

Personality Type-1

1. Settle for security due to minimal self-confidence.
2. Dislike admitting mistakes or the other person is to blame.
3. Mainly interested in own comfort; respond to almost everything else with indifference and apathy.
4. Uncomfortable around others; tends to avoid resent them.
5. Expect the worst will happen; dread what the future may bring.
6. When everything is going well, can generally find something about which to be pessimistic.
7. Remember most of the psychological scars of the past and carries them into the future.
8. Have few friends and can find something to criticize about everyone.
9. Feel guilty and helpless about many past shortcomings.
10. Believe that life is a raw deal.
11. Being cheated will happen again.
12. Resentful. unforgiving and unforgetting.
13. Sensitive to real or imagined slights or criticism.
14. Emotionally flat, never really happy under the best of conditions.
15. Easily get into arguments, feel others are "picking on me."
16. Continually put things off and then tend to forget them.
17. Easily form rigid opinions without objective evidence.
18. Have low self- esteem.

If your honest evaluation of yourself matches 6+ of the characteristics of Personality "Type-1," you should expect results from better nutrition. See next page for nutritional support suggestions.

Type-1 Personality Foods To AVOID:

1. **Sweets:** pastries high in fat and low in flour, such as cheese cake, tortes, Danish pastries, etc.
2. **Vegetables:** avocado, artichoke hearts, beans, peas, lentils, cauliflower, spinach, asparagus
3. **Proteins:** foods with high purine content such as liver, kidney, caviar, meat concentrates, etc.
4. **Fats:** lard and butter should be replaced by corn oil or safflower oil.
5. **Miscellaneous:** hard alcoholic beverages

Personality Type-1 Supplements: (1x3 Daily)

Each 3 doses contain:

Vitamin B1*	30	mg.
Vitamin B2*	30	mg.
Vitamin B6*	30	mg.
PABA	75	mg.
Niacin	75	mg.
Vitamin C (ascorbic acid)	900	mg.
Vitamin D3 (as cholcalciferol)	7,500	i.u.
Potassium citrate	900	mg.
Magnesium chloride	300	mg.
Copper gluconate	.6	mg.
Manganese sulfate	30	mg.
Ferrous sulfate	200	mg.

* Vitamin B1 (as active benfotiamine)

* Vitamin B2 (as active riboflavin-5-phosphate)

* Vitamin B6 (as active pyridoxal-5-phosphate)

TYPE-2 Personality

1. Set high-but realistic- goals and have the confidence to take the required risks.
2. Admit mistakes and takes blame.
3. Have many interests beyond self and generally have activities planned to which to look forward.
4. Enjoys people and actively seek the company of others.
5. Look forward to the good things the future holds in store.
6. In times of trouble can generally find something about which to be optimistic.
7. Recover from and forget emotional blows quickly, leaving the past behind.
8. Have many friends and accept others for their best qualities.
9. Accept past mistakes without feeling guilty, resolve to do better in the future.
10. Cherish the life that has been given to you, and try to make the most of it.
11. Expect to be treated fairly.
12. Forgive quickly and easily.
13. Feelings not easily hurt, try to accept criticism objectively.
14. Feel cheerful and happy most of the time.
15. Tactful, try to avoid arguments.
16. Get things done on time.
17. Try to be open-minded until you evaluate all sides of a question.
18. Think favorably of self.

If your honest evaluation of yourself matches 15+ of the characteristics of Personality "Type-2," there is little room for nutritional improvement. Your nervous system is expecting to be functioning well.

If it matches less than 15, but more than Personality Type-1, then the nutrition support suggestions on the next page may be helpful.

If you have close to equal Type-1 and Type-2 matches, then the Personality Type-3 nutrition support suggestions may be helpful.

Personality Type-2 Foods To AVOID:

1. *Sweets*: candy, pastries, fruit, jams, jellies, ice cream, gelatin, desserts, etc.
2. *Starches*: potatoes, rice, spaghetti, macaroni, bread, crackers, cereals, etc.
3. *Salads*: lettuce, green peppers, onions, radishes, cabbage, pickles, cucumbers, etc. (celery and carrots excepted)
4. *Proteins*: milk, buttermilk, cottage cheese, eggs, fish (except herring, sardines, anchovies, tuna and salmon)
5. *Miscellaneous*: catsup, spicy sauces, soft drinks, coffee (decaf coffee excepted), tea, beet, wine, or any other alcoholic beverage

Personality Type-2 Supplements (1x3 daily)

Each 3 Doses Contain:

Vitamin A*	50,000	I.U.
Vitamin E*	200	I.U.
Vitamin B12*	20	mcg.
Niacinamide	400	mg.
Calcium pantothenate	100	mg.
Bioflavonoids	100	mg.
Choline	600	mg.
Inositol	180	mg.
Calcium*	660	mg.
Phosphorus*	500	mg.
Iodine*	.45	mg.
Zinc sulfate	20	mg.

* Vitamin A (as a full spectrum carotenoid complex [Alphabeads®])

* Vitamin E (as a full spectrum complex of mixed tocopherols (d-alpha, d-beta, d-delta, d-gamma) & mixed tocotrienols [Tocomax®])

* Vitamin B-12 (as active methylcobalamin)

* Calcium (as DimaCal®)

* Phosphorus (as tri-calcium-phosphate)

* Iodine (as potassium iodide)

Personality Type-3 Foods To Avoid:

None

Personality Type-3 Supplements (1x3 Daily)

Each 3 doses contain:

Vitamin A*	50,000	I.U.
Vitamin D3 (as cholcalciferol)	5,000	I.U.
Vitamin E *	100	I.U.
Vitamin B12*	50	mcg.
Niacin	75	mg.
Niacinamide	75	mg.
Vitamin C (calcium ascorbate)	500	mg.
Vitamin B1*	10	mg.
Vitamin B2*	10	mg.
Vitamin B6*	10	mg.

* Vitamin A (as full-spectrum carotenoid complex [Alphabeads®])

* Vitamin E (as a full-spectrum complex of mixed tocopherols [d-alpha, d-beta, d-gamma] and mixed tocotrienols [Tocomax®])

* Vitamin B1 (as active benfotiamine)

* Vitamin B2 (pyridoxal-5-phosphate)

*Vitamin B6 (as active pyridoxal-5-phosphate)

*Vitamin B12 (as active methylcobalamin)