



Your Health & Body Type

Why is it important to know your body type? It tells a lot about your health and where there is an imbalance of hormones, therefore requiring special attention in order to optimize your health. Specific foods, nutritional supplements, and exercise for your body type will also help to bring balance.

Ovary Body Type



Ovary

- Weight gain in hips, thighs and buttocks
- History of PMS
- Weight gain 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
- Excessive menstrual bleeding
- Cyclic constipation
- Cyclic thinning of hair

Eating Plan – High veggies especially cruciferous, moderate protein, moderate fat, minimal carbs, eliminate [sugar](#), grains

Exercise – Does well with endurance and resistance especially exercise that require lower body strength

Testing - Blood test to include Chem Panel, CBC, CRP, Homocysteine, Hg A1C, Fibrinogen, GGT; Dried Urine Test for Comprehensive Hormones to check hormones and metabolites

Emotional Connections – Anger at mate, dislike of self, nursing hurt from partner

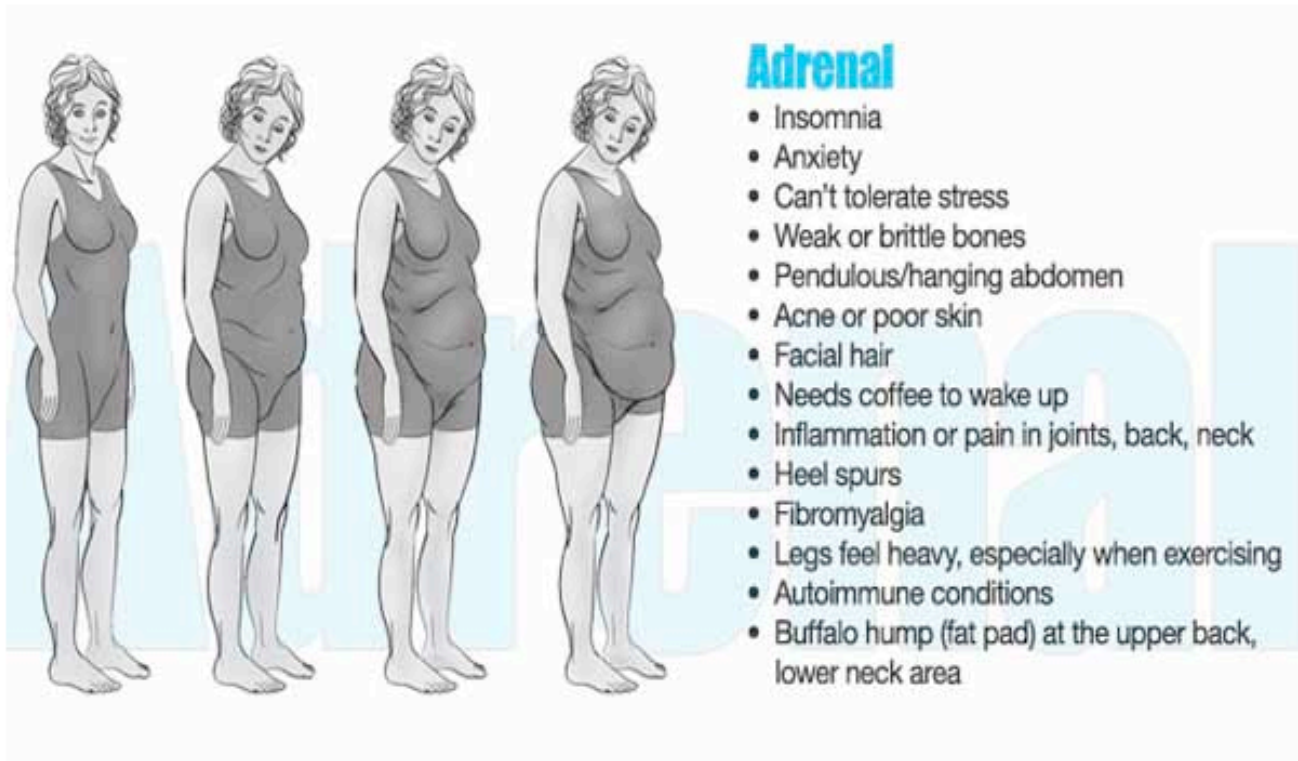
Additional Nutritional Support:

Designs For Health Fem Guard Balance for herbal hormone balance

Designs For Health BroccoProtect targets biological pathways that allow for full and proper detoxification.

Amazing Grass Wheat Grass for detoxing cleansing, full of antioxidants, amino acids, enzymes

Adrenal Body Type



Eating Plan – Does better with a higher fat, protein diet, keep carbs and sugar to a minimal; avoid sweets, grains and minimal low sugar fruits (2 servings)

Exercise –low intensity exercise for 30-45 minutes (slow and gentle endurance exercise); keep short intense exercise to a minimal with sufficient rest (48 hours) in between workouts, recovery is KEY for adrenal type; Fish oils (500- 1000 mg prior to workout can help keep inflammatory process to a minimal

Testing - Blood test to include Chem Panel, CBC, CRP, Homocysteine, Hg A1C, Fibrinogen, GGT; Dried Urine Test for Comprehensive Hormones to check adrenals; GI Map to check gut integrity

Emotional Connections –Type A personality, anxiety, anger at self, perfectionism

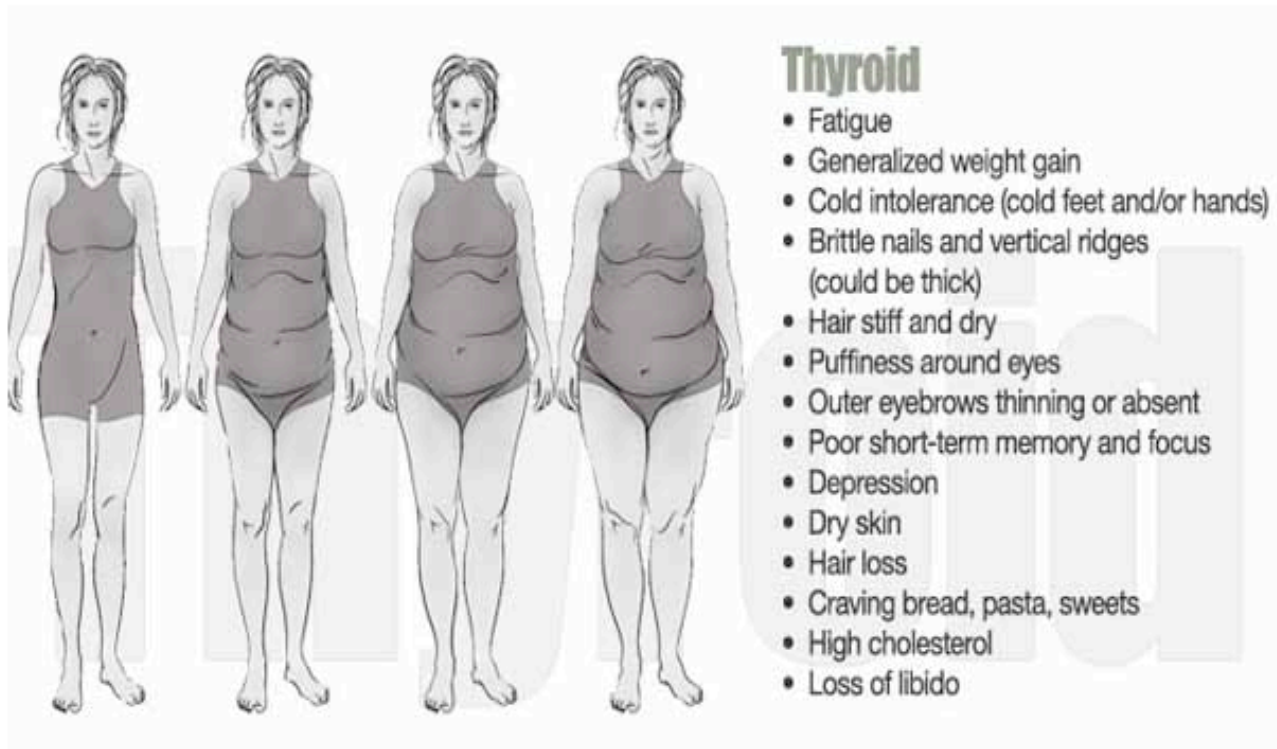
Additional Nutritional Support -

Herb Pharm/ Aviva Romm MD Adrena soothe is a calming adaptogen blend replenishes & restores adrenals

Trace Minerals Research Trace Minerals Tablets provides 72 full spectrum ionic trace minerals

Vital Nutrients Pancreatin & Ox Bile Extract to support digestion as affected by adrenals

Thyroid Body Type



Eating Plan – Does better with higher veggies, lower animal protein/best is plant based, lower animal fat intake/higher plant based fats, carb range is about 50-85 g and transition into moderate animal protein and moderate animal healthy fats; sea vegetables

Exercise – Short intense workouts

Testing – Blood test to include Chem Panel, CBC, Full Thyroid Testing to include: TSH, Total T4 & T3, Free T4 & T3, Reverse T3, TPO Antibodies, *TG Antibodies are most common for Hashimoto's Antibodies; TSI & TBII are most common Grave's Antibodies*; Thyroid Ultrasound

Emotional Connections - Not voicing open, giving up, feeling hopelessly stifled

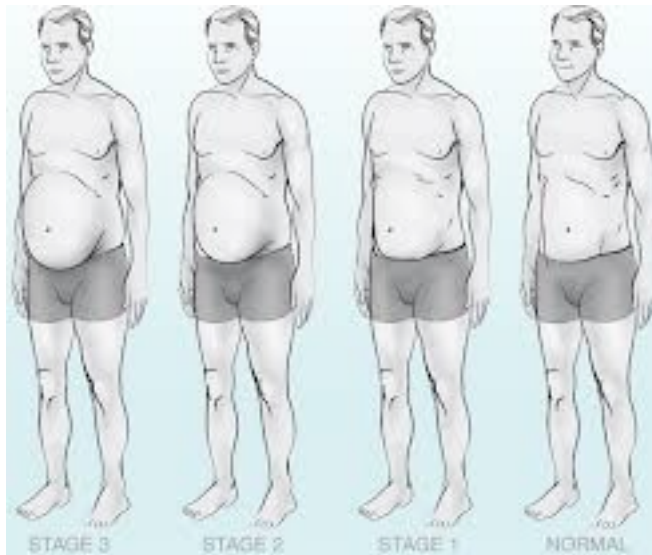
Additional Nutritional Support -

Pure Encapsulations Thyroid Support Complex for general thyroid support

Amazing Grass Wheat Grass for detoxing cleansing, full of antioxidants, amino acids, enzymes

Designs For Health BroccoProtect targets biological pathways that allow for full and proper detoxification.

Liver Body Type



Eating Plan – Does better with higher [veggies](#), lower animal protein/best is plant based, lower animal fat intake and transition into moderate animal protein and moderate healthy fats like coconut oil, avocado oil

Exercise – Short intense workouts

Testing – Blood test to include Chem Panel, CBC, CRP, Homocysteine, Hg A1C, Fibrinogen, GGT

Emotional Connections – resistant to change, fear, anger, bitterness

Additional Nutritional Support –

** See Bonus Section - Designs for Health Digestzymes may be very helpful*

Allergy Research Group Ox Bile: 1-2 before each meal, dosing is required for your personal needs; especially helpful if gall bladder has been removed

Bupleurum Liver Cleanse helps the overburdened liver by “dredging” it of old, stored-up waste matter, and strengthening it with nourishing herbs

Amazing Grass Wheat Grass for detoxing cleansing, full of antioxidants, amino acids, enzymes