dumbbells	Medium	Slow
Bench dip (bent-leg)	2 x 10	Bench	Medium	Slow

Abs

Crunches	3 x 15	Mat or bench		Quick
Diagonal crunches	3 x 15	Mat or bench		Quick

Calves

Standing calf rs.	2 x 10	Dumbbells	Medium	Slow
Single leg calf rs.	2 x 10	Dumbbells	Medium	Slow

Cardio

20 mins. Of Stair Master, step aerobics, bike w/tension, high-intensity sports. If jogging or running try interval training or adding ankle weights. STRETCH each muscle group.

Day 2

Back, Biceps

<i>Exercise</i>	<i>Set/Rep</i>	<i>Equipment</i>	<i>Weight</i>	<i>Movement</i>
Lawnmower pulls	2 x 10	Dumbbells	Medium	Slow
Lat. Pull-downs	2 x 10	Dumbbells	Medium	Slow
Alt. Bicep curls	2 x 10	Dumbbells	Medium	Slow
Bicep curls	2 x 10	Dumbbells	Medium	Slow

No Abs or Calves

Cardio - repeat

Day 3

Quadriceps, Hamstrings

<i>Exercise</i>	<i>Set/Rep</i>	<i>Equipment</i>	<i>Weight</i>	<i>Movement</i>
Squats	2 x 10	Dumbbells	Med/heavy	Slow
Lunges	2 x 10	Dumbbells	Med/heavy	Slow
Leg extensions	2 x 10	Ankle weights	Med/heavy	Slow

Abs, Calves, Cardio repeat

Day 4 and 5 (6 optional) – Repeat Cardio ONLY

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

EXCESSIVE PROTEIN CONSUMPTION

Although there is much written on insufficient protein consumption, it is also important to note the danger of excessive amounts of protein consumption, especially when a digestive enzyme, most importantly protease, is not being supplemented.

There is not question that protein can cause toxicity to occur in the body when eaten regularly to the exclusion of the other important food groups (carbohydrates (fiber) and fats). If the liver is malfunctioning, the kidneys under active, and our detoxifying mechanism, as a whole, are weak or overloaded, we have a serious problem that needs attention immediately.

Enzymes in the digestive tract break down proteins before being absorbed. As we know, these digestive acids and enzymes not only break down the protein into amino acids, but also help to prevent the multiplication of the putrefactive bacteria associated with undigested proteins. Excessive amino acids can be taken in by microorganisms and create cadaverine and putrescine, characteristic amino acids found in cadavers. The microflora uses the undigested proteins, which can result in the release of ammonia. The liver is now bombarded with toxins. It forms ammonia nitrogen and then releases urea. Now the kidneys are overloaded. The kidneys play an important role in protein digestions and utilization. Proteins in their natural form, like the by-products of protein metabolism in the body, are acid. Most of these are eliminated in the urine as phenols, skatols, uric acid, etc. Thus the importance of proper kidney function is a prime factor in the prevention of protein toxemia. The lymphatic system can also become involved. This system, which also works to remove toxins, can also suffer from the overload of all of these toxins begging to be filtered out of the system.

It is important to note that the inclusion of “good” fats in the diet stimulates the production of bile, which also acts as a natural laxative. (Excessive proteins tend to be constipating.) This production of bile is also a natural outlet for the liver to dump unnecessary amino acids out the eliminative route of the feces.

Thus the importance of a good digestive enzyme, which includes a good amount of protease, is unquestionably a necessary part of a diet high in protein.

Recommended Enzyme supplementation:

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
Detoxzyme	1-2 capsules between meals to cleanse the system of toxins
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.

UNDERSTANDING PLANT PROTEINS

Plant proteins can be a very important part of a person's daily intake of protein. The body may rejuvenate and balance itself with plant proteins. The process of digestion occurs when your enzymes break down large molecules of plant foods into smaller molecules that can be absorbed by your small intestine. Therefore, your stomach and intestine break up proteins, the largest molecules known, into their constituent amino acids. Your enzymes then enable these plant amino acids to pass through the walls of your intestine into the rest of your body. Your billions of body cells pick up these plant proteins, then rebuild them into new cells and tissues and nourish the DNA and RNA elements.

Plant foods are more natural, and if organic, are free from additives. Even if not organic, you can wash and peel many plant foods and lower the amount of pesticide residue. In contrast, some meat foods are injected with chemicals, which cannot be removed. Since chemicals and additives can destroy your cellular molecules, it is essential for rejuvenation to control the amount of pesticide infiltration in your body.

Plant foods contain fewer additives than meat, and, in the meat, chemicals can be lodged in the fat and muscle and cannot be removed. Therefore, your body cells can assimilate the plant amino acids more easily. Therefore, it is possible that plant proteins can create more efficient rebuilding. Your body will benefit from a larger amount of plant foods with a lesser amount of animal foods. This maintains a good balance and helps rebuild cells with a minimum of internal cellular abuse.

The secret of the superiority of plant protein for cell rejuvenation lies in this biological process. The digested protein in the form of an amino acid locks on to a particular "receptor" site on the surface of your cell. This sets off a form of biological chain reaction that relays the "message", into the interior of the cell. Replication, or cellular rejuvenation, now can proceed at a satisfactory rate. Plant protein appears to have this miracle of cellular rebuilding. While animal protein does also, it would perform this function at a slower rate. So balance of these proteins is indicated.

REJUVENATING AND BALANCING PLANT FOODS

RICE MILK

Health food stores sell rice milk, which may be added to baked goods, soups, stews and beverages.

WHEAT GERM

This is a natural source of good plant protein. Use it as a breakfast cereal or sprinkle it on salads. Use it in soups, casseroles or when making main dish foods. May be mixed in yogurt.

NUTS

May be eaten out of the shell or in the form of nut butters. Nuts are a good source of top-notch plant protein. They are a good source of essential unsaturated fatty acids, as well as many vitamins and minerals that work with protein for body cellular rebuilding.

SEEDS

These are prime sources of good protein and other needed nutrients. Try sunflower seeds, sesame seeds or pumpkin seeds for snacks, or mix in your salads, in your baking or with breakfast cereals.

BREWER'S YEAST

This is a great source of high quality protein. Its amino acid pattern makes Brewer's yeast almost comparable to that of meat in protein structure. Sprinkle over salads, in stews and soups; mix in baked goods. Sprinkle over breakfast cereals or mix in most beverages.

GRAINS

All grains, like other seeds are a good source of high quality protein. These sources are defatted corn germ, wheat germ, brown rice, wheat gluten, whole nuts, barley, whole corn, whole rye, buckwheat flour and millet. Millet is almost perfect in its amino acid balance. It lacks tyrosine, but if you add wheat germ to your millet you will then have a complete protein with all essential amino acids. This grain has a substance known as nitriloxide, which is taken up by protein and used to build or rebuild cells and tissues.

If you know you need protein and plan to eat less meat and more plant foods, but choose not to eat soybeans, the answer would be buckwheat. Buckwheat is a prime source of high manganese. It reportedly has all the food values of animal protein, buckwheat is immune to disease, requires little fertilizer, and is rarely sprayed because it can "smother" weeds in swift growing. It is considered to be the **master plant protein source**. Buckwheat is available in about every food market and is also known as groats or kasha. Buckwheat Honey is also considered to be a master protein.