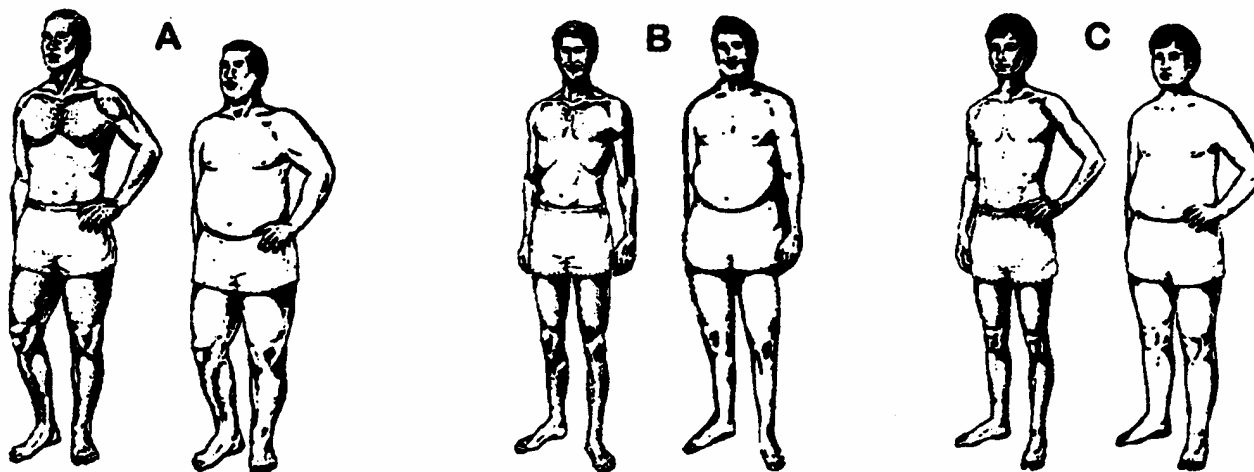


Understanding Your Health: Body Type/Endocrine Dominance – MALE

Stand in front of a mirror, wearing either a bathing suit 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 look at either the lighter or heavier version in 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 either at your desired weight, or within about 20 pounds over or under your best weight.

- A. You are strong and sturdy, with a basically muscular appearance even if you are out of shape. Large chest, sturdy limbs.
- B. You are longer boned, with a more streamlined appearance. Longer limbs, longer face, narrower chest and hips.
- C. You are boyish, more like a young boy than like a man.

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

- A. You are square, sturdy and heavy-looking. Weight has accumulated on the front of your body in a pot belly.
- B. You are saggy, out-of-shape looking, with weight all around your middle. Face, hands and feet still relatively slim.
- C. You are pudgy all over, like a child who has put on weight.

2-3 Use if more than 50 pounds overweight.

- A. You have a very prominent stomach, with substantial weight also on your back. Rear end is round and weight extends down legs to feet.
- B. You have extra weight all around your middle, in a large spare tire. There is also a pot belly but it is not confined mainly to the front—it extends all around the middle. Your face, calves and lower arms have put on weight, but less than the weight you carry around your middle (chest to thighs).
- C. You look undefined in outline, with fat all over the body.

3. Viewing yourself from the front, which of the following best describes your basic shape?

- A. Square, sturdy and strong-looking both above and below the waist.
- B. Fine-boned and with arms and legs appearing long in proportion to the torso.
- C. Childish-looking, without much definition anywhere.

4. Viewing yourself from the side, which best describes your shape?

- A. Back slightly swayed, rounded rear end.
- B. Lower back straight, neck coming forward somewhat, rear end flat or slightly rounded.
- C. Shoulders quite rounded, head coming forward from the line of the back, rear end small and childlike.

5. Viewing yourself from the back, which describes your shape?
 - A. Square-looking from shoulders to hips, shoulders not extremely broad but strong-looking, not much waist curve.
 - B. Wider at shoulders than hips.
 - C. Narrow shoulders and hips.
6. Your face is:
 - A. Square or round.
 - B. Long, slender.
 - C. Large for body size.
7. Your hands are:
 - A. Square, blunt fingers
 - B. Long, tapering fingers.
 - C. Small, delicate tapering fingers.
8. Your skin is:
 - A. Oily, slightly coarse, ruddy
 - B. Smooth, even-colored.
 - C. Dry, delicate.
9. Your teeth are:
 - A. Large, slightly yellowish, strong (few cavities)
 - B. Small, white, weak (prone to cavities)
 - C. Large, especially front center.
10. Looking at yourself from the back, where have you put on most of your extra weight?
 - A. High on your body: across the shoulders and back.
 - B. In the middle of your body: spare tire, wide hips, heavy upper thighs.
 - C. All over, no single location.
11. Looking at yourself from the side, where have you put on most of your extra pounds?
 - A. In the front, in a prominent stomach.
 - B. Both front and back, in a spare tire.
 - C. In a rounded, childlike stomach and rounded rear end, with waist not remaining distinct.
12. Which would you consider your most important food craving?
 - A. Greasy, salty food.
 - B. Sweets or starches.
 - C. Dairy products.
13. Which would you be most likely to succumb to if you found yourself in a fast food restaurant at the end of a long, tiring afternoon?
 - A. A cheeseburger
 - B. A sweet roll or cookies
 - C. A milk shake
14. How much coffee, tea or cola with caffeine do you drink each day?
 - A. Three or four cups
 - B. Five or more cups
 - C. None, one or two cups
15. If/when you exercise, why do you do it?
 - A. Because I'm supposed to
 - B. So I can eat more later
 - C. To get an exercise "high"

16. Which is your most typical small health problem?
- A. Constipation, minor aches
 - B. Fatigue
 - C. Colds
17. Do you have any of these larger health problems?
- A. High blood pressure, hardening of the arteries
 - B. Ulcers or colitis
 - C. Chronic allergies
18. If you could have any job in the world, which would you choose?
- A. Marketing something I believe in
 - B. Creating something I feel passionate about
 - C. Designing something people don't even know they need yet
19. If you could work in any situation, which would suit you best?
- A. A well-run corporation with room to move up
 - B. Out in the world, traveling
 - C. In a serene, well-designed office
20. Which of these jobs would you choose?
- A. Production type (salesperson, engineer, executive)
 - B. Marketing/creative type
 - C. Technical type (computer programmer, accountant)
21. Which best describes your disposition?
- A. Friendly, open and practical
 - B. Lively and changeable
 - C. Intellectual, detached, idealistic
22. When you're "up," you're
- A. Friendly and outgoing
 - B. Sparkly and funny
 - C. Happy as an innocent child
23. When you're "down," you're
- A. Angry
 - B. Depressed, irritable
 - C. Withdrawn, obsessed
24. Which best describes your temper?
- A. Slow to get angry, but when you are, you stay mad for a while. You get over it by talking.
 - B. Impatient, inclined to get depressed when thwarted. You get over it by resting.
 - C. Get upset after the event, have a hard time communicating about it. You get over it by thinking.

Add the scores below and make your Body Type determination.

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