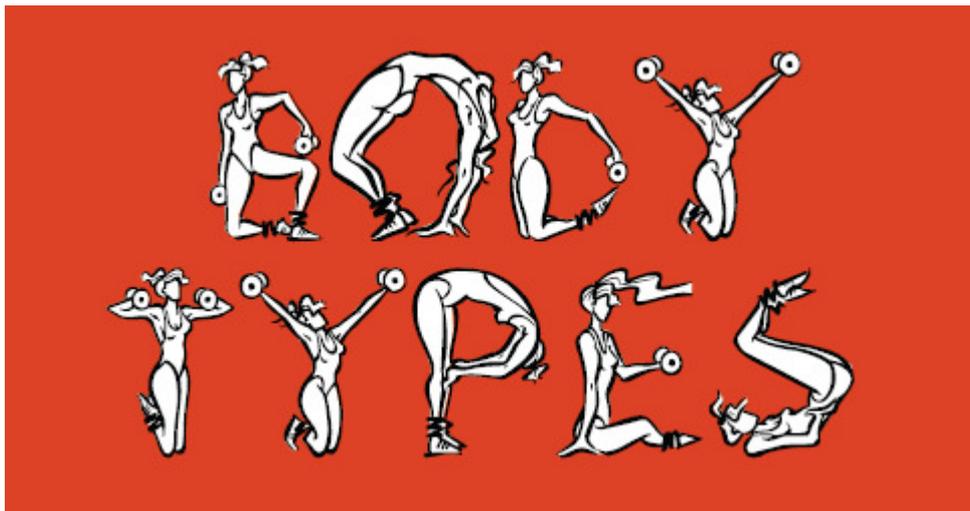


Body Types

A new look at evaluating different genetic constitutions

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Body Types

A new look at evaluating different genetic constitutions

We all are aware that people's structure and size is different. Some people are tall, some medium and some small. Many different cultures have called these differences by names such in Ayurvedic medicine they are known as kapha, pita and vata. In the west they have been classed as endomorphs, mesomorphs and ectomorphs.

Biologically the human body's growth and metabolism is dependant upon three primary coordinating hormonal glands—the **thyroid**, the **adrenal cortex** and the **gonads**. These glands regulate our growth during childhood, the repair of tissue as we age, our metabolic rate, how we cope with all forms of stress and how we function and behave sexually.

Back in 1993 Chris was studying defects in visual pigmentation in the eye of a number of patients with macular degeneration. One of the tests was using different coloured film over their eyes to determine both detrimental and beneficial light wavelengths. It is known that the human eye is a trichromate, that is it sees using three cones in the macular of the eye, each picking up wavelengths in the red, green and blue zones giving the human over 5 million shades of colour perception. Chris noted during clinical testing that one cone wavelength would be detrimental to a person whilst the other two were generally well tolerated. Occasionally a person would not weaken to any of the three colours but would weaken to a black film. This was found to indicate a low level of vital energy.

Over the years Chris has identified that the weakening cone wavelength of a person matches the person's body type. The body types have been identified as Red, Green or Blue. Further investigation identified that each of the body types have very specific characteristics which are described in greater detail in the booklet.

RED BODY TYPE

Morphology. RED body types have the thyroid gland as their primary coordinating hormonal gland. The thyroid hormones regulate metabolic rate so this body type has leanness as it's key feature. They are of average height, males 5ft6in—5ft8in (167cm –172cm) in height, females around 5ft5in to 5ft7in (165cm—170cm). They have long thin bone structure which is evident especially in the hands with the fingers being long and straight but often with knuckles present in the finger joints. The nails are hard and half moons pronounced.

They have lots of eye brows often meeting above the nose. Fine hair and small white teeth. They have a tendency to arthritis and skin problems.

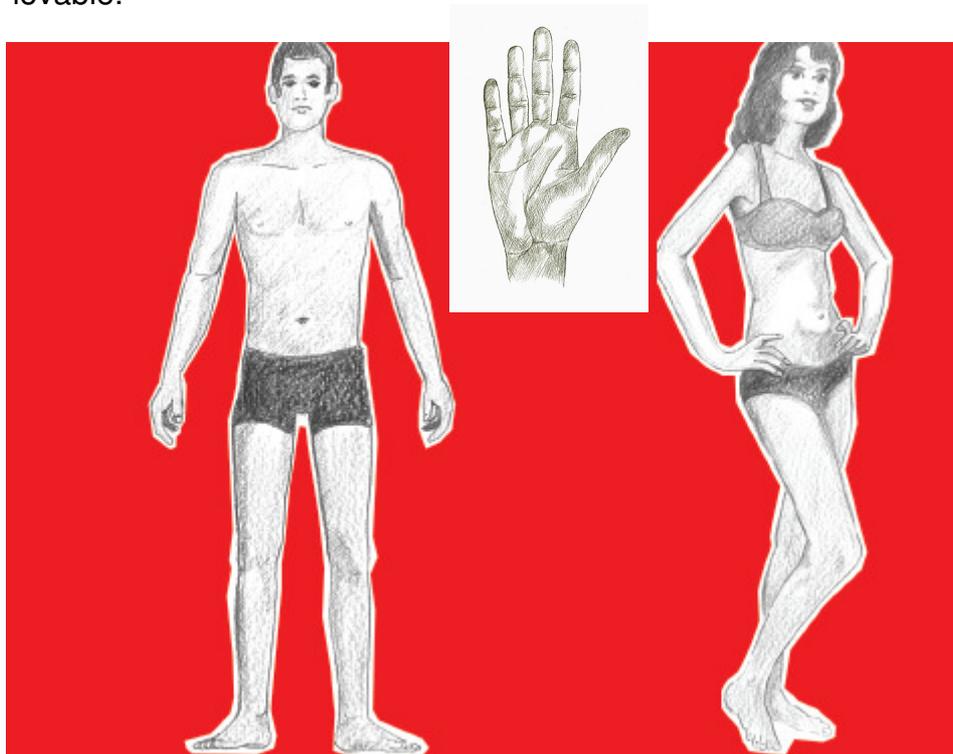
The thyroid is stimulated by anything that raises blood glucose and thus they crave sweets, coffee, chocolate, juices and alcohol. They do best on an early to bed and early to rise regime with breakfast being the most important meal of the day. Generally do best on a high protein, moderate fat and low carbohydrate diet making them natural carnivores. Should avoid broccoli as it contains elements that inhibit thyroid function.

Health risks. The main health risk for Reds is cardiovascular due to their genetic enzyme defects. They have a tendency to high levels of homocysteine (a known cardiovascular risk factor), have the APOE4 lipoprotein allele which gives them poor removal of cholesterol fragments and elimination of toxic metals specifically aluminium, and a propensity to convert glucose into triglycerides and cholesterol as their thyroids become hypoactive

.Spinning of the Kreb's Cycle (an important biological energy pathway in the body) depends upon thyroid hormones and the slower the energy cycle the more substrate is shunted into synthesising triglycerides and cholesterol. Ample intake of iodine is required not only for their thyroid glands but also their immune system and to balance their estradiol / estrone / estriol ratios.

Food intolerances. RED body types are generally intolerant to wheat products and in particular whole wheat flour products. This is probably due to being both reactive to the lectin in wheat bran and also to the rancid fatty acids present in non freshly milled wheat.

Emotions. Tend to have an unconscious emotion of not feeling lovable.



Diet. Breakfast most important meal of the day.

High protein – red meat and fish

Moderate fats

Low carbohydrates

Avoid whole wheat unless freshly milled. Better on white flour products and pasta.

Avoid broccoli but cabbage is ok.

Supplements

Vitamins

Vitamin B2 (Riboflavin)

Vitamin B6 (Pyridoxine)

Folic acid

Vitamin B12 (Hydroxycobalamin)

Inositol

Vitamin C

Minerals

Iodine or Iodides

Manganese

Molybdenum

Selenium

Silica

Zinc

Should be taken in water 1-3 times a day with meals

Oils

(blend of Omega 3, 6 and 9 plant based oils)

Flax seed oil

Hemp seed oil

Olive oil

Pumpkin seed oil

All oils must be organic, cold pressed and taken with the evening meal. Never cook with any of these oils.

Herbs and Spices

Coriander

Cumin

Oregano

Fenugreek

Rosemary

Ginger

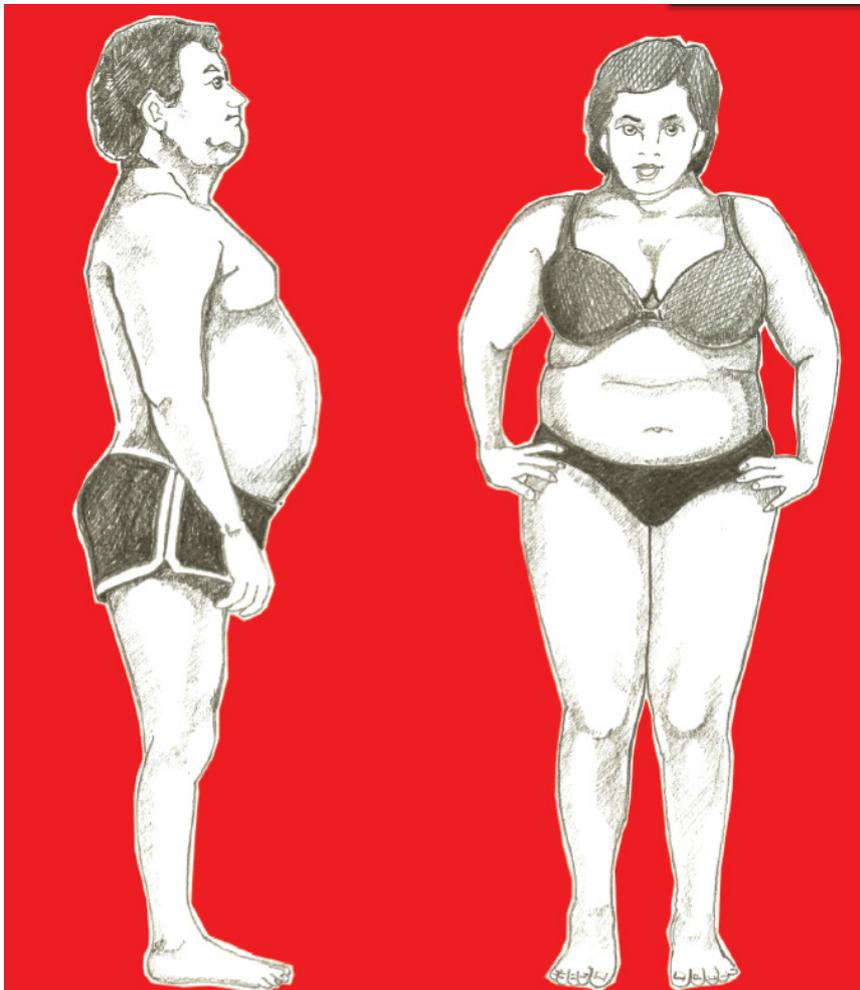
Black walnut

Mace

Herbs and spices must be organic and to be taken as a beverage in hot water 1-3 times a day between meals.

Weight gain

Due to decreased thyroid hormone production. Generalised fatty deposition all over but not forearms and lower legs. Tendency to thickening of the neck, course hair and loss of the lateral third of the eyebrows.



GREEN BODY TYPE

Morphology. Green body types have the adrenal cortex gland as their primary coordinating hormonal gland. The adrenal cortex regulates water retention, hypoglycemia, the immune system and the sex hormones via aldosterone, cortisol, DHEA, testosterone and the estrogens. They are generally strongly built and in the taller percentile of the population possibly emanating from the Scandinavian regions. Heights for males is 5ft 8in (173cm) and above and females 5ft7in (170cm) and above. The key feature is muscular development and intramuscular water retention. The hands are square with tubular fingers about as long as the palm. The face tends to be triangular or square.

Good resistance to disease and get well quickly. They work and play hard. Along with the adrenal glands the thymus tends to be their weakest gland and may suffer asthma and allergies. The adrenals are stimulated by sodium and cholesterol and so crave salt and salty foods and greasy foods like crisps and chips. They get stronger and stronger as the day progresses and those who stimulate their adrenals tend to drink alcohol in the evenings to relax. They are hard working, intelligent and positive but very chemically sensitive. Temperament can be explosive.

Late to bed and late to rise is the norm.

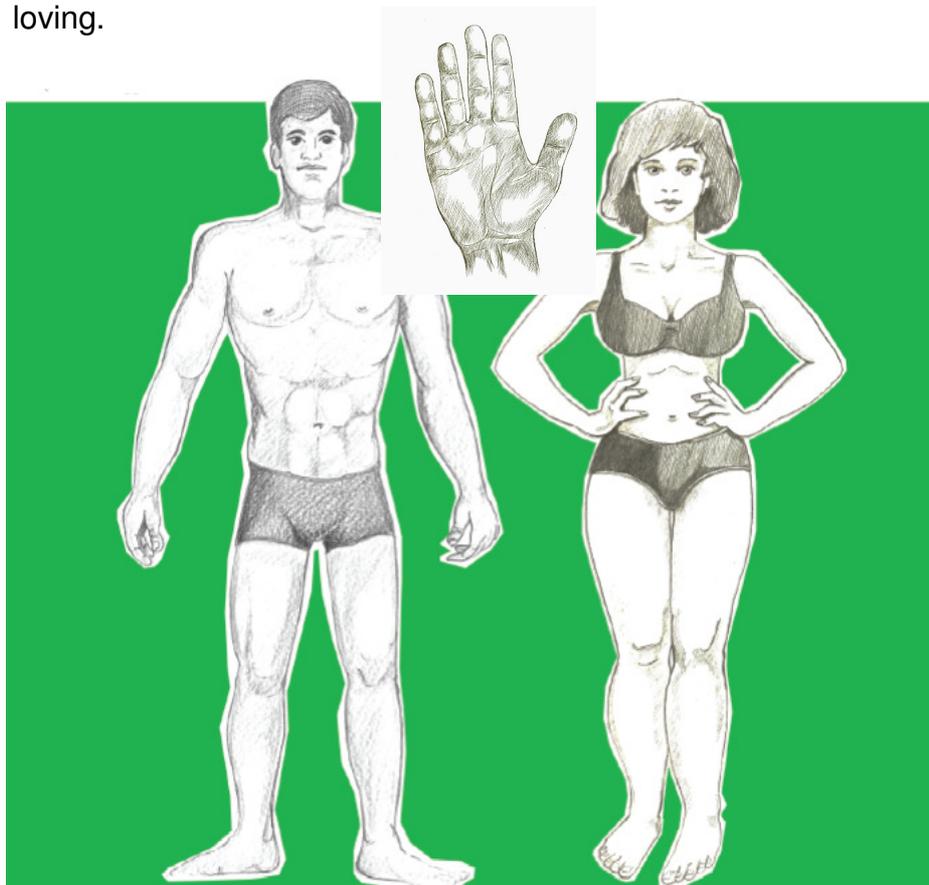
Health risks. Green people are workaholics and so tend to work, work and work until they drop. Once the adrenal glands have become exhausted recovery takes time, requiring much rest and suitable nutritional intervention, sometimes needing glandular tissue nutritional support.

They tend towards high blood pressure and some types of heart disease.

Always sensitive to nickel so must avoid jewelry, piercings, watch straps and buckles containing this metal.

Food intolerances—Main intolerance is to casein, the protein in cheese. Cooked cheese is especially detrimental to their health. Genetically they have difficulty metabolizing alpha solanine, a toxin found in the deadly nightshade foods such as potatoes, tomatoes, green bell peppers, green chillis and aubergines.

Emotions. Tend to have an unconscious emotion of not feeling loving.



Diet- Pritikin programme -Plenty of fruits, vegetables, legumes (such as black beans and pinto beans), whole grains such as brown rice, starchy vegetables like yams, lean meat, and seafood. Avoid as much as possible potatoes, tomatoes, green peppers, chilli.

Avoid cheese especially cooked.

Supplements

Vitamins

Vitamin B1 (Thiamine)
Vitamin B6 (Pyridoxine)
Folic acid
Vitamin B12 (Hydroxycobalamin)
Choline

Minerals

Boron
Copper
Selenium
Silica
Zinc

Should be taken in water 1-3 times a day with meals

Oils

(predominantly Omega 6 plant based oils)

Grape seed oil
Hazelnut oil
Peanut oil
Sesame seed oil

All oils must be organic, cold pressed and taken with the evening meal. Never cook with any of these oils.

Herbs and Spices

Rosemary	Cumin
Lemon balm	Ginger
	Star anise

Herbs and spices must be organic and to be taken as a beverage in hot water 1-3 times a day between meals.

Weight gain

Generalised watery fatty deposition all over when under stress and the adrenals are hyperactive due to increased levels of aldosterone retaining water in the tissues. Rapid weight loss in hypoadrenic state due to loss of water.



BLUE BODY TYPE

Morphology. Blue body types have the gonads (ovaries in women and testes in men) as their primary coordinating hormonal glands. The gonads produce a range of sex hormones in both males and females but in different proportions between the two sexes. Progesterone is important in the synthesis of elastin, testosterone in the synthesis of muscle and the estrogens in the deposition of body fat.

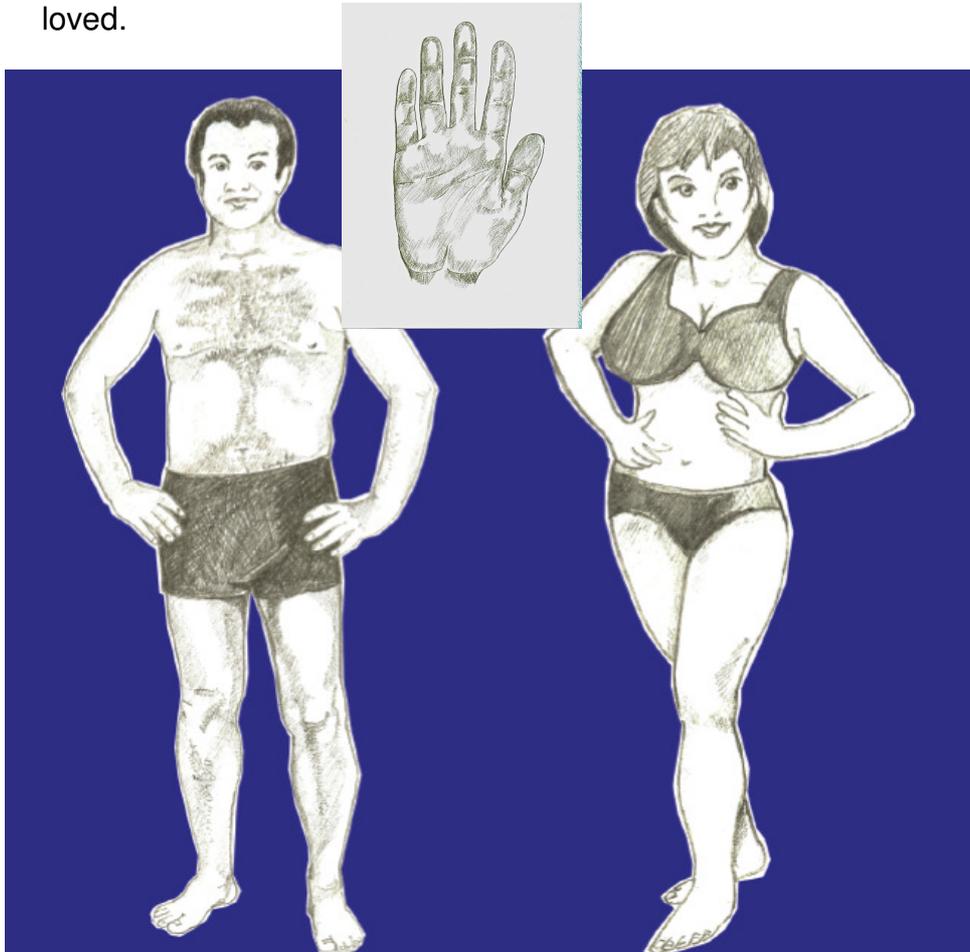
The key feature is short and sexual development. Heights for males is below 5ft 6in (168cm) and females below 5ft 5in (165cm). Classically far eastern body shape. Men tend to be short and stouter with softer musculature than the green person but with ample body hair often on the back. Small hands with tapered fingers which are shorter than the palm. Hair is usually thick and course. Skin tends to be smooth and elastic.

Health risks. Blue people have a consistent physical fight with weight gain due to high levels of the estrogens which regulate fat deposition. They are sensitive to many estrogen mimicking chemicals which are in toiletries, cosmetics and pesticides. This puts them at risk of developing hormones dependent tumors. They are lactose intolerant thus sensitive to all dairy products. Cow's milk also contains bovine IGF which is identical to human IGF making dairy products doubly detrimental to their health . They have difficulty in detoxifying mercury and so must beware of leaking mercury fillings and never take fish oil supplements. They have poor detoxification enzyme expression for the breakdown of alcohol and so must drink it in moderation or not at all.

They are sensitive to tyramine foods such as fermented soy, mature cheeses, chocolate, aging bananas and avocados which can give rise to migraine headaches. Also intolerant to aspartame the artificial sweetener and MSG the artificial flavouring.

Food intolerances. All dairy products but may tolerate goat and sheep products. Soy products are ideal. Alcohol and tyramine containing foods.

Emotions. Tend to have an unconscious emotion of not feeling loved.



Diet. They tend to have low stomach acid and so are more suitable to a vegetarian dairy free diet. Natural grazers. Small portions of protein spread throughout the day. Organic foods wherever possible.

Supplements

Vitamins

Vitamin B1 (Thiamine)
Folic acid
Vitamin B12 (Hydroxycobalamin)
Choline

Minerals

Boron
Magnesium
Selenium
Sulphur
Zinc
Iron

Should be taken in water 1-3 times a day with meals

Oils

(predominantly Omega 3 plant based oils)
Flaxseed oil
Pumpkin seed oil
Walnut oil

All oils must be organic, cold pressed and taken with the evening meal. Never cook with any of these oils.

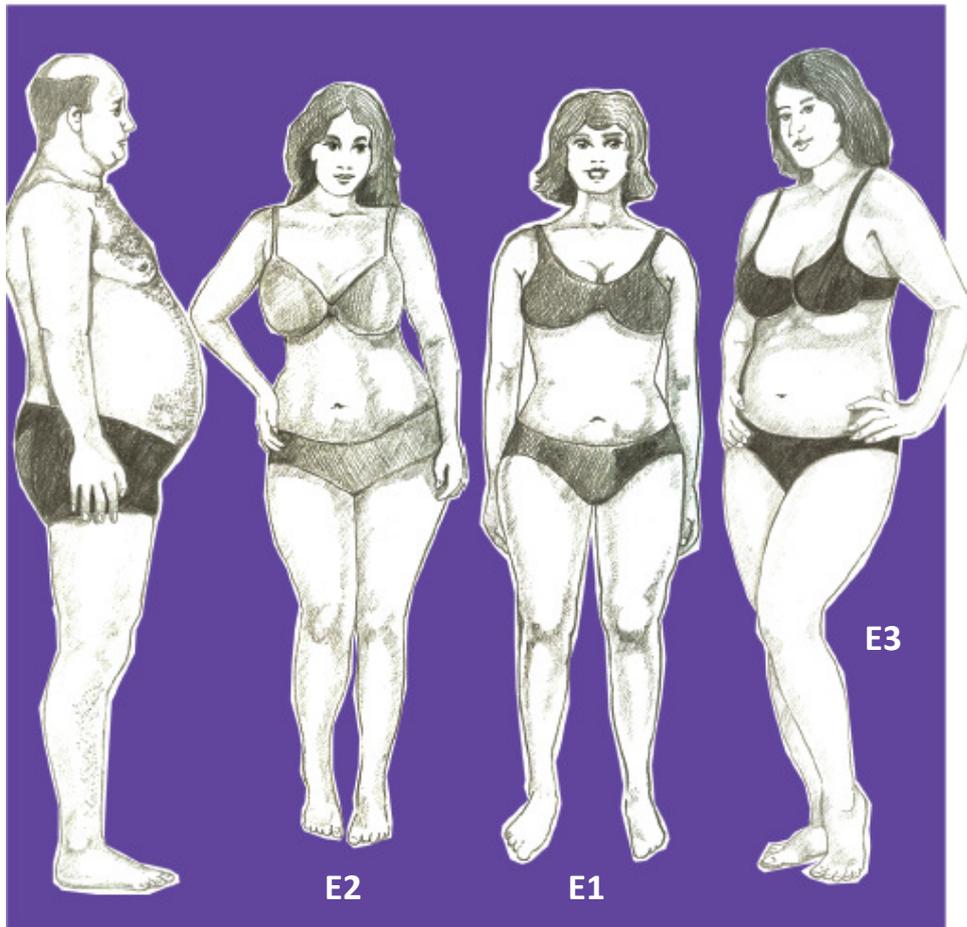
Herbs and Spices

Basil	Chilli
Coriander	Cinnamon
Dill	Paprika

Herbs and spices must be organic and to be taken as a beverage in hot water 1-3 times a day between meals.

Weight gain

Due to excess estrogens production or insufficient breakdown. Three types of fat deposition depends upon the type of estrogen excess. Estrone (E1) fat deposits on the hips, buttocks and thighs—pear shape, Estradiol (E2) excess gives rise to a generalised increased body fat all over, and Estriol (E3) fat deposits on the abdomen—apple shape.



Epigenetics products for 3 body types

In addition to the wide range of natural healthcare products we supply a full range of products for Red, Green or Blue body types.



Red products



Blue products

Green products



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