



# Module Five

## Body Typing & Individual Assessment

*“Individual people differ not only in their genetic makeup, but also in their metabolic efficiency and nutritional requirements. One of the most important principles in Natural Medicine is the principle of individual biochemistry”*

## Table of Contents

### Module Five -

### Body Typing & Individual Assessment

Course Instructions . . . . .	3
Getting Started . . . . .	3
Recommended Reading . . . . .	3
Student Self-Test Questions . . . . .	4
CSNA Masters Program . . . . .	4
CSNA Student Forum . . . . .	4
Questions & Support . . . . .	5
The Colgan Power Program . . . . .	6
Credits . . . . .	7
Table of Contents . . . . .	8

### Module Five A Brief Outline    **11**

Important Terms and Concepts . . . . .	12
Advisor’s Preface . . . . .	12
Educational Objectives . . . . .	12
Student Assignment . . . . .	13

### Body Typing For Athletes    **14**

Biochemical Individuality . . . . .	14
Food Incompatibility . . . . .	16

### The Four Blood Types    **17**

ABO Blood Grouping . . . . .	17
Percentage of Blood Groups Observed in Various Ethnic Groups Chart . . . . .	18
Rh Negative / Rh Positive . . . . .	18
MN Subgroup . . . . .	18
Secretor/Non-Secretors . . . . .	18
Chemistry of Blood Types . . . . .	19
The Connection between Diet and Blood Type . . . . .	19
Lectin Families . . . . .	20
Indols . . . . .	21

Indican Scale Chart . . . . .	21
Type O: Diet & Fitness . . . . .	21
Type A: Diet & Fitness . . . . .	21
Type B: Diet & Fitness . . . . .	21
Type AB: Diet & Fitness . . . . .	22
Eat Right 4 Your Type . . . . .	22
Determination of Blood Type . . . . .	23
Blood Type O Dietary Guidelines Chart . . . . .	24
Blood Type A Dietary Guidelines Chart . . . . .	26
Blood Type B Dietary Guidelines Chart . . . . .	28
Blood Type AB Dietary Guidelines Chart . . . . .	30

### The Three Somatotypes    **32**

Somatotyping . . . . .	32
Bodytype & Attraction to Food . . . . .	34
Psychology of Physical Appearance . . . . .	34
The Endomorph . . . . .	35
The Mesomorph . . . . .	38
The Ectomorph . . . . .	38
Equation for Basal Metabolic Rate . . . . .	40
A Case Study of an Ectomorph . . . . .	42
High Tolerance for Fat . . . . .	42
The Serenity Prayer . . . . .	43

### Ayurvedic Constitutions    **44**

Art and Science of Living . . . . .	44
The Three Doshas . . . . .	45
Vata Type . . . . .	46
Pitta Type . . . . .	46
Body Type Profile Charts . . . . .	47
Kapha Type . . . . .	48

### Glandular Dominance Theory    **49**

Why People Overeat . . . . .	50
Checklist for Gland Dominance . . . . .	50
The Gonadal Type . . . . .	51



