

## What you need to know about your body type?

1. There are four body shapes which are influenced by hormones.
2. Counting calories is useless when your goal is to lose fat. By stimulating fat-burning hormones, the fat will accumulate.
3. You have to be healthy before you can lose weight (FAT).
4. Environmental chemicals can mimic or disrupt your hormones which can cause weight gain and unhealthiness.
5. You have to heal your glands and hormones to keep weight off.
6. Fat burning and fat storing hormones have their own triggers.
7. Incorrect exercise can prevent fat burning.
8. There are four body types resulting in four different causes of fat accumulation.
9. The endocrine system controls metabolism, and therefore determines whether you gain fat or lose fat.
10. The six fat-burning hormones are: adrenaline, growth hormone, insulin-like growth factor, thyroid hormone, glucagon, and leptin.
11. There are three fat-making hormones: insulin, cortisol, and estrogen.
12. Food, activities, and exercises trigger fat-burning hormones.
13. Endocrine disruptors, like pesticides, herbicides, growth hormone in the food supply, and heavy metals, mimic estrogen.
14. Endocrine disruptors destroy hormones and glands by blocking receptors and stopping hormones from working.
15. Exercise can stimulate or inhibit fat-burning hormones depending on certain factors (which we will discuss later).
16. Potassium is needed to store sugar as glycogen in the muscle and liver. If the body is missing or is deficient in potassium, the sugar is not stored as glycogen but as fat.
17. The best sources of potassium are raw vegetables.
18. Cruciferous vegetable have unique properties—anti-estrogen, anti-carcinogen, and anti-endocrine disruptors.
- 19. Most people want to lose weight to get healthy. However, it is the opposite—they need to get healthy before losing weight.**
20. Healing the endocrine system can take 2-8 weeks. In some cases, it can take 8 weeks before someone begins to lose weight.
21. You know a program is working when you see increased energy level, decreased food cravings, improved strength, better digestion and elimination (bowels), and improved sleep quality.
22. The most weight a fat person can lose is 1-2 pounds, any additional weight is simply water.

**Please check all that apply.**

**Thyroid Body Type Symptoms**

- Weakness
- Fatigue
- Lethargy
- Sleepiness
- Need for midafternoon naps
- Generalized weight gain
- Sagging skin under arms, chin, or midsection
- Low/poor diet
- Craving bread, pasta, chocolate, sweets
- High cholesterol
- Brittle nails with vertical ridges
- Hair stiff and dry
- Hair loss or thinning hair
- Dry skin
- Puffiness around eyes
- Sagging eyelids
- Outer eyebrows thinning
- Slight rosiness or reddening of the face
- Poor short-term memory and focus
- Depression
- Apathetic (loss of hope)
- Difficulty making decisions
- Low body temperature
- Cold intolerance (need to put on a sweater or more covers while sleeping)
- Cold hands and/or feet
- Loss of libido

- Loss of menstrual cycle
- Indentations on sides of tongue
- Thickening of tongue
- Voice deeper and rougher in sound (noticeable most in women)

**Liver Body Type Symptoms**

- Potbelly (very little external fat, mostly fluid)
- Brown spots on back of hands and throughout body
- Poor joints
- Yellowness in whites of eyes (severe cases)
- Bloodshot eyes in the morning
- Eyelids itchy and swollen
- Hives and itchiness
- Skin problems
- Little red dots on skin
- Bloating after eating
- Acid reflux
- Constipation
- Hemorrhoids
- Decreased tolerance for fatty foods and refined grains
- Craving for fried foods and sour foods
- Chemical sensitivities
- Stiffness in lower back and upper back between the shoulder blades
- Pain or tightness in right shoulder area
- Liver roll of fat (just below the rib cage), seen mostly in women

- Gallbladder problems
- Headaches
- Arthritis
- High cholesterol
- High blood pressure
- Varicose veins
- Spider veins
- Bad breath
- Tongue coated with white film
- Deep slit down center of tongue
- Early morning insomnia (wake up one to three hours before alarm)
- Irritability and moodiness, especially in the morning
- Foggy brain in the morning
- Finger joints stiff sore and swollen in the morning
- Finger clubbed, with whitened nail beds
- Urine darker in the morning, getting clearer during day
- Light-colored bowel movements
- Swelling in ankles
- Overheating of body, especially hot feet at night (not hot flashes)
- Fatigue
- Lethargy
- Depression
- Sleepiness
- Insomnia
- Difficulty getting out of bed in the morning
- Need for midafternoon naps
- Nervousness
- Anxiety (worry); frequent feelings of stress
- Can't tolerate stress
- Thinning skin
- Acne or poor skin
- May have white or discolored patches on skin
- Reddish purple stretch marks on the stomach, buttocks, arms, and breasts
- Red cheeks
- Round or moon face
- Puffy face and eyes
- Dark circles around eyes
- Double chin
- Facial hair (women)
- Full eyebrows
- Receding hairline
- Deeper voice (more than noticeable in women)
- Sparse hair on forearms and lower legs
- Atrophy of breasts
- Tightness in chest or chest pains
- High blood pressure

### **Adrenal Body Type Symptoms**

- Pendulous abdomen (sagging and hanging)
- Midsection weight
- Buffalo hump (fat pad) at the upper back lower neck area
- Thinner legs and arms
- Weakness

- Lax ligaments—weak ankles and knees
- Weak or brittle bones (due to a loss of calcium and protein)
- Difficulty in absorbing calcium
- Needs coffee to wake up
- Salt, cheese, chocolate and sugar cravings, late afternoon and evening
- Inflammation or pain in joints, back, and neck
- Heel spurs
- Over reactive immune system— allergies, chemical sensitivities
- Autoimmune conditions
- Fibromyalgia
- Asthma
- Increased susceptibility to viruses
- Dehydrated (intracellular) despite amount of water intake
- Fluid retention in between cells
- Pitting edema (especially in ankles)
- Gets out of breath when climbing stairs
- Legs feel heavy, especially when exercising
- Moodiness and irritability
- Brain fog of dullness
- Ringing in ears
- Low sex drive

### **Ovarian Body Type Symptoms**

- Weight gain in hips, thighs, and buttocks, with a lower stomach bulge
- History of PMS
- Weight gain or bloating around that time of the month
- Ovarian cysts
- Cyclic fatigue
- Cyclic brain fog
- Cyclic pain in the lower back or hips
- Cyclic pain in the knee
- Cyclic lack of libido
- Infertility
- Hot flashes
- Night sweats
- Vaginal dryness
- Cyclic acne
- Cyclic mood swings
- Extra painful cramps
- Excessive menstrual bleeding
- Cyclic constipation
- Cyclic thinning of hair
- Depression during menstrual cycle
- Cravings at certain times of the month