

Glandular Body-Type Premise

Abravanel asserts that of the four major glands, you have one gland that is dominant and that this dominant gland influences your metabolism. Eating based on your dominant gland helps prevent overstimulation and keep your body in balance, according to Abravanel. In his book, Abravanel claims that certain foods stimulate, inhibit or have a neutral effect on the four major glands and that eating the wrong foods for your glandular type promotes weight gain. Scientific evidence to support body-type diets is lacking.

Rundown of P-Types

The pituitary gland is dominant in P-types. This gland regulates the hormone production of various endocrine glands, including the thyroid, a gland that controls metabolism. If your pituitary gland is dominant, you tend to crave dairy, particularly cheese, and sweets of all kinds. These foods stimulate the pituitary gland, according to Abravanel. When it comes to digestive health, P-types are more prone to developing gallbladder disease. The gallbladder plays a role in helping to digest dietary fat.

Diet for P-Types

The goal for P-types is to avoid overstimulating your pituitary gland. This means P-types must aim to eat dairy and sweets only on rare occasions, according to Abravanel. The best diet for P-types is a high-protein diet consisting of plenty of lean protein. This includes meat such as lamb, chicken, turkey and beef as well as eggs, legumes and fish. A diet for a P-type is rich in fresh vegetables, especially leafy greens. Abravanel recommends that P-types eat fruit and whole grains in moderation and avoid processed junk foods as much as possible.

Typical P-Type Menu

On a P-type dietary plan, protein is the star of the show, so aim to build your meals around protein. A Southwestern-style egg white omelet with green onions, corn and tomatillo salsa is a typical breakfast on a P-type diet. A good lunch for P-types is chicken with asparagus and black beans. P-types tend to have a slower metabolism in the evenings, according to Abravanel, so you'd do best to have a light dinner. An example is 3 ounces of shrimp with 1/2 cup of broccoli and a small piece of fruit.

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.

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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

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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
- * Overreactive 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