

Suggestions for Enzyme Deficiency Test

Dominant Enzyme Deficiencies

Type A: (Amylase deficient)

Diet:** Amylase is the enzyme that breaks down carbohydrates. Reduce simple carbohydrates (cakes, pies, breads, pastas). Increase lean protein. If vegetarian, eat high protein plants (soy, beans, etc).

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

Enzymes: **AMS** or **DGX** with meals. **AMS** can be taken between meals to address problems associated with amylase deficiency.

Type L: (Lipase deficient)

Diet:** Lipase is the enzyme that breaks down fats. 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 **LPS** with oils.

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

Enzymes: **DGX** with meals. One **LPS** should be taken between meals 2-3 times a day to address problems associated with lipase deficiency.

Type P: (Protease deficient)

Diet:** Protease is the enzyme that breaks down proteins. Reduce protein intake. Increase complex carbohydrates. When eating protein, small, lean portions are best.

Exercise:** Cross train (resistance and cardiovascular) at least 3 times a week for a minimum of thirty minutes a session.

Enzymes: **DGX** with meals. Add one **PRX** with high protein meals. One **PRX** at least two times a day on an empty stomach.

Type C: (Combination deficient)

Diet:** This is a deficiency in the enzymes that break down carbohydrates, fats and proteins. 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 **DGX** with meals. **PRX** for maintenance, **AMS** and **LPS** when needed.

More To Consider

For Secondary Deficiencies...

The recommendations above are for primary deficiencies. If you have a primary and secondary deficiency consider the above 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 **DGX** 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 2-3 **DGX** with meals. Use your good judgment when deciding, knowing you cannot take too many. The average person will take two with small meals, or three with large meals.

For the individual with a serious issue...

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 (3-5 **PRX**) four times a day on an empty stomach.

* In addition to a healthy diet, sufficient supplemental plant based enzymes, exercise, a good probiotic (acidophilus), and plenty of water (at least 60 ounces a day) 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 resistance training with some cardio to round it out.

Enzyme Deficiency Test

The information presented in 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 worlds oldest existing medical system. At its core, is the principle of Body Typing. It considers 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. It is this assessment that we describe in the following information. As you determine your enzyme deficiencies it will open to you a new understanding of why you feel the way you feel, 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 stomach).
- L) Carry weight in hips & thighs.
- P) Carry weight in upper body, especially the stomach.
- C) Remained similar since teens (slim & trim, heavy).

SECTION 2

In which category is your favorite food?

- A) Carbohydrates (Vegetables / Breads / Pies / Sweets)
- L) Rich Foods, Fatty Foods, Spicy Foods.
- P) Proteins (Meat)
- C) Dairy

SECTION 3

Which foods give you problems? Do not circle if no foods bother you.

- A) Carbohydrates (Vegetables / Breads / Pies / Sweets)
- L) Rich Foods, Fatty Foods, Spicy Foods.
- P) Proteins (Meat)
- C) Dairy

SECTION 4

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

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 / Milk Intolerance

DEFICIENCY TYPE

Which letter did you circle in each section? For section 4 determine under which letter you circled 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 (most common). Your secondary, is the one in the section with the lowest number.

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 are a type C. (least common)

Key

Type A is Amylase Deficiency (most common)

Type L is Lipase Deficiency

Type P is Protease Deficiency

Type C is Amylase, Lipase & Protease deficiency
(Combination deficiency)

(Note: You cannot be both a type C and another type.)