

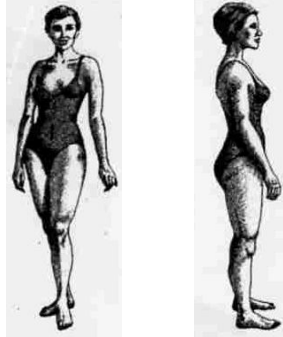
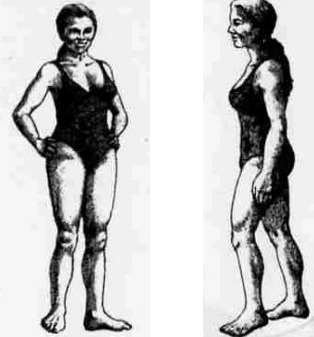
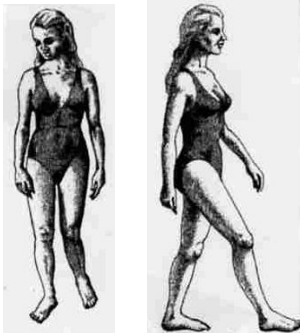
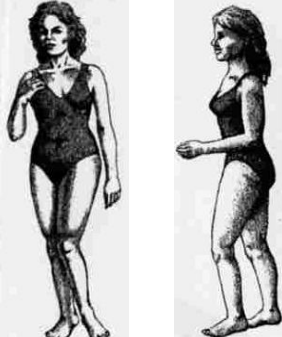
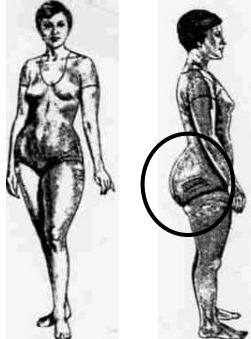
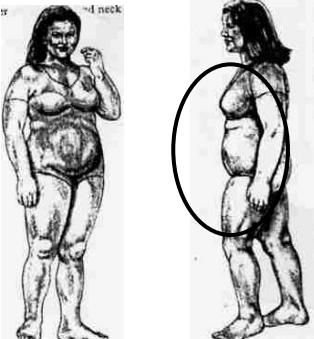
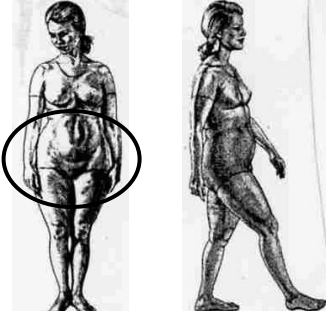
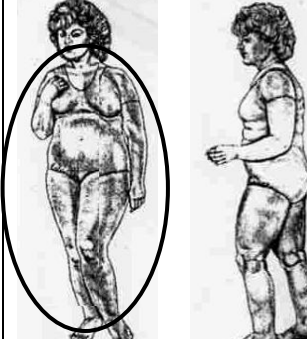
# Body Type Diets

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

The following information is based on the work of Dr. Abravanel (book above) who in his research and work over many years has found that people's 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 adrenals, thyroid, pituitary or gonads. Dr. Abravanel had developed a questionnaire to

determine your body type, a condensed version of which is below. He has also put together diets to support the hormonal systems and overall health for each of the body types.

In each row circle the box that most closely applies to you and tally the total for each type.

Types:	Gonadal (women only)	Adrenal	Thyroid	Pituitary
<b>Body characteristics at your ideal weight:</b>	Small upper body, full buttocks 	Sturdy frame, strong, athletic 	Long, lean, delicate features, distinct waist 	Small breasts, may be 'child-like' 
<b>Where you tend to put on extra weight:</b>	Hips, buttocks, outer thighs 	Abdomen, breasts, front of body 	Thighs, upper hips, lower abdomen 	"Baby fat" all over 
<b>Cellulite deposited:</b>	Buttocks, saddlebags	Stomach, back, upper arms	Thighs	Knees
<b>Cravings:</b>	Rich and spicy foods	Greasy, salty foods	Sweets, starches	Dairy
<b>Preferred snack example:</b>	Taco	Cheeseburger	Cookies, doughnut	Milkshake
<b>Caffeinated drinks per day:</b>	1-2	3-4	5+	None
<b>Energy levels:</b>	Best morning, evening	Good all day, less in evening	Up and down through day	Better in the morning
<b>Typical small health problems:</b>	Bladder infections	Constipation	Fatigue	Colds
<b>Typical large health problems:</b>	Breast lumps	High blood pressure	Ulcers	Allergies
<b>Disposition:</b>	Sensuous, warm, comfortable	Friendly, open, practical	Lively and temperamental	Intellectual, detached, idealistic
<b>When "down":</b>	Weepy	Angry	Depressed, irritable	Withdrawn, obsessed

Totals: \_\_\_\_\_