

# How Hormones Can Affect Your Body Shape

## And The Nutritional Deficiency Connection

**There is a relationship between the four main human body shapes/types and hormones.** In a major discovery it was found that alterations or weaknesses in the functions of glands or organs can contribute to different body shapes or **distortions**, which are largely designed by the accumulation of **excess fluid and fat**. Therefore, body distortions may be an indication of underlying health problems! **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.**

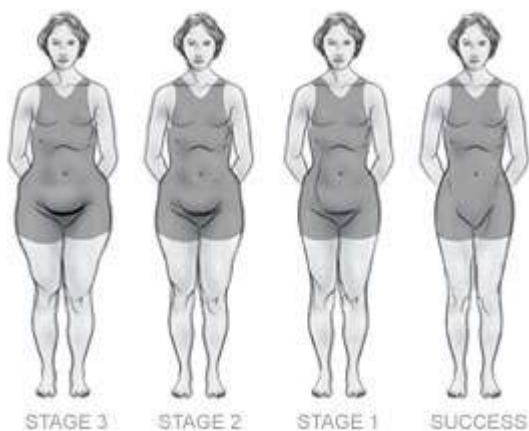
When the glands are NOT working properly, it is nearly impossible to keep off excess body weight and inches. This is evidenced by our nation's epidemic of overweight and obese individuals – not to mention their less-than-optimal health.

How do hormones play a role in body health? A hormone is a chemical messenger in the human body. Hormones are produced by endocrine glands in small amounts, released into the bloodstream and carried to other parts of the body, where they cause specific changes in body function. The endocrine system can get damaged by the insult of years of consuming excess sugar, low calorie diets and exposure to toxic chemicals, which can disrupt or block glandular function. Over or underproduction of hormones and disrupted communications can contribute to extensive alteration of body functions.

Various body shapes can develop from improperly functioning glands or organs, as described below. Keep in mind that many people may express a combination of these body types.

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### Ovary Body Type



It has been observed that improperly functioning ovaries may be associated with the body shape observed to the left.

The ovaries are female reproductive glands about the size of a large almond, one ovary located near each side of the uterus. 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 gland hormones) to control the menstrual cycle.

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 an **enlargement of the lower abdominal region (below the belly button), hips and buttocks**.

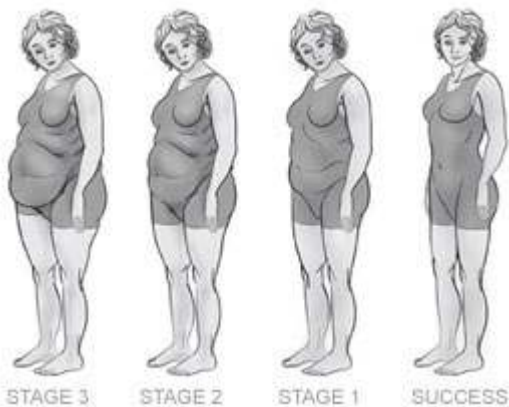
## Ovary Body Type

Below is a list of the potential symptoms that can be experienced by a woman with improperly working ovaries:

- History of PMS
- Premenstrual Weight Gain
- Ovarian Cysts
- Cyclic Fatigue and Brain Fog
- Cyclic Pain in the Back, Hips or Knees
- Cyclic Lack of Libido
- Infertility
- Hot Flashes
- Night Sweats
- Vaginal Dryness
- Cyclic Acne
- Cyclic Mood Swings
- Excessive Menstrual Bleeding
- Cyclic Constipation

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## Adrenal Body Type



Adrenal exhaustion can contribute to the overall body shape shown to the left. There are two adrenal glands, one located on top of each kidney. The adrenal glands are critically important to the human body to **protect itself from the destructive effects of acute and chronic stresses**. Hormones produced by these glands help balance blood pressure and blood sugar and stimulate energy production at the cellular level. **If the adrenal glands become exhausted, the body will no longer handle stress efficiently, contributing to physical, mental and emotional symptoms.**

**Hormones can stimulate excess fat storage around vital organs (e.g., adrenal glands) and contribute to an enlarged midsection.**

**What causes adrenal burnout?** An important contribution is **excess stress**, which can come from multiple sources. Physical sources include chemical toxins from the environment affecting our water, food and air. Nutritional deficiencies can also be created from the dietary intake of excess sugars, carbohydrates and other stimulants. Some suggest that the synthetic hormones that come to us by way of animal products, drugs or even certain foods may influence the hormone control systems. Mental and emotional stresses offer their contributions as well.

## Adrenal Body Type

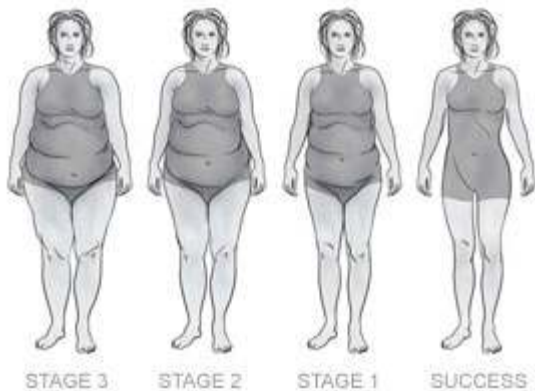
Following is a list of the potential symptoms experienced by a **sluggish adrenal case**:

- Difficulty Getting Out of Bed in the morning
- Feel Out of Breath When walking Up Stairs
- Chronic Fatigue Not Relieved by Sleep
- Body Weight Accumulation Around Midsection
- Tired All the Time

- “Buffalo Hump” on Upper Back (Below Base of Neck)
- Need for Coffee or Stimulants to Wake Up
- Fluid Retention, et Dehydrated (Thirsty)
- Craving Salty Foods
- Dizzy When Getting Up Too Quickly
- Lack of Energy
- Inflammation or Arthritis in Different Parts of the Body
- Intestinal Irritation (Colitis)
- Allergies or Asthma
- Requiring Increased Effort to Perform Daily Tasks
- Digestive Problems
- Decreased Sex Drive
- Decreased Ability to Handle Stress
- Increased Time Required to Recover from Illness, Injury or Mild Depression
- Less Enjoyment or Happiness with Life
- Increased PMS
- Symptoms Increased if Meals are Skipped or are Inadequate
- Mental Thought Process More Fuzzy; Thoughts Less Focused
- Memory Less Accurate
- Decreased Tolerance
- Can’t Really Wake Up until 10:00 or 11:00 am
- Tired Between 3:00 and 4:00 pm
- Feel Better after Evening Meal
- Decreased Productivity

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## Thyroid Body Type



A sluggish thyroid may contribute to the overall body shape shown to the left, with fat evenly distributed over the body. The thyroid gland measures about the width and shape of a medium sized butterfly and is located in the neck just below the large cartilage that houses the voice box.

**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.

If the thyroid gland does not make hormones available, many body functions may be slowed down, contributing to **fatigue, fluid retention** and **stubborn weight gain**. Even mild thyroid weakness can have harmful effects on the body!

## Thyroid Body Type

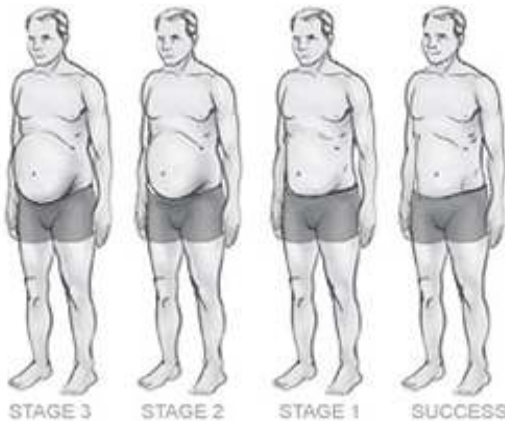
Below is an expanded list of potential symptoms experienced by a **sluggish thyroid case**:

- 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
- Fluid Retention
- Feeling of Inactivity (No Spunk)
- High Cholesterol
- Chronic Joint and Muscle Pain and Inflammation
- Insomnia or Difficulty Sleeping Through the Night
- Think you have a thyroid problem, but have normal blood tests?

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### Liver Body Type



The liver, the largest organ of the body, is a major organ of filtration and detoxification. Some of its hundreds of functions are associated with digestion, sugar storage and regulation, immune system responses, and important components of the blood.

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

### Liver Body Type

The following is a list of the potential symptoms that can be experienced by a **liver case**:

- 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

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The 7 Principles of Fat Burning, Eric Berg, DC