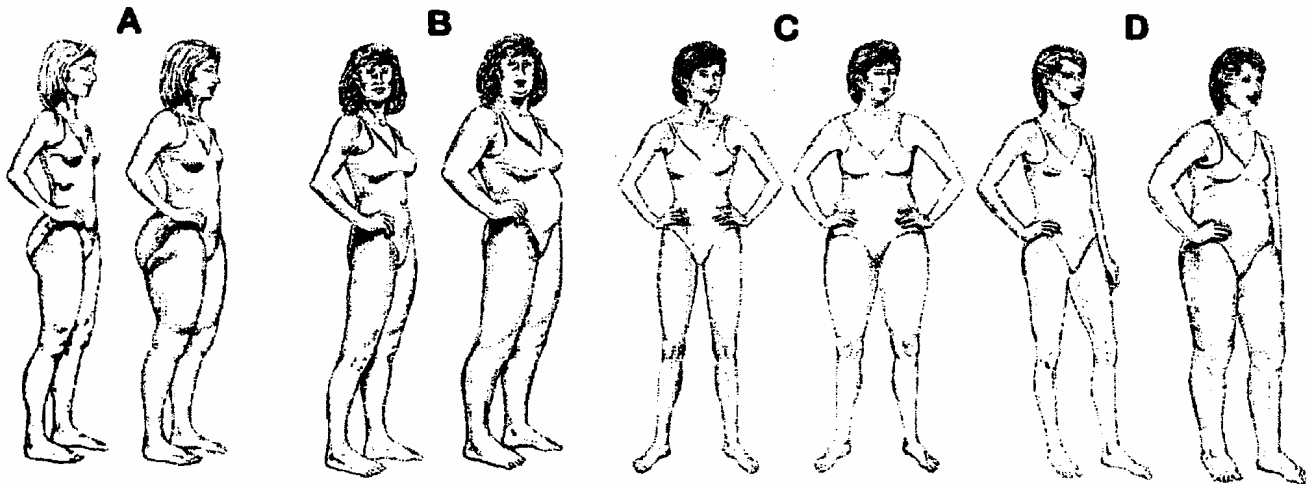


Understanding Your Health: Body Type/Endocrine Dominance – FEMALE

Stand in front of a mirror, wearing either leotards or underwear, or nothing—you need to be able to see the outline of your body very clearly.

1. First, compare your body with the drawings. Depending on your weight, you can use either heavier or lighter version of each set. Which one do you most resemble?



2. Question 2 has three versions. Use the one that best fits your weight.

2-1. Use if you are within 20 pounds over or under your best weight.

- A. You are significantly smaller above the waist than below. Lower body is in fairly good shape, but still appears more substantial and stronger than your upper body.
- B. You appear strong and sturdy, with strength deriving from strong bones and/or from muscle. More substantial above the waist than below.
- C. You are fine-boned and graceful, with a good balance of weight and strength above and below the waist.
- D. You are somewhat childlike and undeveloped in appearance, more like a young girl than like a woman.

2-2. Use if you are 20-50 pounds overweight.

- A. You are definitely disproportionate above and below the waist. Stomach is relatively flat, but your rear end and outer thighs carry extra weight.
- B. You appear square and sturdy. Weight is visible on the front of your body and above the waist, especially in your stomach and upper back. Face, hands and feet show extra pounds.
- C. You are curvy, with weight both above and below the waist, but with a defined waist. Face, hands and feet are fairly slim.
- D. You are pudgy all over, like a child who has put on weight.

2-3. Use if more than 50 pounds overweight.

- A. You are disproportionate above and below the waist, with a very substantial rear end. Weight in stomach, but less than the weight on your rear.
- B. You have a prominent stomach, with substantial weight on your back. Rear end has weight, but less than the weight in front.
- C. You are curvy, with extra weight above and below the waist, but still maintain a waist. Your face, extremities (hands and feet), calves and lower arms have put on weight, but less than the weight you have around your middle (chest to thighs).
- D. You are undefined in outline, with fat all over and not much curve at waist. Breasts have put on weight and there is substantial weight on your knees.

3. Viewing yourself from the front, which of the following best describes your basic shape?
 - A. Disproportionate between upper and lower body: small head, shoulders, breast and chest, long waist, heavier lower body and strong legs.
 - B. Square, sturdy and strong-looking both above and below the waist. Full-figured, without much of a curve at the waist.
 - C. Fine-boned and with arms and legs appearing long in proportion to the torso. A pronounced waist and equal curves above and below the waist.
 - D. Rather childish-looking, without many curves anywhere.

4. Viewing yourself from the side, which best describes your shape?
 - A. Back is slightly swayed, rear end prominent.
 - B. Back straight, with rear end either quite flat and tucked under, or having a low, flat appearance.
 - C. Lower back straight, neck coming forward somewhat, rear end rounded but not extremely pronounced.
 - D. Shoulders quite rounded, head coming forward from the line of the back, rear end small and childlike.

5. Viewing yourself as best you can from the back, which best describes your shape?
 - A. Narrow at the shoulders and through the back, greatest width below waist is low (lower hips to upper thighs).
 - B. Square-looking from shoulders to hips, shoulders not extremely broad but strong-looking, not much waist curve.
 - C. About as wide at shoulders and hips, waist curves inward, greatest width below waist is high (upper hips).
 - D. Childlike curves, not much waist or hips.

6. Your face is:
 - A. Small for body size, and may have downward-slanting eyes.
 - B. Square or round.
 - C. Long, slender.
 - D. Large for body size.

7. Your hands are:
 - A. Longer in palms than fingers, fingers blunt on ends.
 - B. Square palms, blunt fingers.
 - C. Long, tapering fingers.
 - D. Small, delicate, tapering fingers.

8. Your chest and breasts are:
 - A. Small chest, small breasts.
 - B. Large chest, large breasts.
 - C. Small chest, medium to large breasts.
 - D. Medium chest, small breasts.

9. Looking at yourself from the back, where is most of your extra weight?
 - A. Quite low on your body: lower hips, outer thighs.
 - B. High on your body: across the shoulders and back.
 - C. In the middle of your body: spare tire, wide hips, heavy upper thighs.
 - D. All over, no single location.

10. Looking at yourself from the side, where are most of your extra pounds?
 - A. In the back, in a prominent, sehf-like rear end.
 - B. In the front, in a prominent stomach.
 - C. Both front and back, with your waist remaining distinct.
 - D. In a rounded, childlike stomach and rounded rear end, with waist indistinct.

11. Which would you consider your main food craving?

- A. Rich and spicy food.
- B. Greasy, salty food.
- C. Sweets or starches.
- D. Dairy products.

12. Which would you be most likely to succumb to if you find yourself in a fast food restaurant at the end of a long, tiring afternoon?

- A. A taco
- B. A cheeseburger
- C. A sweet roll or cookies
- D. A milk shake

13. How much coffee, tea or cola with caffeine do you drink each day?

- A. One or two
- B. Three or four
- C. Five or more
- D. None or one.

14. If/when you exercise why do you do it?

- A. Because moving feels good
- B. Because I'm supposed to
- C. So I can eat more later
- D. To get an exercise "high"

15. Which is your most typical small health problem?

- A. Bladder infections
- B. Constipation
- C. Fatigue
- D. Colds

16. Do you have any of these larger health problems?

- A. Breast lumps
- B. High blood pressure
- C. Ulcers
- D. Chronic allergies

17. Do you tend to have cramps during your menstrual period?

- A. First day only
- B. Rarely
- C. Often
- D. Don't know, never noticed.

18. If you could have any job in the world, which would you choose?

- A. Teaching something you love
- B. Marketing something you believe in
- C. Creating something you feel passionate about
- D. Designing something people don't even know they need yet.

19. Which best describes your disposition?

- A. Sensuous, warm and comfortable
- B. Friendly, open and practical
- C. Lively and temperamental
- D. Intellectual, detached, idealistic.

20. When you're "up," you're

- A. Radiant and loving
- B. Friendly and outgoing
- C. Sparkly and funny
- D. Giggly as a happy child

21. When you're "down," you're

- A. Weepy.
- B. Angry.
- C. Depressed, irritable.
- D. Withdrawn, obsessed.

22. Which best describes your temper?

- A. Quick-tempered but easily distracted by flattery or apologies.
- B. Slow to get angry, but when you are, you stay mad for a while.
- C. Impatient, inclined to get depressed when thwarted.
- D. Get upset after the event, have a hard time communicating about it.

Add the scores below and make your Body Type determination.

- A. Ovarian Type _____
- B. Adrenal Type _____
- C. Thyroid Type _____
- D. Pituitary Type _____