



Table of Contents

Module Five

Body Typing & Individual Assessment

Course Instructions	3
PSN Video Knowledge Updates	3
Student Study Tips & Habits.	3
Recommended Listening	3
Recommended Reading	4
Student Self-Test Questions	4
CSNA Masters Program	4
CSNA Master Teacher Program.	4
Advisor's Preface	5
Student Questions & Support.	6
Credits	7
Table of Contents	8

Module Five A Brief Outline **11**

Important Terms and Concepts	12
Educational Objectives.	13
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

G-TYPE Dietary Selection	
Guidelines	52
The Adrenal Type	52
A-TYPE Dietary Selection	
Guidelines	52
The Thyroid Type	53
T-TYPE Dietary Selection	
Guidelines	53
The Pituitary Type.	54
P-TYPE Dietary Selection	
Guidelines	54
Supplements for all Body Types.	54

Ethnic Origin **55**

Ethnology	55
Natural Selection	55
Nutrition is More Than Food	56
Special Guest Article	
by Franco Cavaleri	
Potential Within Prescription for	
Ageless Performance	57
Adaptation & Survival	59
Survival of the Fittest.	59
Case Scenario	60
Getting the Connection.	60

Autonomic Nervous System Dominance **62**

Homeostasis	62
Autonomic Nervous System (ANS) . .	63
Divisions of the Nervous System . . .	63
Neurons	63
Structure of a Neuron Chart	64
Voluntary & Involuntary Systems . .	65
Energy Preservation.	66
Fight or Flight.	66
Competition Anxiety	67
Overtraining	67
Heart Rate Variability	68

Chronotype **69**

Chronobiology	69
Timing is Everything	70
Circadian Rhythm	70
Ultradian Rhythm	70
Infradian Rhythm	70
Chronobiological Patterns	71
Three Body Types	71
Early-Birds.	71
Health Defined	72
Night-Owls	72
Neutral-Types	72
Physiological Rhythms.	73
Psychomotor Rhythms.	73
Cognitive Rhythms	73
Psycho-emotional Rhythms	73
Masters Athletes	74
The Prime Directive	74
Our Connection to the Earth	74

The Twenty Chemical Types **75**

Imbalance is the Norm	75
The Four Temperamental Systems . .	76
Sixteen Chemical Elements	76
The Seven Vital Types	76
The Four Osseous Types	77
The Four Muscular Types	77
The Five Mental Types	78

Module Five Summary **82**

Type A & Type B Personality.	83
Metabolic Code	83
No Single Dietary Panacea	83
Assembly Line Approach Doesn't	
Work	84
Everyone is Unique	84
Body Typing is Not an Exact	
Science	84
The Importance of Education	85

Genetic Variables in Humans	85
Parting Words of Advice	86

Points to Remember 88

Student Assignment	89
Student Self-Test Questions	90

References 94

Education 104

Suggested Reading.	105
The Cory Holly Series	106

Module Six A Brief Outline 107

Training & Exercise Philosophy	107
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Additional Articles & Topics

Sport Type 16

Functional Type 48

Epigenetics 61

CHI Prime Directive 74

Metabolic Type 79

Nutritional Genomics 80

Body Type Profile 87

Let Go...and Let Health 89

Quotes on Individuality

"...variability is vastly more important in the biological sciences and in medicine than it is currently assumed to be. Julian Huxley has pointed out that the variability in the human species is of much greater magnitude than in animals, because men have much greater migratory propensities and are more neglectful of large differences in color and appearance when choosing mates."

~ Roger J. Williams PhD

"There has been no significant change in human DNA in the last 10,000 years. Therefore, our genome developed and adapted to a particular environment with particular foods in it, and that was set before we ever developed modern food. We've identified eight changes in modern food that make it unsuitable for the genome."

~ Michael Colgan PhD

Dr.C: *"So you're saying that the human genome hasn't really changed but our diet has changed?"*

Colgan: *"Our diet has become abysmal!"*

Dr.C: *"So the outcome based on phenotype, how our genes express themselves, are influenced by the food we're eating and it's not an ideal diet. So we're genomically handicapped."*

Colgan: *"Genomically handicapped! Yes Cory, that's a very good way of putting it."*

The Discordance Hypothesis

"Our genome is well adapted to a wide range of nutrients, but not necessarily to extreme intake levels...like those of novel Neolithic and industrial foods. The lack of genetic flexibility in our genome leads to the body's inability to process these foods correctly, resulting in widespread illness and disease."

~ Eaton & Konner