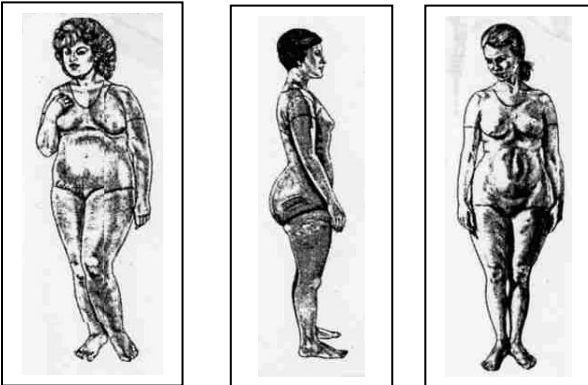




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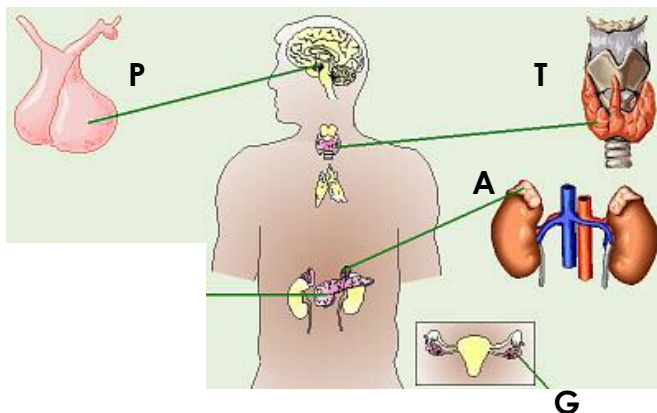
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Do You Know Your Body Type?



No single diet works for everyone when trying to lose weight. Obviously, we are all individuals with our own unique metabolism and history. Dr Elliot Abravanel MD noticed this in his patients, some of whom did very well on a basic weight loss diet whereas others would actually put on pounds with the same diet.

Dr. Abravanel continued to observe and study this over the years and determined that metabolism and energy levels are controlled by one dominant gland. Our food cravings and body shape help to show us which gland this is; either the A-adrenals, T-thyroid, P-pituitary or G-gonad (ovaries in women only).



Our body type is genetically determined. The metabolism of the body is predominately affected by one of the four glands.

Stimulating that gland will give us more energy and release hormones that make us feel good and deal with stress better. So we have a tendency to use food to stimulate that gland. Often the foods you crave are triggering your dominant gland. Over the years that gland may become over stimulated and weakened leading to stronger cravings to keep us going.

Each of the four major body types has a specific pattern of how extra fat is stored in the body. By looking at your body shape and where extra fat tends to be stored you can determine your body type and which is the dominant gland driving your metabolism.

Dr. Abravanel has developed a questionnaire to determine your body type by looking at your body shape, food cravings and other factors associated with the four types.

Once you know your body type you can change your diet to stop over-stimulating your dominant gland and support and strengthen all of your glands. This balancing of your hormonal systems will help normalize your weight as well as increasing energy, reducing cravings and enhancing overall health.

Based on: Dr. Abravanel' Body Type Diet and Lifetime Nutrition Plan, by Elliot D, Abravanel, MD

Characteristics of the Body Types

- **Adrenal**
 - **Physical Characteristics** - Broad shoulders, well-developed muscular structure, strong torso, extra fat in stomach or back. A-types have a large, squarish head with a well-developed bone structure. Arnold Schwarzenegger, Bruce Willis, Oprah Winfrey and Dolly Parton are commonly-cited A-types.
 - **Personality** - The A-type individual tends to exhibit strong feelings of power and control, achieving success through strong willpower and continuous exertion. Along with G-types, Adrenal-type individuals tend to be more stable/consistent than the other two body types.
 - **Foods to avoid** - Foods that stimulate the adrenals include meat, poultry, eggs, cheeses and fish.
- **Gonadal**
 - **Physical Characteristics** - The G-type classification applies only to women, and G-types tend to have a very pronounced feminine body type: narrow shoulders and broad hips, with most extra weight in the thighs or buttocks. The traditional pear-shaped appearance. Jennifer Lopez and Christie Brinkley are two examples of the G-type physique.
 - **Personality** - G-types tend to be very nurturing and peace-oriented. They often dislike competition, but will stand up for their beliefs and for other people when necessary.
 - **Foods to avoid** - Typical G-type foods to avoid include rich foods, foods that are high in fat content, or spicy foods. Typical G-type foods include ice cream, cheese, and french toast.
- **Pituitary**
 - **Physical Characteristics** - P-types have the most childlike appearance of the four body types. They have large craniums and may have extra "baby fat" that is spread all over the body, not being concentrated in one place. An overweight P-type may have a "soft" appearance. Bill Clinton, Craig Ferguson, Rachael Ray and Nancy Reagan are some of the more well-known P-types.
 - **Personality** - The pituitary gland is at the base of the brain, and P-types are the most cerebral of the four body types, as well as being the least physical. P-types are often pleasant and friendly, and often enjoy mental activities and discussions, but may at times appear distant or "lost in thought". P-types are the philosophers, scientists, and developers of the world, and can produce brilliant results when left to work alone and at their own schedule.
 - **Foods to avoid** - Foods that stimulate the pituitary include milk, dairy products, and light, sugary foods such as those enjoyed by T-types.
- **Thyroid**
 - **Physical Appearance** - The Thyroid type is the most common body type. T-types tend to be long, with thin hips and wide shoulders in both men and women. T-types have a thin bone structure and small skull, and put on extra weight around the torso and chest. A muscular T-type will have a "swimmers'-build". Mel Gibson, Ashton Kutcher, Rene Russo and Milla Jovovich are T-types.
 - **Personality** - The thyroid is one of the more erratic glands, and T-types may have an on-again, off-again disposition. At their highest, T-types will have overflowing energy and tremendous creative capacity, but may also ebb and exhibit laziness and perhaps depression. The thyroid-type disposition is best-adapted to creative professions such as art, music, or journalism.
 - **Foods to avoid** - Major T-type stimulants include foods high in sugar and carbohydrates, as well as soft drinks and coffee. These give the short-term "stimulant" effect that T-types thrive on.