

## Adrenal Type Diet

When your body can't handle stress, it creates an increase of the hormone, cortisol. The nature of Cortisol is to help you survive and handle stress. Excess cortisol causes belly fat because "Fat" to the body, is "potential energy." Belly fat accumulates as energy "reserves". Your body works in this cycle: the more stress, the more cortisol, the more energy reserves. This results in more fat storage. You have the most challenging body type because of this imbalance.

### Stages:

Whether you realize it or not, you are in a constant state of stress. You are very active mentally - always thinking and solving problems. You can't stop thinking. You have dark circles under your eyes. You crave chocolate, energy drinks and salt; which is a sign of your blood sugar issues. You may find yourself eating six times a day just to stabilize your sugar levels. As your body progresses; you will develop a sagging stomach. Your face becomes round, you develop a double chin, and start storing fat in other places like the back. You have inflammation and swollen ankles or hands and get stiffness and pain in your the hamstrings. In stage 3, your muscle proteins begin to break down in your legs, which causes them to have tremendous difficulty climbing stairs. As The Adrenal Body Type progresses, they feel overwhelmed. Arthritis and pains in the heel of the foot and lower back become chronic and they might get twitching under the left eye.

### Triggers:

Following a low calorie diet with exercise makes the Adrenal Type worse because you are adding MORE stress into an already stressed-out body. Adrenal types often develop an addiction to stimulants, like energy drinks and caffeine. These are triggers for more fat storage. You can obtain more information about certain triggers and other important factors by reading your Complete Adrenal Body Type Guide; available free of charge when you start your weight loss program.

### Solution:

One of the main problems of the Adrenal body type is dealing with cravings and restless sleep. The Adrenal type is in an overstressed state and starved for natural energy. Their metabolism has been damaged over time and their overall hormone functions are not in balance. The key to increasing the body's natural energy supply is ensuring this body type is getting the essential nutrition it needs so it doesn't feel "starved". Since "fat" is seen in the body as "potential energy", the less energy the body can extract from healthy hormone functions, the more it craves "other" energy sources (because it is in survival mode). The Adrenal type many not have a tendency to over-eat as often as other types but it has a very difficult time losing weight due to the gross imbalance of glands that can also affect the ovaries, liver, and thyroid. Insufficient sleep combined with "constant thinking" or "stress" leaves the Adrenal type in worsened condition. Not only do their energy levels plunge, but their body begins to accumulate even more toxic fat cells, stored as spongy tissue under the skin. Removing toxins and repairing the adrenal gland health is essential to get this body type to state where they can get results, and keep them.

~\*~

The stress, the way I carry my fat, how it's hard to climb stairs, and painful when getting up from sitting. The intense hunger I feel all the time, and having to eat often during the day just to balance out my blood sugar... even the double chin & the eye twitch thing. Also the dark circles, and always

thinking. (I'm aaaaaalways thinking! It's annoying, sometimes...)

It's SO WEIRD how this information is exactly me...

Definitely some new information to take in, think about, research more, and consider every time I make food, fitness, and general life choices. I do have a lot of stress. :( And I definitely have cortisol issues... something I've known for a while, because I was prescribed cortisone medicines a lot as a kid (cortisone creams and liquids for topical use, which I learned a few years ago has bad, long term results in children, and messes around with hormonal balance)

Adrenal body type... now I know. :3

~\*~

EDIT: Just saw the list of symptoms... it's so me, it's like I have a stalker. D:

### Adrenal Body Type Symptoms

- \* Pendulous abdomen (sagging and hanging)
- \* Midsection weight
- \* Buffalo hump (fat pad) at the upper back, lower neck area
- \* Thinner legs and arms
- \* Weakness
- \* Fatigue
- \* Lethargy
- \* Depression
- \* Sleepiness
- \* Insomnia
- \* Difficulty getting out of bed in the morning
- \* Need for midafternoon naps
- \* Nervousness
- \* Anxiety (worry); frequent feelings of stress
- \* Can't tolerate stress
- \* Thinning skin
- \* Acne or poor skin
- \* May have white or discolored patches on skin
- \* Reddish purple stretch marks on the stomach, thighs, buttocks, arms and breasts
- \* Red cheeks
- \* Round or moon face
- \* Puffy face and eyes
- \* Dark circles around eyes
- \* Double chin
- \* Facial hair
- \* Full eyebrows
- \* Receding hairline

- \* Deeper voice
- \* Sparse hair on forearms and lower legs
- \* Atrophy of breasts
- \* Tightness in chest, or chest pains
- \* High blood pressure
- \* Lax ligaments-weak ankles and knees
- \* Weak or brittle bones (due to a loss of calcium and protein)
- \* Difficulty absorbing calcium
- \* Needs coffee to wake up
- \* Salt, cheese, chocolate and sugar cravings, late afternoon and evening
- \* Inflammation or pain in joints, back, neck
- \* Heel spurs
- \* Over reactive immune system-allergies, chemical sensitivities
- \* Autoimmune conditions
- \* Fibromyalgia
- \* Asthma
- \* Increased susceptibility to viruses
- \* Dehydrated (intracellular) despite amount of water drunk
- \* Fluid retention in between cells
- \* Pitting edema (especially in ankles)
- \* Gets out of breath when climbing stairs
- \* Legs feel heavy, especially when exercising
- \* Moodiness and irritability
- \* Brain fog or dullness
- \* Ringing in ears
- \* Low sex drive

It is not only their body that tends to be strong looking, but they have a strong sense of who they are and what they want. This includes a healthy appetite as well. They are drawn to foods that stimulate the adrenals, and foods that are rich and flavorful. The foods that make them feel more energetic and in control or powerful are foods such as meat, cheese, salt, eggs and alcohol.

The problem with the list of foods above is that they will not only put excess weight on this body, but some of the following conditions may exist if they keep choosing to stimulate the adrenals.

These conditions are high blood pressure, insomnia, stress, back problems, constipation, kidney problems, osteoporosis and gout, to just mention a few. Type Three's on a weight loss program, lose differently from the other body types. They have been known to be on programs for over two months before they experience inch and weight loss. Type Three's tend to store their fat in the torso and the tummy, the hardest areas to show improvement.

If they would activate other glands with a new choice of foods, they would notice a change in their temperament, lower their cholesterol and feel less stress. This body type is a perfect one to be a semi-vegetarian. It will take a strong will to give up the adrenal stimulating foods, as they get addicted to the

feeling it can give them. However, they have one of the strongest wills, and once they set their mind to something, they can do it if they choose too.

Rather than eat protein and salt products for a snack such as nuts, luncheon meats, cheese or alcohol, Type Three's should try to have low fat yogurt or room temperature water and sit down for a moment and rest. It is hard for them because of their high energy, but a few minutes to relax or meditate will do wonders.

Breakfast should not be a heavy meal. A grain cereal with skim milk would be good. Lunch should be light with a nice large salad and light protein. The supper meal is the main meal of the day and Type Three's will sleep better as a result. This would be the meal to eat the heaviest protein.

This is the body type that can just simply drink water and feel bloated and will tend to experience a great deal of gas after eating. A change in their diet will not stop that from happening, but the use of enzymes will correct this. This body type will have swelling of the ankles and joints because of excess protein that the body is unable to break down. Protease will break down this protein and therefore is the main enzyme choice for you. To maintain balance we must meet our needs with proper nourishment and rest, replace our enzymes, exercise using proper methods and experience lots of love.

## Balancing Body Type Three

Type Three will find tennis, racquetball, or dancing their best type of exercises. This should be done at least two to three times a week. Walking is natural and will need to be done daily if they chose to do just this exercise over the others. Type Three's need a full body exercise. Weight lifting is not the best choice, and can, in fact, add to your imbalance. This body needs to become more flexible and rid itself of toxic congestion.

Rather than the cellulite the other body types tend to collect, Type Three's instead will store their toxins in the muscle and the colon, thereby tending to have body aches, shoulder pains, and gas or bloating. If they should collect cellulite later in life, it will be in the back and upper arms and almost always in the fat of the stomach.

Cellulite is stored toxins in fat. Massage is good for this body type, and one a week would be ideal. Balancing in Type Three will help them feel less stress and more in control.

Bathing in oils to balance Body Type Three is highly recommended. They may be used in the shower; however, it would be best to soak before bed in a comfortable temperature of water for 20 minutes. Avoid getting the water too hot since this may affect blood pressure. Using these oils in an aroma diffuser or aroma dish to add fragrance to the air is also very balancing to the senses.

# Type Three Diet and Nutritional Needs

The suggested nourishment bill of fare is intended for those people who:

- Do not feel that a meal is complete without some kind of protein (meat, fish or fowl).
- Drawn to any kind of protein (lunchmeats, pate, hot dogs, steak, chicken, fish, and/or fowl).
- Prefer to salt or pepper their food, even before they taste it.
- Have strong firm legs no matter their age or weight.
- Carry their weight in their stomach area or upper torso.
- Their butt tends to be rather flat or no butt.
- Enjoys caffeine, alcohol and stimulating foods or drinks.

If you can answer yes to four or more from the seven questions above; the following suggestions are you:

Break your fast by eating fruit or something light.

No ham, sausage or eggs.

Eat the heavy protein of the day at your evening dinner. This is the best time of the day for your heavier meal.

A Semi-Vegetarian life choice is the healthiest for you. Recognize that the gas and bloated feeling you have are directly related to your poor digestion of protein and salt intake. The proteins that are your best choice are fish or fowl. Avoid red meat and pork.

If you are not willing to become a Semi-Vegetarian then at least be willing to eat protein meals sparingly and be wise in your choices. Recognize that the stress you feel and the body aches are related to your high protein and sodium intake. Know that it will take 6 to 9 weeks to experience lasting results. Enjoy and experience the love of which you are at the weight and shape you are right now.

Type Three's need to avoid salty foods, salt, caffeine, pork, organ meats, white flour, fried foods, heavy oils, sugar and all desserts. Do not consume nuts without taking enzymes. Snacks may include low or non-fat yogurt, fruit or Parsley Tea.

## Type Three Sample Diet and Daily Meals

Be sure to include foods that are for the disturbed metabolic system and the sweet craver (a combination of fat and carbohydrate).

**For breakfast:** Cereal with milk, and one fruit, decaf coffee, or Parsley tea.

**For lunch:** A large salad with tomatoes (no creamy dressings), with either low fat cottage cheese or fish, and one fruit. Parsley Tea or decaf drink. May choose a plant protein instead of fish.

**For dinner:** Choice of 4 oz. chicken, turkey, fish or choice of plant proteins. Unlimited steamed or raw vegetables, or a baked potato. Decaf tea or coffee.

The fluids you drink at a meal should be limited. Too many fluids will hinder your digestion. Adequate amounts of water are to be taken between meals. Parsley Tea is recommended because of its purifying effect on your glands and is especially good for the kidneys. Raspberry Tea is a good second choice for body Type Three. Avoid using salt with your meals. Notice you are eating some protein that is necessary to the body, however, you are not beginning your day with a large amount of protein. You should exercise regularly or walk daily for 30 minutes.