

# The 4 Body Types



## How do hormones affect your body shape?

Is there a relationship between human body shapes and hormones? In a major discovery it was found that alterations or weaknesses in the functions of glands or organs can contribute to different body shapes or distortions, which are largely designed by the accumulation of excess fluid and fat. Therefore, body distortions may be an indication of underlying health problems! Improving the function of the appropriate glands or organs can help optimize the body's performance and contribute to RESTORING a more normal body shape.

When the glands are NOT working properly, it is nearly impossible to keep off excess body weight and inches. This is evidenced by our nation's epidemic of overweight and obese individuals -- not to mention their less-than-optimal health.

How do hormones play a role in body health? A hormone is a chemical messenger in the human body. Hormones are produced by endocrine glands in small amounts, released into the bloodstream and carried to other parts of the body, where they cause specific changes in body function. The endocrine system can get damaged by the insult of years of consuming excess sugar, low calorie diets and exposure to toxic chemicals, which can disrupt or block glandular function. Over or underproduction of hormones and disrupted communications can contribute to extensive alteration of body functions.

Various body shapes can develop from improperly functioning glands or organs, as described below. Keep in mind that many people may express a

## Ovary Body Type



It has been observed that improperly functioning ovaries may be associated with the above body shape.

The ovaries are female reproductive glands about the size of a large almond, one ovary located near each side of the uterus. The ovaries produce the hormones estrogen and progesterone, which control the development of sexual organs and secondary sex characteristics, including the placement of the fat layer around the body. The ovarian hormones also interact with other hormones (pituitary) to control the menstrual cycle.

When menopause (end of the menstrual cycle) approaches, the ovaries begin to shut down and the adrenal glands take over for the ovaries and produce the same (or precursor) hormones. If the adrenal glands are weak, the woman may have problems such as weight gain, hot flashes, night sweats or vaginal dryness.

When the ovaries become dysfunctional they can produce an excess of estrogen, which can cause more fat production or storage. It has been observed that there may be an association with the ovary body distortion, exhibited by an enlargement of the lower abdominal region (below the belly button), hips and buttocks.

Below is a list of the potential symptoms that can be experienced by a woman with improperly working ovaries:

- History of PMS
- Premenstrual Weight Gain
- Ovarian Cysts
- Cyclic Fatigue and Brain Fog, Acne, Mood Swings, and/or Constipation
- Pain in the Back, Hips or Knees
- Lack of Libido
- Hot Flashes and/or Night Sweats

## Adrenal Body Type



Adrenal exhaustion can contribute to the overall body shape shown above. There are two adrenal glands, one located on top of each kidney. The adrenal glands are critically important to the human body to protect itself from the destructive effects of acute and chronic stresses. Hormones produced by these glands help balance blood pressure and blood sugar and stimulate energy production at the cellular level. If the adrenal glands become exhausted, the body will no longer handle stress efficiently, contributing to physical, mental and emotional symptoms.

Hormones can stimulate excess fat storage around vital organs (e.g., adrenal glands) and contribute to an enlarged midsection.

What causes adrenal burnout? An important contribution is excess stress, which can come from multiple sources. Physical sources include chemical toxins from the environment affecting our water, food and air. Nutritional deficiencies can also be created from the dietary intake of excess sugars, carbohydrates and other stimulants. Some suggest that the synthetic hormones that come to us by way of animal products, drugs or even certain foods, may influence the hormone control systems. Mental and emotional stresses offer their contributions as well.

Below is a list of the potential symptoms experienced by a sluggish adrenal case:

- Difficulty Getting Out of Bed in the Morning
- Chronic Fatigue Not Relieved by Sleep
- Body Weight Accumulation Around Midsection
- Tired All the Time
- "Buffalo Hump" on Upper Back (Below Base of Neck)
- Need for Coffee or Stimulants to Wake up
- Fluid Retention, Yet Dehydrated (Thirsty)

## **Adrenal Continued**

- Dizzy When Getting Up Too Quickly
- Lack of Energy
- Inflammation or Arthritis in Different Parts of the Body
- Intestinal Irritation (Colitis)
- Allergies or Asthma
- Requiring Increased Effort to Perform Daily Tasks
- Digestive Problems
- Decreased Sex Drive
- Decreased Ability to Handle Stress
- Increased Time Required to Recover from Illness, Injury or Mild Depression
- Less Enjoyment or Happiness with Life
- Symptoms Increased if Meals Are Skipped or are Inadequate
- Tired Between 3:00 and 4:00 pm
- Feel Better after Evening Meal
- Decreased Productivity

## Thyroid Body Type



A sluggish thyroid may contribute to the overall body shape shown above, with fat evenly distributed over the body. The thyroid gland measures about the width and shape of a butterfly and is located in the neck just below the large cartilage that houses the voice box.

THYROID HORMONES help speed up the body's metabolism for energy production, fat burning, weight loss, mental activity, intestinal function, growth, repair of tissues, absorption of nutrients (including vitamins) and the elimination of wastes in the body.

If the thyroid gland does not make hormones available, many body functions may be slowed down, contributing to fatigue, fluid retention and stubborn weight gain. Even mild thyroid weakness can have harmful effects on the body!

Below is an expanded list of potential symptoms experienced by a sluggish thyroid case:

- Gradual Steady Increase in Body Weight
- Insomnia or Difficulty Sleeping Through the Night
- Feeling of Dullness or Poor Mental Focus
- Constipation or Sluggish Elimination
- Cold Intolerance or Can't Stand Sudden Temperature Changes
- Hair Loss or Coarse Hair and/or dry skin
- Chronic Joint and Muscle Pain and Inflammation
- Lack of Interest in Life / Feeling of Inactivity (No Spunk)
- Low Body Temperature

## Liver Body Type



The liver, the largest organ of the body, is a major organ of filtration and detoxification. Some of its hundreds of functions are associated with digestion, sugar storage and regulation, immune system responses, and important components of the blood.

If the liver becomes damaged or weak, it can cause a "pot belly" appearance – a protruding belly, principally caused by the accumulation of fluid, not fat. There may be an appearance of a roll of fat or bulging just below the rib cage. A liver type will often crave the very foods that will stress the liver even more – such as, fatty/fried foods, chocolate or alcohol.

Below is a list of the potential symptoms that can be experienced by a liver case:

- Pot Belly
- Gallbladder trouble and/or Lower Tolerance to Fatty Foods
- Burping or Bloating after Eating
- Constipation and Hemorrhoids
- Bad Breath
- Pain or Stiffness in the Right Shoulder Area
- Stiffness or Pain in the Upper Back/Shoulder Blade Area
- Roll of Fat or Bulging Just Below the Rib Cage
- Sensation of Fullness over the Rib Cage on the Right Side
- Irritability, Foggy Brain, or Moodiness, Especially in the Morning
- Sensation of Overheated Body, Especially the Feet, Especially at Night
- Allergies, Hives or Other Skin Problems
- Chemical and Food Sensitivities