


Bio-Typing

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What is Bio-Typing

- No one diet fits all
- Our bodies are different, our nutritional needs are different, our diets should be different
- Hippocrates identified 4 different constitutional types - bodily fluids - temperament
- Blood - cheerful. Phlegm - calm. Black bile - depressed. Yellow bile - irritable



Benefits of Bio-Typing

- Optimal diet for maximum performance
- Helps you achieve lifelong health and vitality
- Learn which foods cause you to gain or lose weight
- Why you have certain food cravings and how to stop them
- What is an ideal but realistic body shape that is for your type

Why this system?

- Numerous systems for metabolic typing exist
- Ayurvedic doshas - Need years of experience to apply the system successfully
- Blood Typing - End up carrying around lists of good and bad foods
- Wolcott's system - lengthy laborious questionnaires
- Different bodies, different diets by Carolyn Mein - 25 different types to understand and identify

The Joy of Bio-Typing

- Roderick Lane identified 5 different types
- Easy to learn and identify
- No need for laborious questionnaires
- No complicated food lists required

Development of Bio-Typing

- Kretschmer identified two extreme constitutional types
- Herbivorous and Carnivorous
- Harry Riley Spiller identified 4 metabolic types that he linked to different endocrine glands
- Roderick Lane noticed that different clients responded better to different diets
- He identified 5 bio-types based on a person's dominant gland
- The 5 bio-types evolved in response to the needs of early man.....SURVIVAL!

Our Ancient Roots

- 21st century human beings are still governed by ancient biological traits
- Homo sapiens evolved between 200,000 and 100,000 years ago
- Man has gone through a continuous cycle of adaptation in response to the changing needs for different terrain and different climates
- Anthropological studies show that ancient races were - Stronger, had few if any chronic, degenerative diseases and were in many ways physically superior

Development of the Bio-types

- Hunter Gatherer
- Pathfinder
- Pioneer
- Farmer Gardeners
- Dancers

Thyroid - Hunter Gatherer

- Johnny Depp
- Princess Diana



Hunter Gatherer

- Evolved directly from the Palaeolithic diet
 - Nomadic - wandering, hunting & gathering food from surrounding environment
 - Constant search for food so high energy expenditure,
 - Fast metabolic rate,
 - Cooked and raw food

Thyroid

- Long, elegant, bird-like bones with delicate joints and wrists
- Male
 - 5'8 to 6ft
- Female
 - 5'6 to 5'10
- Head and Face
 - long slender face with slight classical look

Thyroid

- General Body - Long & lean - long fine torso balanced by longish well-shaped legs - refined and delicate
- Female: Upper vs Lower - Torso tapers slightly to moderately pronounced waist with fairly prominent hips and thighs
- Male: Upper vs Lower - Torso tapers slightly to waist, naturally slender abdomen with poorly defined muscle

Thyroid - Behavioural

- Graceful and sensitive
- Dreamers and romantics, very imaginative....but may never make it happen
- They tend to see all shades of grey in between black and white
- Morality and ethics are important
- Need to understand before accepting
- Hard for them to understand another's choice if don't agree with their views

Thyroid - Behavioural

- Thoughtful, reflective, seek to negotiate or compromise
- But can be like terriers - may not hear a listener agreeing, tend to rehash arguments over in head

Thyroid - Mental Emotional

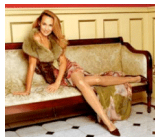
- Exploring adventurers. Love travelling
- Movement is instinctive. Dream it, Nomadic
- Highly sensual, often creative
- Environment is important to them
- You name it, they will gather it.. And collect it

Thyroid - Mental Emotional

- Reserved - quiet rather than boisterous, gentle rather than grabbing. Can recoil from physical touch (May give contradictory signals)
- Moral and mystical. They find it hard to understand how others will agree to something they don't agree with just for a quiet life.
- Usually charming, sociable and empathetic. Good healers
- Perfectionists

Pituitary - Pathfinder

- Jerry Hall
- Duke of Edinburgh



Pathfinder

- Humans started migrating
- Still hunted and gathered food
- Nomadic types - explorers
- More specific in their search for food
- High energy expenditure
- Fast metabolic rate
- Cooked and raw food
- Introduction of root vegetables - started settling

Pituitary

- Pituitary = growth - bones, joints and muscles.
- Long strong bones with heavy duty, pronounced joints
- Male height
 - over 6ft
- Female height
 - over 5'10'

Pituitary

- Head and Face - Large head, large, long face, bony nose, cheekbones and chin
- Male torso - Strong with large collar bones
- Female torso - strong rib cage with large collar bones and medium to large breasts
- General body - Long flattish (not curvy) with long legs and strong joints
- Female Upper vs lower - Straight sided, little waist definition, slightly more prominent hips
- Male Upper vs lower - Straight torso, hardly any waist, visible bones

Pituitary - Behavioural

- Very stable & logical
- Problem solvers
- Great observers & visionaries
- Very strong stamina - often up with the lark
- Captains of industry, explorers, leaders, scientists, doctors

Pituitary - Mental Emotional

- Hardy, self contained and independent
- Laid back, stoical, unflappable
- Black and white - get into the detail when a subject interests them
- Make radical changes at the drop of a hat
 - Can give up lovers, smoking, drinking and drugs overnight, gritting their teeth as they go through cold turkey

Pituitary - Mental Emotional

- Often kind but may be seen as uncaring as they fail to respond to others emotional needs
- Might mend your car both to keep you safe and because they can't face the irritation of you being late to meet them

Adrenal - Pioneer

- Bruce Willis
- Catherine Zeta-Jones



Pioneer

- Conquerers of many worlds and places
- Moving from one side of the earth to the other
- Pushing themselves to achieve, strong and single focused
- Used to collect whatever was available in that moment in time and made it last until the next thing was found
- Ability to adapt to whatever was found

Adrenal

- Short, strong, medium to heavy bones with very strong joints
- Large supporting muscles (esp. biceps, calf/thigh) that are heavy fleshed
- Male height
 - 5'6 to 5'10
- Female Height
 - 5'4 to 5'9

Adrenal

- Head and Face - Squarish face with slight triangular cast from eyes to chin
- Male torso - Large, big viewed from side with obvious underlying muscle structure, sporty looking
- Female torso - Large ribcage and torso, thick and big seen from side, medium to large breasts, also athletic looking

Adrenal

- General body - Strong torso with muscular legs. Prominent rear balanced by prominent chest
- Female Upper vs Lower - Torso wider at top, tapering only slightly to waist, strong legs and thighs. Hips seem same width as upper torso.
- Male Upper vs Lower - Wide shouldered torso tapering to waist. Very chunky abdomen and strong legs and thighs.

Adrenal - Behavioural

- Strong, fearless, reliable and self sufficient
- Needed by society to move on & survive
- Tenacious, single minded and focussed right up until they can rest with "feet up"
- Typical workaholics, sales orientated
- May make wrong decisions as pushed by goals
- Great organisers & motivators
- Great second in commands
- Ultimate in masculinity, but men may have problems in communicating with women
- May have difficulties in expressing feelings

Adrenal - Behavioural

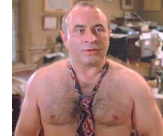
- Salt of the earth, team players
- Never gives up - onwards & upwards
- Incredible to get things done
- Need them when it's a question of survival or meeting a deadline
- Firm & true - loyal friends
- If you want your spirits lifting, these are the guys

Adrenal - Mental Emotional

- Food preferences are simple
- Can eat the same thing everyday for a week
- Environment not that important - could live in a hotel room
- Surroundings are sparse and neat or may be totally ignored, so live in a tip

Gonad - Farmer Gardener

- Bob Hoskins
- Dolly Parton



Farmer Gardeners

- Started to settle
- They nurtured and settled
- Natural carers - would look after whole world
- Static bio-type

Gonad

- Short thick bones contrasted with joints that look delicate but are strong
- Male Height
 - 5'8 or below
- Female Height
 - 5'4 or below

Gonad

- Head and Face - Squarish face with slight triangular cast from eyes to chin
- General body - Short in general, with short legs, poorly defined muscles, prominent rear and chest
- Male torso - Barrel chested, soft looking ribcage with poorly defined muscle structure
- Female torso - Full and soft looking with medium to large breasts
- Pronounced waist and hips in women

Gonad

- Female Upper vs lower: Hourglass figure with full bosom, curvy hips and wasp waist, body may be covered with soft, watery layer of fat.
- Male: Upper vs lower: Rounded chest contrasting with straight sided body. Overlaid with soft layer of body fat
- They look fertile and nurturing
- Men have hair sprouting all over

Gonad - Mental Emotional

- May have low self-esteem
- Undervalue themselves so they work hard without a break
- They may hold a grudge for eternity
- They work late & will be the first back after flu
- They tend to shoulder other people's loads

Gonad - Mental emotional

- Good listeners and considerate to others. May gossip though
- Their personality shines through even in the most difficult of circumstances
- Life and soul of the party
- Image conscious, collectors - especially jewellery

Gonad - Behavioural

- Once they settle, they're settled
- Nurturing nature - they look after everything and everyone
- Lynchpin of the family - keep in touch with everyone
- Ferociously protective of their family
- Brilliant in caring professions
- High enthusiasm, great fun in work environment
- Fall passionately in love, prone to crushes & have high libido
- Tend to abide by rules - social conscience

Gonad Pituitary - Dancer

- Winona Ryder
- Michael J Fox



Dancers

- Newest of all the bio-types - the urban warrior
- Modern day bio-type
- Merging of pathfinder and farmer gardener
- Stability and strength combined in one type
- Most evolved of all types - differ to the other 4 as they evolved not out of survival adaptation but out of changing social structure (more stable & structured village life)

Gonad Pituitary

- Short very delicate-looking bones, are deceptively strong
- Male Height
 - 5'8 or below
- Female height
 - 5'4 or below
- Head and Face
 - Small head with neat, sharp featured face (elfin?)

Gonad Pituitary

- Male torso - Small, light boned ribcage, almost adolescent in structure
- Female torso - Small and delicate looking almost like a teenager with small to medium breasts
- Female upper vs lower: Delicate torso and ribs. Shoulders same width as hips. Barely defined waist
- Male upper vs lower: Shoulders in line with hips, slight waist, slight torso & ribs. Adolescent look
- Tends to look delicate or weak, but actually strong
- Looks physically young even when face is aged

Gonad Pituitary - Behavioural

- Ultimate urban people
- Dynamic, adaptable and flexible
- Respond very quick to changing circumstances
- Work well in arts and creative professions
- Their drive takes them to the top
- Self aware and self-conscious - love fashion
- Light on their toes physically and mentally

Gonad Pituitary - Mental Emotional

- Emotionally cool but erratic, holding everything inside until they explode
- Swing from loving and sensitive to unconcerned, even offhand, in a flash
- Find it hard to negotiate with people who don't see their point of view
- May be contradictory

Bio-Type Strengths and Weaknesses

Pituitary

- Mustn't grumble approach
- May get into trouble as don't listen to symptoms
- Incredible reserves of energy when well
- Arthritis
- Women - Low oestrogen/progesterone, tendency to PMS, hormonal imbalances

Thyroid

- Slow pulse and low blood pressure
- Can keep going indefinitely
- Fine dry skin which ages into wrinkles without essential fatty acids
- Prone to skin rashes
- Chronic nagging problems such as neck and shoulder ache
- Blocked sinuses

Adrenal

- Fight or flight adrenaline allows incredible bursts of energy and concentration
- Sprinters running round at top speed but suddenly come to a full stop
- Impact injuries - damaged knees or backs
- Stress related illnesses as they never allow themselves to fully repair
- Prone to heart problems
- Addictive personalities

Gonad

- Dominated by reproductive hormones
- Hormonal imbalances
- Tendency to weight gain
- Bad backs and knees
- Stress related conditions due to undervaluing self and helping others

Gonad Pituitary

- Can take incredible physical punishment but will suffer as a result
- Damaged joints/aching muscles
- Chronic neck and back ache
- Sometimes have more will than stamina and over do it
- Tend to have addictive personalities
- Alcoholism
- Drug addiction
- Eating disorders

Cravings

- Pituitary - dairy foods
- Thyroid - sweets, starches & caffeine
- Adrenal - salts & fats
- Gonad - rich & spicy foods
- Gonad Pituitary - a mix of dairy & spices

Eating right for your Biotype

P Type Nutritional Protocol

Diet should be high in:

- Lean protein – poultry, fish & some red meat
- Salad
- Green vegetables
- With some complex carbohydrates.
- Do not do well on foods that have been altered by man – white bread, sugar, processed foods etc)

T Type Nutritional Protocol

- Start the day with substantial protein based breakfast
- Limit large amounts of grains or starches
- Avoid starchy carbohydrates with dinner
- Try not to snack in between meals
- Green vegetables provide energy
- Include organ meats

A Type Nutritional Protocol

- Avoid mixing proteins with starches
- Starches OR proteins can be combined with non-starchy vegetables, herbs & oils, nuts & seeds
- Large portions of fruit should be eaten on their own – at least half an hour away from other food

G Type Nutritional Protocol

- G Types have a slow metabolism so need light foods with high nutrient content that can be easily digested to provide immediate energy.
- Very easy for this bio-type to overeat for their needs

GP Nutritional Protocol

- Breakfast & lunch should be small meals, dinner more substantial
- Vegetables should be eaten with lunch & dinner
- The more variety in their diet the better – rotation is key

SPECIAL OFFER

- Booked tonight
- Nutritional consultation
- £19.99