

## Body Typing

by Rev. J. R. Schroeder, MT

I know the session is going to be a difficult one when I hear the client say, "I don't eat anything with a face on it." Sometimes it's, "All that fat.." or "You don't mean real eggs, do you?"

I've heard these responses before -- countless times -- and it's getting worse. After 21 years at one of the oldest natural clinics in the country, I'm still having to invent new ways to open up minds to the possibility that maybe our ancestors ate differently than we do now and it certainly didn't kill them. In fact, maybe that's how they survived and played with a full deck. If we don't get a handle soon on real nutrition, we might not be so lucky.

Although for 40 years nutrition was always our strong suit at Beechwold Clinic in Columbus, Ohio, not until 1986 and the publication of Dr. Abravanel's landmark book, *Body Type Diet*, did the answers to some of our most perplexing cases become self-evident.

Not everyone is physically built the same and not everyone should eat the same diet. Of course, for years we recognized fast and slow oxidizers, hypoglycemics and diabetics or heart and head cases, but with the ability to body-type a person, a system was available that was quick to administer and easy to understand, and offered all we ever could have wanted: Just determine the glandular type and suggest the patient eat accordingly.

Maybe I should qualify the phrase, "easy to understand." That should read, "easy to understand, hard to accept." With the current fads of low-fat, no-meat, high-carbohydrate diets, the odds are stacked against any program recognizing the need for such ancient foods as butter, organ meats, fat and scavengers (shrimp, clams, scallops, etc.). The beauty of the program is that by the second or third week the participants are eating crow in addition to their new food items.

Basically, the program determines which of four body types a person is, based on body structure and personality profile. Most clients easily fall into one dominant type - with a secondary type which is less obvious. After a one-month trial period during which the client eats the foods for his/her type, we evaluate and determine whether the level of health is improving. If not, another body type is tried and usually success is achieved.

Though no program is 100% fool-proof, Abravanel's plan is the best we've found and deserves serious consideration in any holistic environment. "Just try it--you'll like it," is not some recent concept of the advertising industry; it's the way ancient peoples determined which foods worked, and those who ate the wrong ones didn't become our ancestors.

Let's hope we wake up before we become extinct.