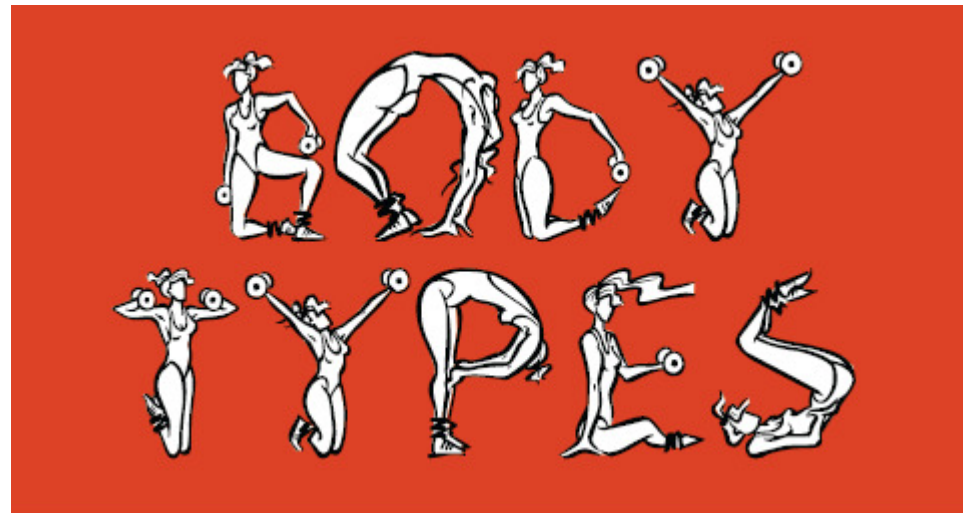


# Body Types

A new look at evaluating different genetic constitutions

Christopher R. Astill-Smith D.O., N.D.

Diplomate ICAK



A Practitioner Guide

# Body Types

A new look at evaluating different genetic constitutions

**Christopher R. Astill-Smith D.O., N.D.**

We all are aware that people's structure and size is different. Some people are tall, some medium and some small. Many different cultures have called these differences by names such in Ayurvedic medicine they are known as kapha, pita and vata. In the west we know them as endomorphs, mesomorphs and ectomorphs. Biologically the human body's growth and metabolism is dependant upon three primary coordinating hormonal glands—the thyroid, the adrenal cortex and the gonads. These glands regulate our growth during childhood and repair of tissue as we age, our metabolic rate, how we cope with all forms of stress and how we function and behave sexually.

Back in 1993 I was studying defects in visual pigmentation in the eye of a number of patients with macular degeneration. Using different coloured acetates over their eyes to determine both detrimental and beneficial light wavelengths. It is known that the human eye is a trichromate, that is it sees using three cones in the macular of the eye, each picking up wavelengths in the red, green and blue zones. Each cone colour is slightly offset at 619nm, 550nm and 440nm respectively giving the human over 5 million shades of colour perception. It was noted during clinical testing that one cone wavelength would be detrimental to a person whilst the other two were generally well tolerated. Occasionally a person would not

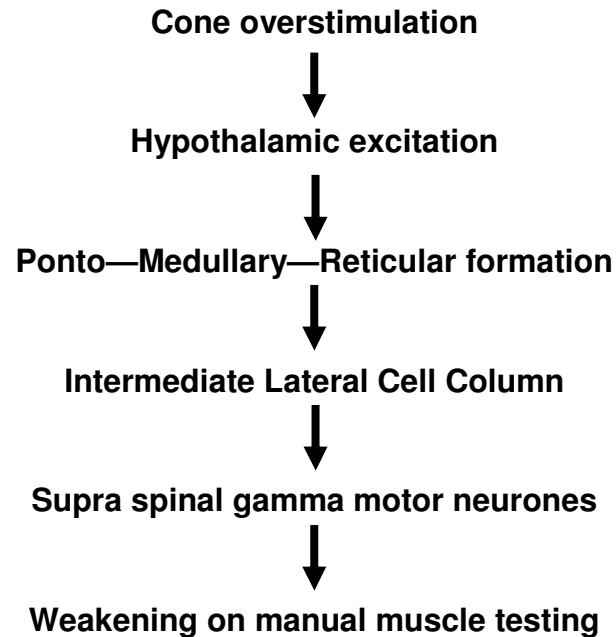
**weaken to any of the three colours but would weaken to a black acetate. This was found to indicate a low level of vital energy.**

**The cones in the macula at the back of the eye are responsible for our ability to see colour. It is known that the retina of the eye is rich in the pigment melanin. Cones are present throughout the retina but are most densely packed in the fovea.**

**Because the rods and cones are at the back of the retina, the incoming light has to go through the other two layers in order to stimulate them. The reason for this is the location behind the receptors of a row of cells containing the pigment, melanin (also found in skin, brain and adrenal glands). Melanin mops up the light that has passed through the retina, keeping it from being reflected back and scattering around inside the eye; it has the same function as the black paint inside a camera. The melanin-containing cells also help chemically restore the light-sensitive visual pigment in the receptors after it has been bleached by light. For both functions, the melanin pigment must be close to the receptors.**

**There are three forms of melanin—black and brown eumelanin and pheomelanin all of which have been detected in the retina and are known as ocular melanin. Melanin variation has been connected for some time with various genetic abnormalities and disease states and is known to be inherited from generation to generation. It is proposed that the weakening on manual muscle testing to one of the specific coloured acetates is due to an overstimulation of the red, green or blue cones due to genetic , inherited variation in the melanin content. An alternative mechanism may involve variations in the gene expressing the visual pigment melanopsin.**

**Melanopsin is a photopigment found in specialized photosensitive ganglion cells of the retina that are involved in the regulation of circadian rhythms, pupillary light reflex,**



and other non-visual responses to light. When light activates the melanopsin signaling system, the melanopsin-containing ganglion cells discharge nerve impulses, which are conducted through their axons to specific brain targets. These targets include the olivary pretectal nucleus (OPN) (a centre responsible for controlling the pupil of the eye) and, through the retinohypothalamic tract, the suprachiasmatic nucleus of the hypothalamus (the master pacemaker of circadian rhythms).<sup>[11]</sup> Melanopsin-containing ganglion cells are thought to influence these targets by releasing from their axon terminals the neurotransmitters glutamate and pituitary adenylate cyclase activating polypeptide. Melanopsin-containing ganglion cells also receive input from rods and cones that modifies or adds to the input to these pathways.

## RED BODY TYPE

**Morphology.** RED body types have the thyroid gland as their primary coordinating hormonal gland. The thyroid hormones regulate metabolic rate so this body type has leanness as it's key feature. They are of average height, males 5ft6in—5ft8in (167cm –172cm) in height, females around 5ft5in to 5ft7in (165cm—170cm). They have long thin bone structure which is evident especially in the hands with the fingers being long and straight but often with knuckles present in the finger joints. The nails are hard and half moons pronounced.

They have lots of eye brows often meeting above the nose. Fine hair and small white teeth. They have a tendency to arthritis and skin problems.

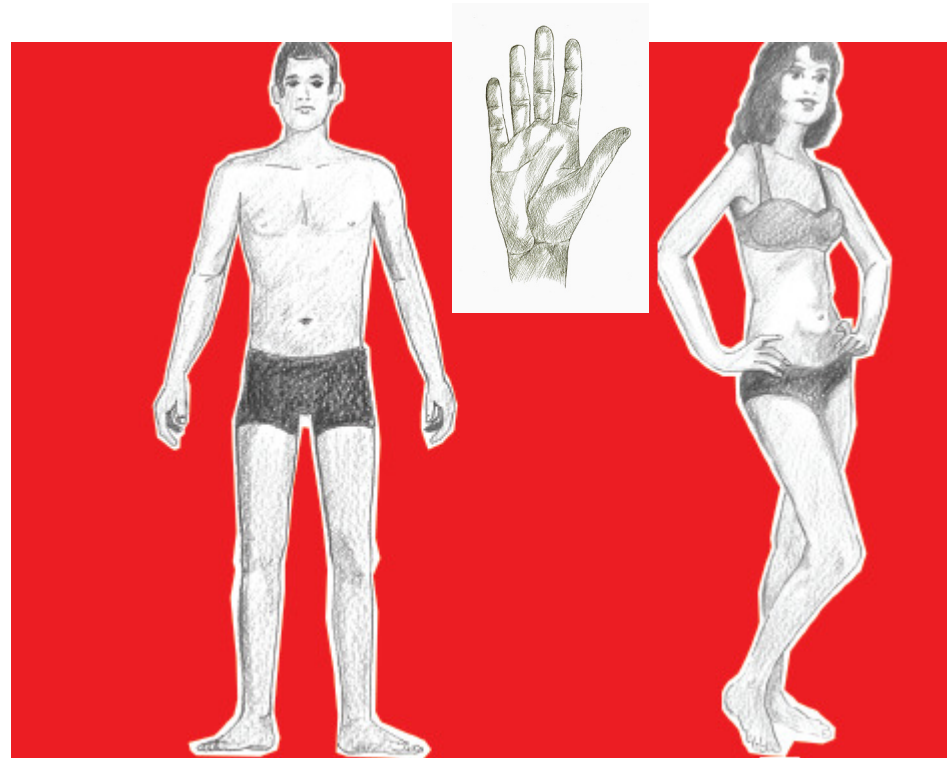
The thyroid is stimulated by anything that raises blood glucose and thus they crave sweets, coffee, chocolate, juices and alcohol. They do best on an early to bed and early to rise regime with breakfast being the most important meal of the day. Generally do best on a high protein, moderate fat and low carbohydrate diet making them natural carnivores. Should avoid broccoli as it contains elements that inhibit thyroid function.

**Health risks.** Main one is cardiovascular due to their genetic enzyme defects. They have a tendency to high levels of homocysteine (a known cardiovascular risk factor), have the APOE4 lipoprotein allele which gives them poor removal of cholesterol fragments and elimination of toxic metals specifically aluminium, and a propensity to convert glucose into triglycerides and cholesterol as their thyroids become

hypoactive. Spinning of the Krebs's Cycle depends upon thyroid hormones and the slower the energy cycle the more substrate is shunted into synthesising triglycerides and cholesterol. Ample intake of iodine is required not only for their thyroid glands but also their immune system and to balance their estradiol / estrone / estriol ratios.

**Food intolerances.** RED body types are generally intolerant to wheat products and in particular whole wheat flour products. This is probably due to being both reactive to the lectin in wheat bran and also to the rancid fatty acids present in non freshly milled wheat.

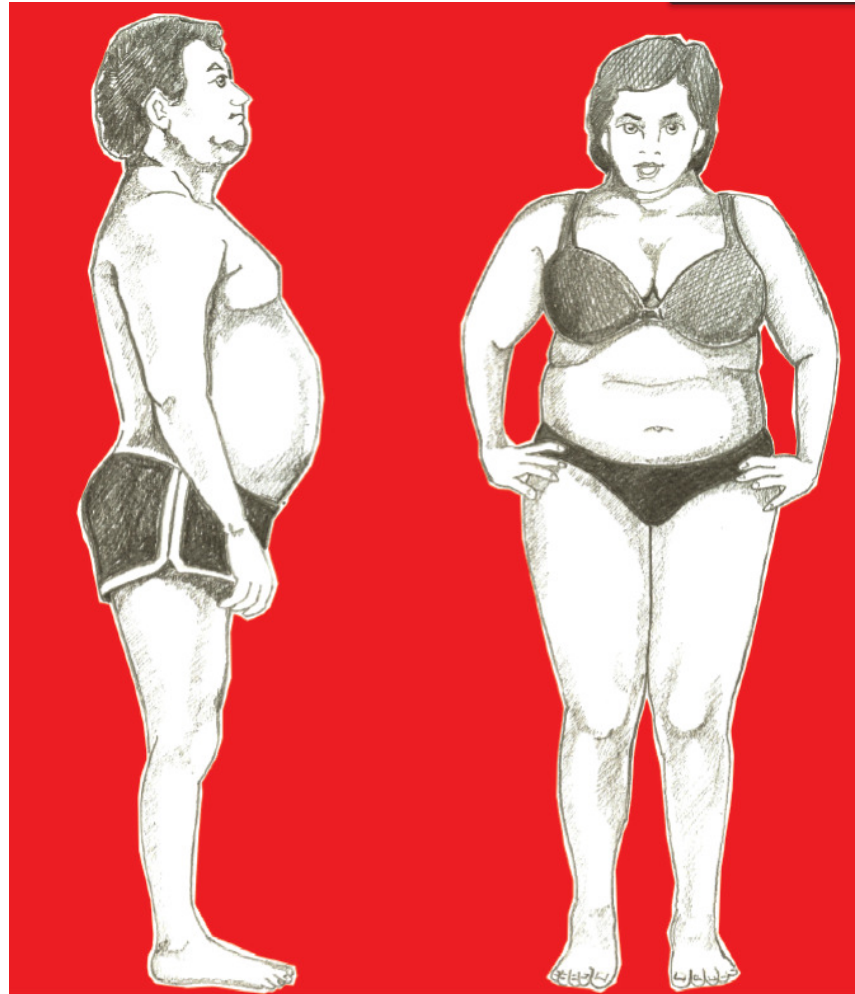
**Emotions.** Tend to have an unconscious emotion of not feeling lovable.





## Weight gain

Due to decreased thyroid hormone production. Generalised fatty deposition all over but not forearms and lower legs. Tendency to thickening of the neck, coarse hair and loss of the lateral third of the eyebrows.





## GREEN BODY TYPE

**Morphology.** Green body types have the adrenal cortex gland as their primary coordinating hormonal gland. The adrenal cortex regulates water retention, hypoglycemia, the immune system and the sex hormones via aldosterone, cortisol, DHEA, testosterone and the estrogens. They are generally strongly built and in the taller percentile of the population possibly emanating from the Scandinavian regions. Heights for males is 5ft 8in (173cm) and above and females 5ft7in (170cm) and above. The key feature is muscular development and intramuscular water retention. The hands are square with tubular fingers about as long as the palm. The face tends to be triangular or square.

Good resistance to disease and get well quickly. They work and play hard. Along with the adrenal glands the thymus tends to be their weakest gland and may suffer asthma and allergies. The adrenals are stimulated by sodium and cholesterol and so crave salt and salty foods and greasy foods like crisps and chips. They get stronger and stronger as the day progresses and those who stimulate their adrenals tend to drink alcohol in the evenings to relax. They are hard working, intelligent and positive but very chemically sensitive. Temperament can be explosive.

Late to bed and late to rise is the norm.

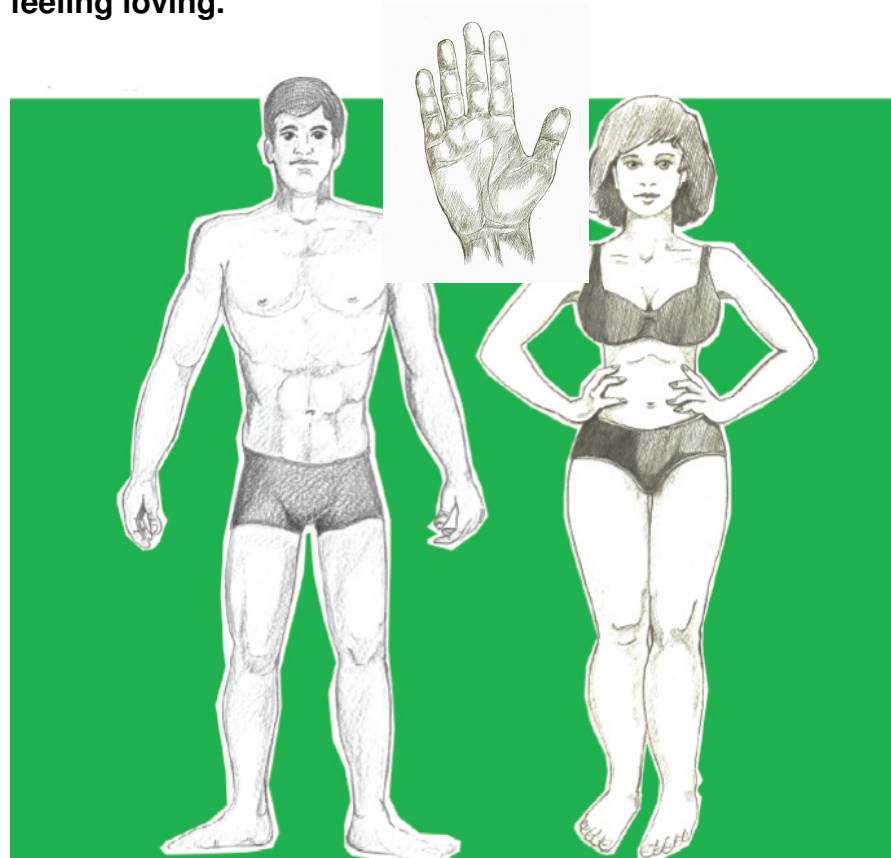
**Health risks.** Green people are workaholics and so tend to work, work and work until they drop. Once the adrenal glands have become exhausted recovery takes time, requiring much rest and suitable nutritional intervention, sometimes needing glandular tissue nutritional support.

They tend towards high blood pressure and some types of heart disease.

Always sensitive to nickel so must avoid jewelry, piercings, watch straps and buckles containing this metal.

**Food intolerances**—Main intolerance is to casein, the protein in cheese. Cooked cheese is especially detrimental to their health. Genetically they have difficulty metabolizing alpha solanine, a toxin found in the deadly nightshade foods such as potatoes, tomatoes, green bell peppers, green chillis and aubergines.

**Emotions.** Tend to have an unconscious emotion of not feeling loving.



**Diet-** Pritikin-Plenty of fruits, vegetables, legumes (such as black beans and pinto beans), whole grains such as brown rice, starchy vegetables like yams, lean meat, and seafood. Avoid as much as possible potatoes, tomatoes, green peppers, chilli.  
Avoid cheese especially cooked.

### Supplements

#### Vitamins

Vitamin B1 (Thiamine)  
Vitamin B6 (Pyridoxine)  
Folic acid  
Vitamin B12 (Hydroxycobalamin)  
Choline

#### Minerals

Boron  
Copper  
Selenium  
Silica  
Zinc

Should be taken in water 1-3 times a day with meals

#### Oils

(predominantly Omega 6 plant based oils)

Grape seed oil                      Hazelnut oil  
Peanut oil                              Sesame seed oil

All oils must be organic, cold pressed and taken with the evening meal. Never cook with any of these oils.

#### Herbs and Spices

Rosemary                              Cumin  
Lemon balm                            Ginger  
    Star anise

Herbs and spices must be organic and to be taken as a beverage in hot water 1-3 times a day between meals.

## Weight gain

**Generalised watery fatty deposition all over when under stress and the adrenals are hyperactive due to increased levels of aldosterone retaining water in the tissues. Rapid weight loss in hypoadrenic state due to loss of water.**



## BLUE BODY TYPE

**Morphology.** Blue types have the gonads (ovaries in women and testes in men) as their primary coordinating hormonal glands. The gonads produce a range of sex hormones in both males and females but in different proportions between the two sexes. Progesterone is important in the synthesis of elastin, testosterone in the synthesis of muscle and the estrogens in the deposition of body fat.

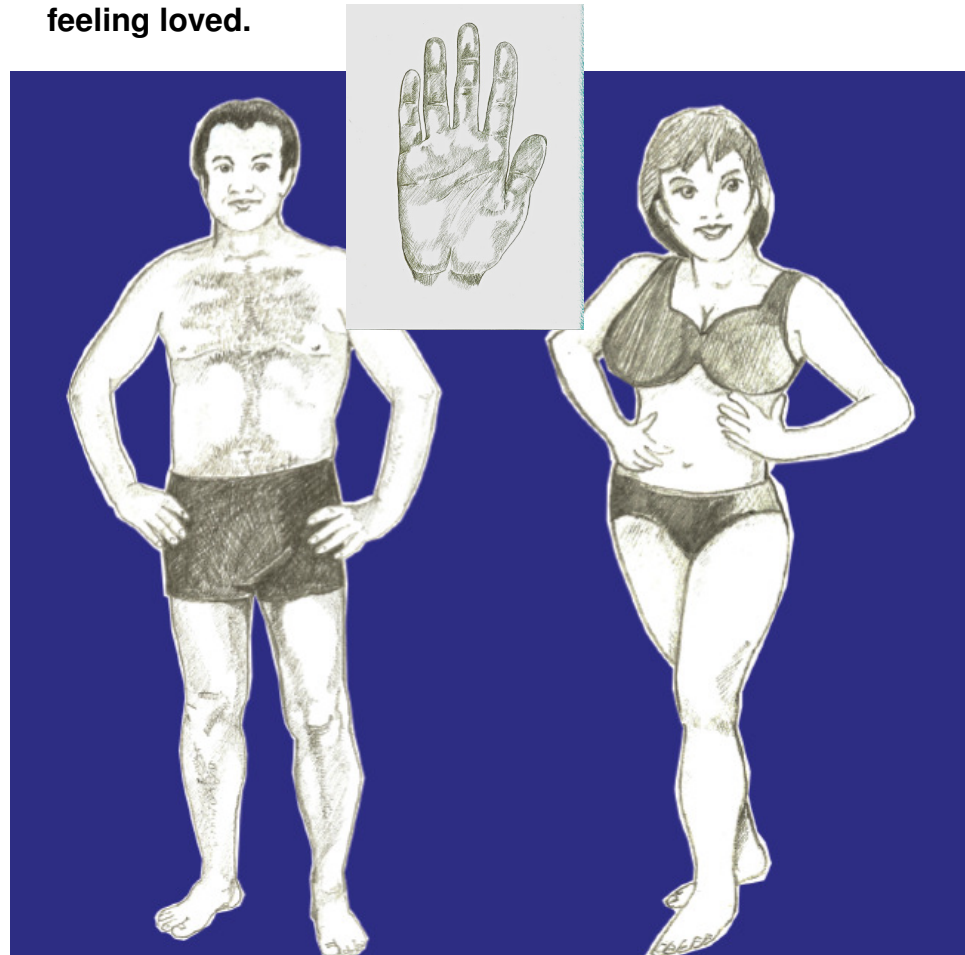
The key feature is short and sexual development. Heights for males is below 5ft 6in (168cm) and females below 5ft 5in (165cm). Classically far eastern body shape. Men tend to be short and stouter with softer musculature than the green person but with ample body hair often on the back. Small hands with tapered fingers which are shorter than the palm. Hair is usually thick and course. Skin tends to be smooth and elastic.

**Health risks.** Blue people have a consistent physical fight with weight gain due to high levels of the estrogens which regulate fat deposition. They are sensitive to many estrogen mimicking chemicals which are in toiletries, cosmetics and pesticides. This puts them at risk of developing hormones dependent tumors. They are lactose intolerant thus sensitive to all dairy products. Cow's milk also contains bovine IGF which is identical to human IGF making dairy products doubly detrimental to their health . They have difficulty in detoxifying mercury and so must beware of leaking mercury fillings and never take fish oil supplements. They have poor detoxification enzyme expression for the breakdown of alcohol and so must drink it in moderation or not at all.

They are sensitive to tyramine foods such as fermented soy, mature cheeses, chocolate, aging bananas and a vocados which can give rise to migraine headaches. Also intolerant to aspartame the artificial sweetener and MSG the artificial flavoring.

**Food intolerances.** All dairy products but may tolerate goat and sheep products. Soy products are ideal. Alcohol and tyramine containing foods.

**Emotions.** Tend to have an unconscious emotion of not feeling loved.



**Diet.** They tend to have low stomach acid and so are more suitable to a vegetarian dairy free diet. Natural grazers. Small portions of protein spread throughout the day. Organic foods wherever possible.

### **Supplements**

#### **Vitamins**

Vitamin B1 (Thiamine)  
Folic acid  
Vitamin B12 (Hydroxycobalamin)  
Choline

#### **Minerals**

Boron  
Magnesium  
Selenium  
Sulphur  
Zinc  
Iron

Should be taken in water 1-3 times a day with meals

#### **Oils**

(predominantly Omega 3 plant based oils)

Flaxseed oil  
Pumpkin seed oil  
Walnut oil

All oils must be organic, cold pressed and taken with the evening meal. Never cook with any of these oils.

#### **Herbs and Spices**

Basil	Chilli
Coriander	Cinnamon
Dill	Paprika

Herbs and spices must be organic and to be taken as a beverage in hot water 1-3 times a day between meals.

### Weight gain

Due to excess estrogens production or insufficient breakdown. Three types of fat deposition depends upon the type of estrogen excess. Estrone (E1) fat deposits on the hips, buttocks and thighs—pear shape, Estradiol (E2) excess gives rise to a generalised increased body fat all over, and Estriol (E3) fat deposits on the abdomen—apple shape.

