

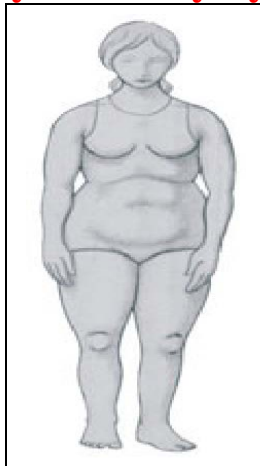
## HORMONES PLAY A ROLE IN BODY HEALTH

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.

By years of consuming excess sugar, low calorie diets, dieting from one type diet to another and toxic chemical exposure the **endocrine system** can get damaged, this can disrupt or block glandular function. **Over or underproduction of hormones** and disrupted communications can contribute to extensive alteration of body functions.

(Laboratory Blood Spot and Saliva Testing available upon request.)

### **Thyroid Body Type**

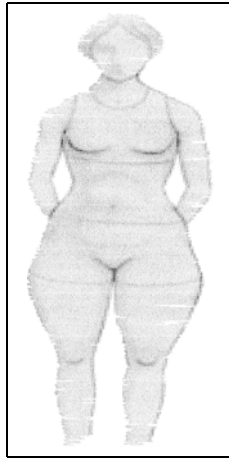


**THYROID HORMONES** help speed up the body's metabolism for energy production, fat burning, weight loss, mental activity, intestinal function, growth, repair of tissues, absorption of nutrients (including vitamins) and the elimination of wastes in the body.

#### **Sluggish thyroid case:**

Fatigue, fluid retention and stubborn weight gain  
Gradual steady increase in body weight, fatigue, sleepiness or lethargy, 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, dry skin, lack of interest in life, low body temperature, feeling of inactivity (no spunk), high cholesterol, chronic joint and muscle pain and inflammation, insomnia or difficulty sleeping thought the night. Think you have thyroid problem, but have a normal blood test?

## Ovary Body Type



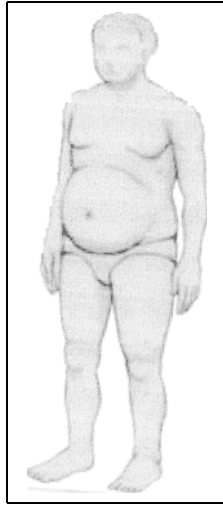
Improperly functioning ovaries may be associated with the ovary body shape. The ovaries produce the hormones estrogen and progesterone, which control the development of sexual organs and secondary sex characteristics, including the placement of the **fat layer around the body**. The ovarian hormones 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 and **enlargement of the lower abdominal region (below the belly button), hips and buttocks**.

### **Potential symptoms of improperly working ovaries:**

History of PMS, premenstrual weight gain, ovarian cysts, fatigues and brains fog. Pain in the back, hips or knees, lack of libido, Infertility, hot flashes, night sweats, vaginal dryness, acne, mood swings, excessive menstrual bleeding, constipation.

## Liver Body Type

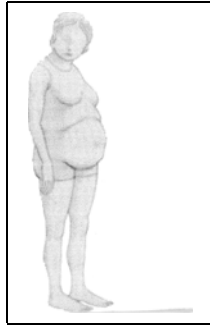


When the **Liver** becomes damaged or weak, it can cause a “**pot belly**” appearance a protruding belly mostly caused by the accumulation of fluid, not fat. There may be an appearance of a **roll of fat or bulging, just below the rib cage**. A Liver type often craves the very foods that will stress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

### Symptoms that can be experienced with improperly working liver

Foggy brain in the morning, pot belly, 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 or moodiness, especially in the morning, sensation of overheated body, especially the feet, especially at night, allergies, hives or other skin problems, brown spots or bright red dots on the skin, gall bladder problems, Early morning insomnia (awakens before alarm rings), chemical and food sensitivities.

## Adrenal Body Type



**Red Flags** suggesting **adrenal exhaustion** may include energy dips during the day with cravings for caffeine or carbohydrates to rev up, **frequent sensations of swinging emotions or vulnerability, disrupted sleep patterns, stubborn weight gain** even with dieting and exercise, or **chronic pain and inflammation**, just to name a few. **Adrenal burnout** could be considered a degenerative breakdown of the body's energy system—a system that is essential to health. **Symptoms of adrenal exhaustion are a wake up call.**

### Sluggish adrenal case:

Difficulty getting out of bed in the morning, chronic fatigue not relieved by sleep, tired all the time, need for coffee or stimulants to wake up, craving salty foods, lack of energy, Intestinal irritation (colitis), requiring increased effort to perform daily tasks, decreased sex drive, decreased ability to handle stress. Increased time required to recover from illness, injury or mild depression, symptoms increased if meals are skipped or are inadequate mental thought process more fuzzy, thoughts less focused, cannot wake until 10:00 or 11:00 am, tired between 3:00 and 4:00 pm, feel better after an evening meal, decreased productivity, feel out of breath when walking up stairs, Body weight accumulation around mid section, “Buffalo hump”, on upper back (below base of neck), fluid retention, yet dehydrated (thirsty), dizzy when getting up too quickly, inflammation or arthritis in different parts of the body, allergies or asthma. digestive problems.