The 25 Body Type System

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Abstract

Diet plays an important role in health, but specific dietary guidelines are contradictory. There is a way to solve the dietary confusion of specifically which foods patients should eat to ideally support their systems and when to eat them. Muscle testing was used to determine a person's ideal diet and body type. It was found that a person's dominant gland, organ or system determined their body type and ideal diet, as well as personality profile, exercise requirements, health and disease tendencies.

INTRODUCTION

Some patients have such severe digestive weaknesses that eating a typical diet places excessive stress on their already debilitated systems. Inability to maintain ideal body weight, with either gain or loss, is often the first indication that the body is having difficulty handling the stress it's under. Low energy, fatigue, increased irritability, lack of mental clarity and weight are common complaints of most patients.

It is well accepted that proper diet is important to health but diet books are contradictory. For example, *Fit for Life* advocates a light breakfast of fruit, while Dr. Atkins recommends protein and fat, restricting fruit. There is even disagreement regarding the ideal food ratios. Dr. Sears in the Zone diet recommends a 40%-30%-30% ratio of carbohydrates to protein to fat, which is contrary to the recommended USDA diet of 70%-15%-15%. Obviously, not all people are the same and what is ideal for one is stressful for another.

The first diet book I saw that put the differences between people and their respective diets into perspective was *Dr. Abravanel's Body Type Diet and Lifetime Nutritional Plan*. His premise was based on Dr. Bieler's work who was able to distinguish between individuals with a dominant thyroid and a dominant adrenal gland on the basis of fairly obvious physical characteristics. I found Abravanel's basic concept accurate and quite useful. However, the diets were incomplete and required modification for sensitive individuals. As I began working with Abravanel's 3 types for men and 4 types for women, I discovered people who didn't fit the profiles and seemed to fall between types. This led me to discover additional types based on the dominance of other glands, as well as organs and systems.

METHODS

Testing was done through muscle testing using the gastrointestinal-related muscles, generally the pectoralis major, clavicular division (PMC) by G-1, with food chewed and held in mouth. Food combinations were tested by having the patient chew a bite of a food combination such as peanut butter on white bread or a bite of pizza. Patients took a small quantity of food from each meal, placed the different foods in the separate compartments in an ice cube tray or egg carton, froze them and brought the samples in with them to be tested on subsequent visits. To test the body's compatibility with foods eaten at different times, the patient was asked to think of that particular time of day to access their biological clock.

Discovery of Additional Body Types

Case #1: A twelve-year-old girl whose weight gain pattern was like the Gonadal type, in the buttocks and thighs. When I muscle tested her body's response to the "Frequently" and "Rarely" foods of the Gonadal, the answers didn't match. I then tested her response to the Key Indicator Foods for each of the other known types, but nothing fit. Her general body structure and muscle mass were stronger and more dense than the Thyroid _ more like the Adrenal, but not quite.

I had someone who had the general weight gain pattern of the Gonadal, with physical characteristics similar to the Adrenal. If I followed the rules of other systems, I had a person who fell between two types, or was a blend of the two. This was not an acceptable answer for me, since dietarily, a blended type is only sightly more useful that having no type because the complete diet still needed to be determined. In testing different foods, I found she tested strong for pizza, and for peanut butter on white bread. She also tested weak for fresh cherries, but strong for cherry pie. In wondering what organ would be able to handle what I felt was a poor diet, I came up with kidney. It also fit with her medical history as being her strongest organ.

Her physical characteristics included a distinct waist, with no weight gain across her lower back in the kidney region. She had a medium bone structure, dense solid musculature and a strong constitution. Given the foods that best supported her body, her physical characteristics, medical history, weight gain pattern, and location of her dominant energy focus, I concluded and verified that her kidneys were her dominant organ and consequently, her body type.

I tested the food profile I had compiled for her on other people and found the ones with similar physical characteristics responded well to the same foods. I continued to expand this list with others, including the time of day foods were best eaten and the best combinations, then I checked her response to the new information. This way I was able to determine what was true to type and what was unique to the individual.

This is the procedure I used to discover and develop the rest of the body types. Essentially, when I was presented with someone who didn't fit into any of my known types, I started checking their body's response to foods. This eventually lead me to the identification of a new type. During the discovery stage, the longest time span between new types was six months. The last of the 25 types was discovered eight years ago in 1991.

Results

Case #2: A thirty-seven year old female who had battled a weight problem since her teens. She tried every diet that came along. When she was younger, vigorous exercise would help control her weight, but now it had little, if any, effect. When I saw her she weighed 173 pounds and carried it on a 5 foot 2 inch, medium frame. She complained of being tired and overweight. Her body type was Pancreas. After six months, she had lost 38 pounds. As soon as she began to follow the diet that was right for her body type, she lost weight easily and consistently. She immediately noticed better health, vitality and increased energy, which has remained consistent. It's been six years, and she has been able to easily keep the weight off.

Case #3: A fifty-two year old female who had spent years searching for the secrets to "perfect health". She tried programs that included diet, exercise, meditation, fasting, juicing, and colonics. With the Ayurvedic system, she learned that she needed dense protein in her diet. Following the program was difficult for her, as it left too many questions unanswered. Unable to find the missing factors, she felt dissatisfied because she had once again failed in her quest to achieve good health. She was a Nervous System body type, meaning her dominant gland or system was her nervous system. In going over her diet, we discovered she had not been eating enough of the kinds of protein that her body required. She

had been leaning toward vegetarianism and was not getting enough dense protein. After following her new body type diet for several weeks, she reported she was feeling better than ever. She has been following her diet for six years and has enjoyed consistent health and well-being.

Case #4: A forty-six year-old male who felt he was reasonably healthy. His dominant gland was Medulla, which while a physically strong body type is also sensitive, as evidenced by their reactivity to drugs, chemicals and environmental pollutants. Unique to the Medulla body type is a need to eat vegetables or drink vegetable juice prior to eating anything else for breakfast. As soon as he began eating a vegetable for his first bite of breakfast, his energy level increased, he didn't get hungry again until lunch, and his mental clarity improved. He has maintained and followed his diet for seven years. He'll test it periodically, going off, only to come back to the Medulla body type diet that truly supports his body.

Case #5: A four-year-old girl with intestinal gas and bloating, frequent stomachaches, irritability, and allergies. In checking her diet I discovered she tested weak to pinto beans. Her mother routinely fixed Mexican food for dinner. The girl's body type was Heart, a type that has difficulty digesting pinto beans. Once she started following the Heart diet, of which the most significant change was the elimination of the pinto beans, her digestion cleared. She has maintained her diet for eight years and kept her weight at her ideal level; she was showing overweight tendencies at age four.

Detailed descriptions of all 25 body types including 3-view photos of 8 people for each type at overweight, underweight and ideal weight, and a complete profile and diet for each type are found in the book, *Different Bodies, Different Diets* Men's or Women's Version. The "Profile and Diet" for each type is available in a booklet form and may be personalized.

The easiest way to accurately determine body type is by muscle testing for the body's response to "Frequently" and "Rarely Foods" as illustrated on the following Key Indicator Foods by Type chart. "Frequently Foods" are ones that will test strong for that type, while "Rarely Foods" will test weak. A food that is enclosed in () may test moderate or spongy when a person's digestive system is weak.

Most types are stressed by eating fruit at certain meals. There are a few where this is also true of protein, dairy, grains, and even vegetables. These food groups are listed under the "Rarely Foods". A quick way to determine possible types is to check for when fruit can be handled. Simply, test a person for fruit for breakfast, lunch and dinner, making note of which meals tested weak. Refer to the "Fruit As A Rarely Food" and "Quick Reference Correlation" to select the types that test weak at these times. Having narrowed down your choices, test the "Frequently and Rarely Foods" for those types, selecting the type where the person tests strong for the "Frequently Foods" and weak for the "Rarely Foods". Now that you have identified their body type, you are ready to proceed with the individual "Profile & Diet".

Discussion

Following the diet that is appropriate for one's system or body type allows for the alleviation of diet related health problems allowing for greater health and vitality, increased energy and mental clarity, and normalization of weight. Patient compliance is good because the diet is easy to follow, it validates what they intuitively know, and fills in the missing gaps. Once patients know what it feels like to feel good, they have a reference point that motivates them to get back on their diet once they have strayed. Because the diet supports their well-being and teaches them proper dietary habits, they are able to maintain their weight loss.

There are 25 distinct body types. Each one has a unique diet that includes the frequency of which

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Key Indicator Foods by Type

FRUIT AS A RARELY FOOD

Breakfast	(Brain), Medulla, Stomach, Thymus
Lunch	(Balanced), Blood, (Brain), Gallbladder, (Gonadal), (Heart), Hypothalamus, Intestinal, Kidney, Lymph, (Pancreas), (Pineal), Thalamus, Thymus
Dinner	(Balanced), Blood, Gonadal, Heart, Hypothalamus, Intestinal, (Kidney), (Liver), Lung, Lymph, Medulla, Nervous System, Pancreas, Pineal, Skin, Thalamus

QUICK REFERENCE CORRELATION

Breakfast and Lunch	(Brain), Thymus
Breakfast and Dinner	Medulla, (Pancreas)
Lunch Only	(Balanced, Brain), Gallbladder, Kidney
Lunch and Dinner	(Balanced), Blood, (Gonadal), (Heart), Hypothalamus, (Intestinal), (Kidney), (Liver), Lymph, (Pancreas), (Pineal), (Stomach), Thalamus
Lunch or Dinner	Balanced, Gonadal, Pineal
Dinner Only	(Balanced), (Gonadal), Heart, (Intestinal), (Liver), Lung, Nervous System, (Pancreas), (Pineal), Skin
No Fruit Anytime	(Intestinal), (Pancreas), (Stomach)
Fruit Good Anytime	Adrenal, (Brain), Eye, (Liver) Pituitary, Spleen, Thyroid

FREQUENTLY FOODS	RARELY FOODS
Adrenal	
Strawberries, Calamari, Romaine Lettuce, Celery, Avocado, Bananas, Cherries Dates, Pinto Beans (Whole Wheat Bread, Plain Yogurt)	Beef, Salt, Shrimp, Cashews, Pistachios, Cucumber (Eggs)
Balanced	
Tuna, Oats, Coconut, Sweet Potatoes,Yams, Dates, Pineapples, Cherries, Cantaloupe, Sunflower Seeds (Whole Wheat, Raisins)	Grapefruit, Strawberries, Peanut Butter, Lamb, Trout, Cashews-Roasted, Oranges (Whole Wheat Bread, Colby Cheese, Strawberry Yogurt, Orange Juice, Rye,Walnuts) Fruit–L(D) or (L)D
Blood	
Chicken, Celery, Eggplant, Cantaloupe, Raisins, Watermelon (Red Apples, Green Apples, Rye, Black Olives, Oats) * Beef and Eggs	Strawberries,Cheddar Cheese, Beef, Olive Oil, Casaba, Crenshaw and Honeydew Melons (Colby Cheese, Eggs, Sweet Potato) Fruit–L/D
Brain	
Bananas, Carrots, Pinto Beans, Tofu, Popcorn, Lentils, Hummus, Zucchini (Red Beans, Red Radish, Fish)	Cherries, Buttermilk, Frozen Yogurt, Honey, Chocolate (Beef, Lamb, Sweet Potatoes, Frozen Yogurt with Nuts) Fruit–(B/L), (L), Protein–(B)
Eye	
Lobster, Shrimp, Scallops Carrots, Kelp, Spinach, Sweet Potatoes, Yams (Seaweed–Nori, Honey, Refined Wheat)	Black Walnuts, Roasted Garlic, Char-Broiled Foods/Fish, Broiled Shrimp, Charred Toast (Buttermilk, Fish Sauce)
Gallbladder	
Veal, Crab, Buttermilk, Pinto Beans, Cucumber, Apples, Grapefruit, Raisins, Dates	Whole Wheat Bread, Pork, Kidney and Red Beans, Kelp, Mayonnaise (Walnuts) Fruit–L
Gonadal	
Cottage Cheese, Turkey, Bananas, Raisins, Walnuts, Cucumber, Cantaloupe, Pineapples, Dates, Sunflower Seeds (Plain Yogurt, Strawberry Yogurt, Pinto Beans)	Peanut Butter, Russet Potatoes, Casaba and Honeydew Melons, Orange Juice, Frozen Yogurt, Whole Wheat Bread (Honey) Fruit–(L)/D
Heart	
Eggs, Cashews, Pistachios Rye, Oats, Pineapple, Papaya, Dates (Almonds, Peanut Butter)	Whole Wheat Bread, Honey, Frozen Yogurt, Asparagus (Eggplant, Watermelon, Yogurt, Pinto Beans) Fruit–(L)/D
Hypothalamus	
Macadamias, Carrots, Pumpkin Seeds–Raw or Roasted (Colby Cheese, Raw Cheese, Pinto Beans, Raisins, Asparagus, Cauliflower, Red Apples)	Buttermilk, Cantaloupe, Rye Bread, Pasteurized Goat Milk, Butter Lettuce (Beef, Whole Wheat Bread, Chocolate) Fruit–L/D
Intestinal	
Walnuts, Pinto Beans, Sweet Potatoes, Apple Juice (Rye, Dried Pineapple, Pumpkin)	Tuna, Raw Pumpkin Seeds, Tomato Pasta, Iceberg Lettuce, Apricots, Orange Juice (Chocolate, Lamb, Coconut) Fruit–(B)L/D

FREQUENTLY FOODS	RARELY FOODS
Kidney	
Tomatoes, Peanut Butter, Trout, Salmon, Avocados Walnuts, Cucumbers (Almonds, Cashews, Yams Pinto Beans, Pistachios, Bananas, Cantaloupe, Cranberries, Sunflower Seeds) Light Dinner	Plain Yogurt, Lentils, Whole Wheat Bread (Strawberry Yogurt, Mung Bean Sprouts, Chocolate, Eggs, Beets, Oats, Orange Juice, Honey, Cauliflower) Fruit–L/(D), Protein–(B)/D
Liver	
Chicken Breast, Trout, Coconut, Asparagus, Eggplant, Cherries (Beef, Tuna, Celery)	Salt, Pork, High Fat Yogurt, Milk, (Whole Wheat Bread), Chocolate, Fruit–(L)/(D)
Lung	
7-Grain Sprouted Bread, Carrots, Unsalted V-8 Juice (Cashews, Bananas, Bell Peppers, Pine Nuts) Light Dinner	Flavored Yogurt, Milk, Whole Wheat Bread, English Muffin, (Honeydew Melon, Cantaloupe) Fruit–D
Lymph	
Peas, Carrots, Chemical-Free Chicken, Turkey or Beef (Coconut, Oranges, Bananas, Asparagus, Iceberg Lettuce, Sunflower Seeds, Game Hen, Pheasant)	Chemical-Fed Beef or Chicken, Pumpkin Seeds (Shrimp, Walnuts, Chocolate, Cashews) Fruit–L/D, Veg.–L
Medulla	
Chemical-Free Chicken & Turkey, Fresh Coconut, Coconut Milk (Almonds, Cashews, Sunflower Seeds Rye, Pinto Beans, Bananas Raisins, Lemons, Pineapple Colby Cheese, Cauliflower) Vegetables–B	Sweet Potatoes, Boysenberries, Chocolate (Papaya, Grapefruit, Strawberry Yogurt, Tofu) Fruit–B/D, Protein–B/D Fruit & Protein OK for B after Veg.
Nervous System	
Carrots, Eggplant, Spinach, Nori Seaweed (Asparagus, Cauliflower, Cucumber, Beef, Lamb, Pinto Beans, Orange Juice)	Grapefruit, Pork, Smoked Cheese, Buttermilk, Dark Chocolate Fruit–D
Pancreas	
Pinto Beans, Pineapple, Dates, Raisins, Cantaloupe Watermelon, Tuna (Olive Oil, Lentils, Flavored Yogurt, Colby Cheese, Honeydew Melon)	Pork, Whole Wheat Bread, 7-Grain Bread, Casaba & Crenshaw Melon, Nonfat Frozen Yogurt Protein–B/(D) Fruit - (B)/L/D
Pineal	
Oats, Sesame Seeds, Adzuki Beans, Squash (Cantaloupe, Garbanzo Beans, Lemons, Cashews Asparagus, Sprouts, Beef Rye) Light Dinner	Almonds, Pine Nuts, Peanut Butter, Navy Beans, Pork, Green Grapes, Dried Fruit, 7-Grain Bread, Whole Wheat Bread (Cherries) Protein–D, Fruit (L)/D

FREQUENTLY FOODS	RARELY FOODS
Pituitary	
Turkey, Chicken, Lean Beef, Sweet Potatoes, Carrots, Cherries, Bananas (Cantaloupe, Oats, Cucumber) Light to Mod.Dinner of Veg.& Fruit, Protein–B	Low Fat Cottage Cheese, Buttermilk, Plain Yogurt, Whole Wheat Bread,7-Grain Bread, Pineapples, Casaba, Crenshaw, Honeydew and Watermelon, Vegetable Juice Protein–D, Grain–D
Skin	
Almonds, Cashews, Sunflower Seeds, Oats, Asparagus, Pumpkin Seeds (Pinto Beans, Lamb) Light Dinner	Grapefruit, Milk, Buttermilk, Honey, Cane, Raw and Refined Sugar, Frozen Yogurt (Tofu, Iceberg Lettuce, Coffee) Protein–(B), Fruit–D, Dairy–D
Spleen	
Honey, Plain Yogurt, Walnuts, Peanut Butter, Oats, Cauliflower, Dates Raisins, Orange Juice Light Dinner	Grapefruit, Frozen Yogurt, Pork, Sausage (Fruit and Vegetable Juices, i.e., Apple, Carrot Juice)
Stomach	
Eggs, Beef, Lamb, Chicken, Turkey, Tuna, Pork, Avocado, Banana (Pinto Beans, Whole Wheat Bread, Zucchini, Red Apples, Pineapple)	Coconut, Parsley, Cherries, Kelp, Buttermilk (Casaba, Crenshaw and Honeydew Melons, Garlic, Mint, Cinnamon) Fruit–B/(L)/(D)
Thalamus	
Strawberry Yogurt, Oats, Cashews, Beef, Chicken, Turkey, Bananas, Oranges, Sunflower Seeds, Pumpkin Seeds, Olive Oil	Almonds, Almond Butter, Pasteurized Milk, Oysters, Lentils (Whole Wheat) Fruit–L/D
Thymus	
Lamb, Eggs, Dk. Chicken, Cauliflower, Oats, Rye, Pine Nuts (Bananas, Red Apples, Sweet Potatoes) B–4 Eggs 6 x/wk, Light Dinner	Frozen Yogurt, Broccoflower (Red Wine, Beer, Coffee) Fruit–B/L or B/D
Thyroid	
Eggs, Almonds, Oats, Chicken, Turkey, Cherries, Apricots (Tuna, Asparagus)	Sweet Potatoes, Pork, Whole Wheat Bread, 7-Grain Bread, Buttermilk, Tofu, Sprouts, Zucchini, Casaba Melon (Sunflower Seeds, Walnuts, Cauliflower, Dates, Raisins, Bananas, Cantaloupe, Pineapple, Orange Juice, Beef) Dairy (B) L/D

( ) Can also test as Moderate

*Strong when tested together.

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foods should be eaten, and when to eat the specific food groups of fruit, protein, grains, dairy, legumes, nuts, seeds and vegetables. Obviously you don't have the time, nor do most of your patients have the resources or patience to go through every food they eat, when they eat them and in what combination. There is a quick, simple way to determine the proper diet for each person. It can easily be done by simply determining their body type.

Body type is determined by a person's dominant gland, organ or system. It is present at birth and remains constant throughout one's entire life. The dominant gland determines physical characteristics, weight gain patterns, and which foods are required in greater quantities to supply the required nutrients. Type determination can easily be done by just muscle testing for specific differentiating foods unique to each type.

Once a person's body type has been determined, they can be given a "Profile and Diet" for their body type. Each profile includes specific food lists that are divided into two lists, one "Healthy" to be used when a person is at their ideal healthy state and "Sensitive" when they are at the opposite extreme with severe digestive distress, depleted reserves, or are extremely sensitive to food. There are simple, practical menu suggestions with each combination tested for digestibility and taste preference for each type. Also included are health and disease tendencies, exercise requirements, and a personality profile containing characteristic traits, motivation, and what each type is like "At Worst" and "At Best".

Conclusion

Finally, there is a simple way to determine a person's ideal diet and lifetime eating plan. It consists of identifying their dominant gland. Once their body type is known, specific individual recommendations can be made.

Identifying a person's body type pinpoints their area of stress since it's the dominant gland that is the first to become exhausted. Each type also has its particular set of disease tendencies, which can serve as a check list in difficult cases. Exercise requirements and recommended type of exercise aids in patient self-care.

The personality or psychological profile with its characteristic traits, motivation, "at worst" and "at best" provides valuable insights into the psychological makeup of the patient. While helpful in your interaction with them, its real value is in the patient's understanding of themselves and those around them.

Clinical Implementation

1. Determine a person's body type by looking at physical characteristics and personality, verify by testing the Key Indicator Foods.

2. Give the patient their specific "Body Type Profile & Diet" booklet.

3. You may wish to make individual recommendations based on the sensitivity of their digestive system, or on number of calories, and percentage of fats and protein following your testing.

4. Common dietary problems are addressed in the "Microwaves & Dietary Myths" booklet, which can be reviewed with the patient.

5. For patients who want a total working knowledge of how to change their diet to be completely supportive, have them keep track of what they have eaten and test them for their body's compatibility with each meal.

As you are becoming familiar with the individual body types, it's helpful to involve the patient in the typing process. You may wish to go through the "Questionnaire" of physical characteristics to narrow down the choices. The simplified version of the questionnaire is in the book, *"Different Bodies, Different Diets"* where the women begin with their main area of weight gain. Men will look at the shape of their torso and muscular appearance. The next step is to look at the photos of the body types who

gain weight in the same areas or have the same torso, select the ones that look like them and read the essence of the personality of the types selected. The one that fits is their body type. If they can't decide between 2 or 3, have them read the entire psychological profile. Most of the time they will have determined their type and only need verification, which you will do by testing them for the Key Indicator Foods for that type.

Other patients will have narrowed their choices down to 2 or 3 types. Simply test the "Frequently" and "Rarely Foods" found on the Key Indicator Foods chart for these types to identify body type.

If you are testing children or haven't a clue as to a person's type, test them for the time of day to eat fruit and refer to the "Fruit as a Rarely Food" section on the Key Indicator Foods by Type chart. Having narrowed your choices, test the foods for these types, selecting the type that correlates with the foods.

For a video to introduce "The 25 Body Type System" and provide basic information, a CD-ROM, detailed questionnaires, the books, *Different Bodies, Different Diets* Men's and Women's Versions, "Microwaves and Dietary Myths", "Men's or Women's Photos", and individual body type "Profile & Diet" booklets, or additional information contact: Vision Ware Press, (619) 756-3704 or FAX (619) 756-6933 or 1 (888) 2MY TYPE.

Summary of Procedures

1. Look at the patient for any obvious physical identifying characteristics of a particular body type. If a specific type or types are suspected, you may proceed directly with step 4.

2. Locate a strong gastrointestinal-related indicator muscle. Find a fruit that tests strong when chewed and held in mouth, dried fruit, i.e. dates, raisins, cherries, are good primarily choices. Note the tested response: strong, weak, or moderate "spongy" for the fruits tested paying particular attention to weak responses, i.e. raisins and dates are both "Rarely Foods" for the Thyroid body type, cherries are "Rarely Food" for the Stomach, and all dried fruit is "Rarely" for the Pineal. If these indications are found and physical characteristics indicate the likelihood of the patient being that body type, proceed directly to testing other foods on the "Frequently" and "Rarely Foods" for the indicated type. (See step 4.)

3. Have the patient hold the fruit (for which they tested strong) in their mouth and think about eating that fruit at breakfast, then test and note response. Continue this procedure for lunch and dinner. Take note of the patient's weak responses and refer to the "Quick Reference Correlation" portion of the chart, "Key Indicator Foods by Type" and locate the types that fall in that category.
For example, if the patient tested weak for fruit for both breakfast and lunch, the types listed are Brain and Thymus, so the patient is one of these two types. Parenthesis ( ) around a type means the patient will only test weak if they are particularly "sensitive", usually with blood sugar sensitivities or digestive weaknesses. If the patient is "healthy" their body type is Thymus. For conformation, proceed with the next step.

4. Go to the body type or types listed on the chart, "Key Indicator Foods by Type"; to continue with the above example, it would be Thymus. Select a food from the "Frequently Foods" or "Rarely Foods", i.e. pine nuts, and test as indicated above. Pay particular attention to strong and weak responses, test enough foods to establish a pattern of strong responses on "Frequently Foods" and weak responses on "Rarely Foods". If the responses don't match, continue on to the next type on your list repeating this step until you have found the foods that match the body type pattern.

It is actually the body's physiological response to the components found in specific foods that determines body type. Physical characteristics and psychological traits are expressions of the dominant gland and

depending on the degree of secondary gland influence will be more or less evident.

On rare occasions, a patient will have depleted their dominant gland so they will operate off their secondary gland, causing them to respond to the food pattern for the secondary gland. When this happens, they need to follow the diet for the secondary gland until their system is rebuilt, at which time they will respond to the food pattern of their actual dominant gland and can then shift to the diet appropriate for their body type.