

Body Type Quiz

Each body type has its own characteristics. Most people have a primary type that is causing secondary symptoms. One type can create problems in another type. When one hormone increases, others can decrease. The purpose of this quiz is not to diagnose you. The purpose is to find possible areas of weakness based on how glands behave when they are stressed.

Before you do the complete quiz, there are several questions upfront that will quickly find out if certain systems are involved. If you answer YES to ANY of the seven points below, you need foods that support the liver and thyroid.

- | | YES | NO |
|-------------------------------------------------------------------|--------------------------|--------------------------|
| 1. Have had your gallbladder removed | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. History of gallstones | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Can't lose weight on high protein diets (e.g., Atkins) | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Dislike consuming lots of heavy protein-type foods | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Inability to digest fatty or greasy foods, especially at night | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. History of liver problems | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Protruding, distended belly—potbelly | <input type="checkbox"/> | <input type="checkbox"/> |

DIRECTIONS:

Circle one letter (A,B,C,D) in each question below. If there is more than one symptom that you are experiencing within a question, circle the one that is most prominent.

- Do you ...
 - crave sweets, breads and pastas?
 - crave salt (pretzels, cheese puffs, or salty peanuts) or chocolate?
 - crave deep-fried foods or potato chips?
 - crave ice cream, milk, cream cheese or sour cream?
- Are you ...
 - often depressed or feeling hopeless?
 - a worrier or often anxious and nervous?
 - irritable, moody, grouchy, in the morning
 - moody or irritable at certain times of the month?
- Do you ...
 - feel better on fruits and berries?
 - need coffee or stimulants to wake up?
 - experience a tight feeling over your right, lower stomach area or rib cage?
 - experience constipation during menstruation?
- Do you have ...
 - brittle nails with vertical ridges
 - facial hair as a female?

- C. pain/tightness in right shoulder area?
D. pain in the right or left lower back/hip area?
5. Do you have ... A. a weight problem more evenly distributed?
B. a pendulous abdomen (hanging, sagging and loose)?
C. a protruding abdomen (potbelly)?
D. excess fat on thighs and hips (saddlebags) and a lower stomach bulge?
6. Do you have ... A. dry skin, especially hands and around elbows?
B. swollen ankles; socks leave creases on ankles?
C. flaky skin or dandruff in eyebrows and scalp?
D. menstrual cycle hair loss?
7. Do you have... A. indentations on both sides of your tongue where the tongue meets the teeth?
B. atrophy (shrinkage) of the thigh muscles with difficulty getting up from a seated position?
C. dark yellow urine?
D. hot flashes or history of bad menstruation?
8. Do you have ... A. a loss of hair on the outer third of the eyebrow?
B. dizziness when getting up too quickly?
C. hot or swollen feet?
D. menstrual cycle brain fog?
9. Do you have... A. to sleep with socks at night because of feeling cold?
B. chronic inflammation in the body?
C. headaches or head feels heavy in the morning?
D. excessive menstrual bleeding?
10. Do you have ... A. puffiness around the eyes?
B. an unusual feeling of being “out of breath” while climbing stairs?
C. skin problems (psoriasis, eczema, brown spots)?
D. low sex drive?
11. Do you have ... A. excessive skin sagging under the arms?
B. twitching under or on top of the left eye?
Are you ... C. not a morning person, yet feel more awake at night?
Do you have... D. weight gain one week before menstrual period?
12. Do you... A. have dry hair and hair loss?
B. wake up in the middle of the night (2:00-3:00 a.m.)?

- C. have a deep crevice (deep crease appearance) down the center of the tongue and/or a white film on the tongue?
- D. have an upper body which is thinner than your lower body?

13. Do you experience ...
- A. not being able to maintain curls in your hair?
 - B. cramps in the calves at night?
 - C. more itching at night?
 - D. water retention at certain times of the month?

14. Do you have ...
- A. become excessively tired in the early evening (7:30-8:00 p.m) and more more awake in the early morning?
 - B. have a more active bladder at night than during the day?
 - C. have a yellow tint in the whites of your eyes?
 - D. have a history of ovarian or breast cysts?

15. Do you have...
- A. a lack of get-up-and-go (vitality)?
 - B. calcium issues or deposits-bursitis, tendonitis, kidney stones, heal spurs?
 - C. major moodiness if you skip a meal?
 - D. difficulty losing weight after pregnancy?

16. Do you have...
- A. a history of being on low calorie diets?
 - B. low tolerance for stressful situations, get easily irritable/on edge?
 - C. stiffness and pain more in the right shoulder and right side of neck?
 - D. pain and tightness in one knee, worse during menstrual cycle?

Count up and total each

Total A. _____

Total B. _____

+

+

Total C. _____

Total D. _____

= _____

= _____

Liver & Thyroid Eating Plan

Adrenal & Ovary Eating Plan