

# Introduction

---

The **Body Type Diet** is not just another diet but a *unique* approach based on **Extensive Research** of the **Glandular System** by Dr. Henry G. Bieler and **Elliot D. Abravanel, M.D...** Their research was the **Foundation** upon which Carolyn L. Mein, D.C. built upon and discovered the missing body types, following a 3 year study.

It has been **Scientifically Proven** that everyone is born with a dominant gland and each gland in the body requires more of a particular nutrient or food that best support its function. That is why this diet recommends certain foods are to be eaten "**Frequently**" to maintain your **Ideal Weight, Maximum Vitality, Energy and Stamina.**

It has also been discovered that your **Dominant Gland** not only determines the **Best Food Choices** for you, but also certain **Physical Characteristics** and **Personality Traits**, giving you a greater understanding about yourself. The **Psychological Profile** of your dominant gland will help you gain a greater sense of direction and acceptance of who you really are.

## True Dietary Success

It starts when you realize **You Are More** than just a **Body**. You have **Emotions** and a **Personality** as **Unique as Your Fingerprint**. It is my deepest desire that you will gain a greater understanding of not only the **Physical** component of weight loss, but also the **Emotional / Psychological** side to achieving a **Healthy, Balanced Body**, by applying the recommendations for your particular **Body Type**.

This **Psychological Profile Questionnaire** is a good place to start to determine your **Body Type**. Then follow the **Weight Loss Tips** and **Exercise Recommendations** to develop a nutritional plan that supports your body for **Maximum Health** and **Vitality**. I personally have had **Great Success** with this diet in maintaining a **Healthy Weight** not only for me but for my whole **Family** also. It has kept us very healthy throughout the years

# Personality Questionnaire E-Book

---

## 25 Different Body Types

1. Adrenal
2. Balanced
3. Blood
4. Brain
5. Eye
6. Gallbladder
7. Gonadal
8. Heart
9. Hypothalamus
10. Intestinal
11. Kidney
12. Liver
13. Lung
14. Lymph
15. Medulla
16. Nervous System
17. Pancreas
18. Pineal
19. Pituitary
20. Skin
21. Spleen
22. Stomach
23. Thalamus
24. Thymus
25. Thyroid

# Adrenal

---

1. Do you thrive on excitement and obvious success? Yes\_\_\_ No\_\_\_
2. Do you see yourself as physically strong with high energy and endurance? Yes\_\_\_ No\_\_\_
3. Do you approach life with a see - and - touch attitude? Yes\_\_\_ No\_\_\_
4. Do you find it easy to control or lead a crowd? Yes\_\_\_ No\_\_\_
5. Are you highly competitive? Yes\_\_\_ No\_\_\_
6. Do you gravitate toward sales and contact sports? Yes\_\_\_ No\_\_\_
7. Do you like to examine things from an alternative perspective? Yes\_\_\_ No\_\_\_
8. Are you good at surveying the facts and coming up with a down - to - earth solution to a physical problem? Yes\_\_\_ No\_\_\_
9. Can you easily see a solution to a physical problem? Yes\_\_\_ No\_\_\_
10. Are you easily bored when a task becomes routine? Yes\_\_\_ No\_\_\_
11. Do you prefer to see what needs to be done, delegate the task, then oversee the work? Yes\_\_\_ No\_\_\_
12. Do you like to be in total control of a task or situation so you alone can determine the outcome? Yes\_\_\_ No\_\_\_
13. Do you find yourself the first one to dive into a project even if you're not really sure how to do it? Yes\_\_\_ No\_\_\_

## Weight Loss Tips

- Have a light breakfast and a moderate to heavy lunch and dinner.
- Eat grains for breakfast and lunch but not for lunch and dinner
- Fat and dense protein: 20 - 30 % of daily calories - particularly fish, turkey, & chicken to rebuild the adrenals
- Best fat sources: almonds & dairy, (yogurt, cottage cheese & cheese)
- Protein: 20 - 40 % of daily calories
- Eat raw fruits & vegetables, salads, protein, soups & dairy
- Reduce food quantity, especially carbohydrates such as breads, rice, pasta & potatoes.
- May, if tolerated, use an appetite suppressant
- Best not to snack, but if you must limit snacks to mid afternoon and evening
- Drink at least 64 oz. of purified water daily, before or after meals
- Drink mineral water and parsley tea to reduce appetite and cleanse your body

# Balanced

---

1. Are you sensitive by nature? (Are you naturally sensitive?) Yes\_\_\_ No\_\_\_
2. Do you go to great lengths to maintain balance between work and play, as well as other aspects of your life? Yes\_\_\_ No\_\_\_
3. On the outside, do people see you as light, playful, personable, and entertaining, but on the inside you feel reserved and reluctant to share your true feelings? Yes\_\_\_ No\_\_\_
4. Do you enjoy socializing and find friends easily, but you rarely allow them to get close emotionally until they've proven they can be trusted? Yes\_\_\_ No\_\_\_
5. Do you have a strong sense of adventure and like to travel, and or move frequently? Yes\_\_\_ No\_\_\_
6. Do you love meeting new people and trying new things? Yes\_\_\_ No\_\_\_
7. Do you love performing or being the center of attention? Yes\_\_\_ No\_\_\_
8. Are you typically in your glory when interacting with people? Yes\_\_\_ No\_\_\_
9. Do you often find yourself the life of the party? Yes\_\_\_ No\_\_\_
10. Do you mix well with others, and are you good at making favorable impressions? Yes\_\_\_ No\_\_\_
11. Are you basically easy going, forgiving, optimistic and open minded? Yes\_\_\_ No\_\_\_
12. Do you have a positive attitude toward life? Yes\_\_\_ No\_\_\_
13. Do you enjoy expressing new ideas, concepts and designs? Yes\_\_\_ No\_\_\_
14. Are you creative and Imaginative with a strong attraction to the arts? Yes\_\_\_ No\_\_\_
15. Do you have a need for order and structure? Yes\_\_\_ No\_\_\_

16. Are you extremely precise in a creative way? Yes \_\_\_ No \_\_\_

17. Are you practical, logical, and technically adept? Yes \_\_\_ No \_\_\_

18. Do you have an acute sense of sight, hearing and touch, with a natural rhythm and timing? Yes \_\_\_ No \_\_\_

## Weight Loss Tips

- For Breakfast, emphasize carbohydrates with moderate fat
- Get adequate protein and fat, especially at lunch
- Eat light at dinner, consuming most of your calories at breakfast & lunch, emphasizing vegetables at dinner time
- Fat: 20 to 35 % of your daily calories
- Best fat sources: dense protein (chicken, turkey, eggs, fish, & beef) & butter
- Protein: 25 to 35% of your daily calories
- Reduce dairy, dried fruit, & honey
- Eliminate starches at dinner, especially breads & grains with wheat
- Avoid caffeine, sugar, & stimulants (including marijuana & alcohol)
- Restrict fruit to breakfast, midmorning, and evening snacks
- Emphasize protein & vegetables
- Balance raw & cooked vegetables
- Rotation and variety of foods is essential
- Drink at least 64 oz. of purified water daily, before and after meals
- Exercise is emotionally beneficial, it lifts your spirit and physically gets your lymphatic's moving

# Blood

---

1. Are you easygoing and personable? Yes\_\_\_ No\_\_\_
2. Do you like to socialize? Yes\_\_\_ No\_\_\_
3. Is your basic nature warm, receptive and nurturing? Yes\_\_\_ No\_\_\_
4. Are you sensitive and considerate, with a genuine concern for others, especially those who can't speak for themselves? Yes\_\_\_ No\_\_\_
5. Are you drawn to the young, the old or disabled, animals or to nature? Yes\_\_\_ No\_\_\_
6. Do you have a strong desire to experience life? Yes\_\_\_ No\_\_\_
7. Are you generally open-minded and willing to try new things, including the unorthodox. Yes\_\_\_ No\_\_\_
8. Are you internally driven to find a meaning in life? Yes\_\_\_ No\_\_\_
9. Do you often study a subject in depth and find yourself so immersed in it that other things get ignored or forgotten? Yes\_\_\_ No\_\_\_
10. Do you sometimes concentrate too much on individual details that you temporarily lose sight of the big picture? Yes\_\_\_ No\_\_\_
11. Are you practical and flexible? Yes\_\_\_ No\_\_\_
12. Is it easy for you to let go of things that are not right but keep what works? Yes\_\_\_ No\_\_\_
13. Are you highly task oriented, self-motivated, and responsible? Yes\_\_\_ No\_\_\_
14. When you commit to a project does it become your main focus, getting it done well with utmost efficiency? Yes\_\_\_ No\_\_\_



15. Do you sometimes become so meticulous with a project that it becomes an obsession?

Yes \_\_\_ No \_\_\_

16. In your effort to understand something, do you do a lot of analyzing and processing of the event or situation?

Yes \_\_\_ No \_\_\_

## Weight Loss Tips

- Eat fruit at breakfast only, not with lunch or dinner
- Have protein, mainly at lunch
- Have vegetables & grains mainly at dinner
- Fat: 20 to 30% of daily calories
- Best fat sources: avocados, chicken, fish, cheese, & pumpkin seeds
- If fats from ideal sources fall below 15% of calories, weight loss will be hindered
- Protein: 20 to 35% of daily calories
- Consume a minimum of 4 oz. dense protein 3 times a week. Best choices are chicken, turkey, game hen, buffalo, & fish.
- Reduce breads
- Eliminate all dairy (except butter), including cheese, yogurt, & milk
- Avoid vegetable oils
- Avoid eating potato or squash with dense protein
- Avoid mayonnaise; may use creamy Italian dressing as a substitute
- Clear emotional stress
- Drink at least 64 oz. of purified water daily, before or after meals
- Moderate exercise is beneficial for clearing your mind, releasing emotional stress, losing or maintaining weight and improving vascular integrity

# Brain

---

1. Are you mentally oriented and most comfortable when you have all the information available before making a decision? Yes\_\_\_ No\_\_\_
2. Are you inclined to precision, and apply yourself conscientiously to whatever you undertake? Yes\_\_\_ No\_\_\_
3. Are you typically self - directed and independent? Yes\_\_\_ No\_\_\_
4. Are you diligent and persevering when carrying out a project? Yes\_\_\_ No\_\_\_
5. Do you tend to think in ways less conventional and more creative, and quite analytical? Yes\_\_\_ No\_\_\_
6. Do you enjoy analyzing and investigating a variety of topics? Yes\_\_\_ No\_\_\_
7. Do you see yourself as resourceful with a lively curiosity? Yes\_\_\_ No\_\_\_
8. Do you consider yourself as sensitive and intuitive? Yes\_\_\_ No\_\_\_
9. Are you comfortable when dealing with abstract and conceptual realities? Yes\_\_\_ No\_\_\_
10. Do you associate your personal identity with your career and academic accomplishments? Yes\_\_\_ No\_\_\_
11. Do you have a strong drive to find the meaning and purpose for your life? Yes\_\_\_ No\_\_\_
12. Do you have a need to feel needed, or be involved in a worthwhile project? Yes\_\_\_ No\_\_\_

13. Do you enjoy being mentally challenged, or the feeling that your skills are well utilized in your job or career? Yes\_\_\_ No\_\_\_
14. Is it extremely important to you that you do things right? Yes\_\_\_ No\_\_\_
15. Do you feel uncomfortable when you do not function at your highest possible level? Yes\_\_\_ No\_\_\_
16. Before you accept a new theory or development do you need to see if it is scientifically proven with sufficient reasons, explanations and facts to support it? Yes\_\_\_ No\_\_\_

## Weight Loss Tips

- Eat grains & fruit for breakfast (not fruit alone)
- Have no protein before 11 A.M.
- Make lunch your largest meal
- Fat: 20 to 30% of daily calories
- Best fat sources: pistachios, pecans, sunflower seeds, olive oil, eggs, chicken, turkey, & dairy (including yogurt & cottage cheese)
- Protein: 25 to 35% of daily calories
- Limit dense protein & bread
- Tofu is an excellent protein source
- The problem of weight loss is largely mental. You need to get a mind-set about being thin
- Parsley assists the kidneys
- Use soy sauce in place of salt
- Drink at least 64 oz. of purified water daily, before and after meals
- Exercise is beneficial for your brain. It's essential to move to get energy from your head distributed throughout your body

# Eye

---

1. Do you have acute vision, both inner and outer? Yes\_\_\_ No\_\_\_
2. Do you sometimes daydream or visualize things? Yes\_\_\_ No\_\_\_
3. Do you tend to see things that others don't notice? Yes\_\_\_ No\_\_\_
4. Do you find it easy to discern visual details? Yes\_\_\_ No\_\_\_
5. Do you often pick up on subtle differences in voice or body language, and even intuitive information? Yes\_\_\_ No\_\_\_
6. Do you consider yourself a visionary, with a unique ability to see the big picture? Yes\_\_\_ No\_\_\_
7. When involved in a project do you easily see all your options available? Yes\_\_\_ No\_\_\_
8. Is your basic nature quiet, gentle and controlled, but underneath there is a witty, rebellious side just waiting to surface? Yes\_\_\_ No\_\_\_
9. Do you have your own particular sense of humor that others say is a bit dry and on the "far side"? Yes\_\_\_ No\_\_\_
10. Can you see the good in even the bleakest situations? Yes\_\_\_ No\_\_\_
11. Do you see yourself as intuitive, yet practical? Yes\_\_\_ No\_\_\_
12. Are you exceptionally skilled (adept) with your hands and often find that your creativity comes through by doing what you see needs to be done? Yes\_\_\_ No\_\_\_
13. Do you find it easy to bring your vision into a practical reality? Yes\_\_\_ No\_\_\_
14. Are you known for making things work? Yes\_\_\_ No\_\_\_
15. Are you proficient in the realm of analysis and the abstract? Yes\_\_\_ No\_\_\_

16. Do you have an eye for detail, and an ability to see how to connect the practical and the theoretical to create a whole system? Yes \_\_\_ No \_\_\_

17. Are you conscientious about the components, as well as able to perceive the big picture? Yes \_\_\_ No \_\_\_

## Weight Loss Tips

- Have a heavy breakfast 4 - 5 times a week. Emphasize a large portion of dense protein with a variety of other foods
- Fat: 25 to 40% of daily calories
- Best fat sources: dense protein, butter, olive oil, avocado, nuts, & seeds
- Protein: 20 to 40% of daily calories
- Dense protein: 20 to 35% of daily calories (Includes fish)
- Snacking is ok for weight loss; choose protein or dense protein as snacks, including cheese, nuts, & seeds
- Potatoes may be included 5 - 7 times a week; choose different varieties
- Variety and rotation of foods is essential
- Smaller meals with snacks are often helpful
- Emphasize foods high in vitamin A, including carrots, kelp, sweet potatoes, spinach & yams
- Limit sugar, including fruit & fruit juice to 2 times a week
- Minimize milk, yogurt, & ice cream
- Reduce grains to 1 - 2 times a day
- Avoid all varieties of bread, especially whole wheat. Sourdough is the best choice, but no more than 2 times a week
- Avoid caffeine
- Trust your body and how it feels



- Drink at least 64 oz. of purified water daily, before and after meals
- Exercise for a minimum of 1 hour every other day is essential and helpful in aiding digestion, maintaining mental clarity, and reducing stress

# Gallbladder

---

1. Do you place a high value on peace and tranquility? Yes\_\_\_ No\_\_\_
2. Are you generally patient, calm and easy going? Yes\_\_\_ No\_\_\_
3. Are you typically soft spoken, impressing others as being kind, gentle, and congenial?  
Yes\_\_\_ No\_\_\_
4. Is social harmony a high priority for you, so you generally get along well with others?  
Yes\_\_\_ No\_\_\_
5. Do you enjoy connecting with people, but basically see yourself as timid and shy?  
Yes\_\_\_ No\_\_\_
6. Do you prefer to be around your family and close friends? Yes\_\_\_ No\_\_\_
7. Do you tend to be quiet and reserved until you get to know someone? Yes\_\_\_ No\_\_\_
8. Do you hold back on showing your emotions or connecting with others on an emotional level?  
Yes\_\_\_ No\_\_\_
9. Are you reluctant to venture into a new social situation, but will go if someone takes you?  
Yes\_\_\_ No\_\_\_
10. Do you relate best to what you can physically see and touch? Yes\_\_\_ No\_\_\_
11. Do you find a great deal of personal fulfillment and satisfaction when making yourself useful to those around you? Yes\_\_\_ No\_\_\_
12. Do you feel comfortable nurturing others? Yes\_\_\_ No\_\_\_
13. Are you task oriented? Yes\_\_\_ No\_\_\_

14. Would you rather undertake a task or project that is well defined and already laid out for you, rather than generate one on your own? Yes\_\_\_ No\_\_\_
15. Are you careful, practical and dependable? Yes\_\_\_ No\_\_\_
16. Do you have little or no interest in leadership positions? Yes\_\_\_ No\_\_\_
17. Are you uninterested in standing out, making waves or being disruptive? Yes\_\_\_ No\_\_\_

## Weight Loss Tips

- Eat your largest meal at lunch
- Fat: 25 to 30% of daily calories
- Best fat sources: butter, safflower, avocado or olive oil, sesame seeds, sunflower seeds, & avocados
- Dense protein or protein: 15 to 30% of daily calories
- Oils or seeds as fats with salads are necessary to digest raw vegetables
- Eat more cooked than raw vegetables
- Eat beans, such as: (adzuki, black, lima, pinto, black eyed peas, & split peas) grains, such as: (couscous, millet, rice (white basmati, Japanese, wild), rice cakes (plain or sesame), nuts & seeds such as: (coconut, hazelnuts, macadamias, pine nuts, water chestnuts, sesame seeds, & sesame seed butter), chicken soup, & arugula
- Potatoes are an excellent carbohydrate source
- Watercress is a liver stimulant
- Dense protein, including fish, supports the immune system
- Snacks are optional at midafternoon and evening
- Reduce breads, crackers, dairy, & fruit (including fruit juice & dried fruit)
- Avoid fruit for lunch or mid afternoon snack
- Eliminate sugar
- Drink at least 64 oz. of purified water daily, before and after meals
- Exercise helps to clear your mind and is most beneficial when you enjoy it

# Gonadal

---

1. Do people find you physically attractive? Yes\_\_\_ No\_\_\_
2. Is beauty of vital importance to you, whether it is in your appearance, or environment, or the beauty you see in everyone and everything? Yes\_\_\_ No\_\_\_
3. Are you extremely sensitive to the emotional needs of others? Yes\_\_\_ No\_\_\_
4. Is family of the utmost importance to you? Yes\_\_\_ No\_\_\_
5. Do you often link your identity with those you are close to? Yes\_\_\_ No\_\_\_
6. Are you highly emotional and physically expressive? Yes\_\_\_ No\_\_\_
7. Do you quickly show your anger and hurt, as well as your affection, nurturing and joy?  
Yes\_\_\_ No\_\_\_
8. Is it in your nature to be playful and through play you are able to access your inner joy?  
Yes\_\_\_ No\_\_\_
9. Is playtime essential in helping you maintain a positive outlook in life? Yes\_\_\_ No\_\_\_
10. Do social interactions allow you to bring out the best in others? Yes\_\_\_ No\_\_\_
11. Do you find it's easy for you to bring out the best in people? Yes\_\_\_ No\_\_\_
12. Do you have a special ability to recognize and appreciate the feelings of others?  
Yes\_\_\_ No\_\_\_
13. Are you sensitive and caring and easily offer your emotional support to those who need  
it? Yes\_\_\_ No\_\_\_
14. Do you find gratification simply from harmonious interactions? Yes\_\_\_ No\_\_\_
15. Are you more people oriented than task - oriented? Yes\_\_\_ No\_\_\_

16. Do you thrive on substantial human contact?

Yes \_\_\_ No \_\_\_

## Weight Loss Tips

- Have a light breakfast
- Eat salads, particularly for lunch
- Have a heavier dinner
- Fats: 20 to 30% of daily calories
- Best fat sources: nuts (almonds, brazils, cashews, hazelnuts, macadamias, pecans, & walnuts), seeds (pumpkin & sunflower), oils (avocado, olive, safflower & sesame), butter
- Protein: 20 to 35 % of daily calories
- Animal protein builds muscle mass, especially with exercise
- Eat green leafy vegetables, seaweed, potatoes & tomatoes
- Mix cooked & raw vegetables
- Eat cottage cheese, fish, turkey & brown basmati rice
- May include snacks, particularly midmorning
- Minimize grain at dinner
- Reduce sugars, including fruit
- Avoid breads
- Avoid fruit for dinner
- Avoid spices
- Drink at least 64 oz. of purified water daily, before and after meals
- Vigorous exercise, especially in the morning is emotionally and physically beneficial

# Heart

---

1. Do you see yourself as huggable and approachable? Yes\_\_\_ No\_\_\_
2. Are you typically soft, gentle and giving? Yes\_\_\_ No\_\_\_
3. Do you project sensitivity and caring that makes others feel at ease? Yes\_\_\_ No\_\_\_
4. Are you gentle and supporting, and easy to be around? Yes\_\_\_ No\_\_\_
5. Is home and family important to you? Yes\_\_\_ No\_\_\_
6. Do you feel like you are the glue that holds the family together? Yes\_\_\_ No\_\_\_
7. Do you have a tendency to be shy and cautious with strangers, and in new situations?  
Yes\_\_\_ No\_\_\_
8. Are you very approachable, and usually warm and receptive to others? Yes\_\_\_ No\_\_\_
9. Are you passive when it comes to initiating relationships? Yes\_\_\_ No\_\_\_
10. Are people drawn to you because of your sensitivity to their needs? Yes\_\_\_ No\_\_\_
11. Do you seek approval and acceptance from others? Yes\_\_\_ No\_\_\_
12. Do you go out of your way to avoid hurting anyone's feelings? Yes\_\_\_ No\_\_\_
13. Do you strive to maintain peace and harmony in relationships? Yes\_\_\_ No\_\_\_
14. Are you highly emotional and strongly connected to your feelings? Yes\_\_\_ No\_\_\_
15. Are you sensitive, intuitive, and expressive with a passive, accommodating, blending nature? Yes\_\_\_ No\_\_\_
16. Are you prone to stress and easily get tense? Yes\_\_\_ No\_\_\_
17. Do creative endeavors like music and art help you express your intuitive side?  
Yes\_\_\_ No\_\_\_



18. Do other creative endeavors like painting, flower arranging, or computer graphics help promote a feeling of peace? Yes \_\_\_ No \_\_\_

## Weight Loss Tips

- Breakfast should be fruit and / or grains
- No morning snack, mid afternoon snack is optional, evening snack is ok
- Eat your largest meal at lunch
- Fruit may be eaten after lunch but not after dinner
- Fruit after lunch acts as a digestive aid and often eliminates sugar cravings
- Fat: 25 to 35% of daily calories
- Best fat sources : butter, dense protein (chicken, fish, eggs, beef, or lamb), seeds (pumpkin, sesame, & sunflower)
- Protein: 20 to 35% of daily calories
- Dense protein: 10 to 25% of daily calories
- Soups and broths are nutritious and easy on the digestion
- Include seeds, especially on salads
- Avoid wine, it inhibits weight loss
- Avoid eating potato or squash with dense protein
- Avoid honey and whole wheat bread
- Avoid refined sugar, it causes fatigue of muscles and brain
- Eliminate all dairy & cheese except butter
- Drink at least 64 oz. of purified water daily, before and after meals

- Exercise is emotionally beneficial because it acts as a mood elevator and often provides an avenue for emotional connection with people. For weight loss, exercise a minimum of 20 minutes (up to an hour) 5 days a week, morning is the best time.

# Hypothalamus

---

1. Do you have a tendency to totally immerse yourself in an activity or endeavor sometimes to the point of becoming a crusader? Yes\_\_\_ No\_\_\_
2. Once you complete what needs to be done, do you easily switch to another subject that catches your interest? Yes\_\_\_ No\_\_\_
3. Do you have an intense sense of responsibility, and therefore cautious about your decisions? Yes\_\_\_ No\_\_\_
4. Do you tend to gather data extensively and focus exclusively on what is at hand? Yes\_\_\_ No\_\_\_
5. Are you drawn to a career in the financial world such as a stock broker, or financial consultant? Yes\_\_\_ No\_\_\_
6. Are money problems an issue with you? Yes\_\_\_ No\_\_\_
7. Do finances seem to be a feast or famine experience for you? Yes\_\_\_ No\_\_\_
8. Do you have a deep, innate curiosity about the nature and function of things? Yes\_\_\_ No\_\_\_
9. Are you comfortable in the world of concepts and ideas? Yes\_\_\_ No\_\_\_
10. Are your basic strengths, logic, decisiveness, commitment, and determination? Yes\_\_\_ No\_\_\_
11. Are you generally a quick thinker and easily see the big picture? Yes\_\_\_ No\_\_\_
12. When starting a project do you tend to begin it, then delegate the middle and jump back in at the end? Yes\_\_\_ No\_\_\_

## Weight Loss Tips

- Eat meals at the same time daily
- For breakfast eat protein & fruit at least 2 times a week
- Avoid fruit for lunch and dinner
- For lunch eat raw vegetables, salads, nuts (almonds, pecans, brazils, coconut, macadamias, pistachios, & dry -roasted cashews), seeds (pumpkin, sunflower, & sesame)
- Raw vegetables are best assimilated at lunch
- You may skip lunch and have a light snack at midafternoon, or when hungry
- Make dinner a cooked meal with steamed vegetables
- Fats: 25 to 30% of daily calories
- Best fat sources: avocados, seeds (pumpkin, sunflower, & sesame), tahini, & nuts (almonds, pecans, brazils, coconut, macadamias, pistachios, & dry -roasted cashews)
- Dense protein: 15 to 25% of daily calories
- Eat more raw vegetables than cooked
- Broccoli, zucchini, & yellow squash should always be eaten raw
- Rotate your foods
- Emphasize vegetables, fruit, cheese, nuts & soups
- Limit dairy, cheese, frozen yogurt, fried foods, alcohol, caffeine, & breads with yeast
- Limit snack to the evening

- To detoxify your body, drink herbal detox tea, or hot water with lemon upon rising - wait 2 to 3 hours before eating breakfast
- Drink at least 64 oz. of purified water daily, before and after meals
- Exercise is beneficial for your physical body and helps you feel centered, 20 minutes every other day is ideal

# Intestinal

---

1. Are you sensitive and extremely emotional? Yes\_\_\_ No\_\_\_
2. Are you typically gentle, loving, and compassionate? Yes\_\_\_ No\_\_\_
3. Are relationships of utmost importance to you, especially family and close friends?  
Yes\_\_\_ No\_\_\_
4. Are you extremely sensitive and exceedingly concerned about feelings? Yes\_\_\_ No\_\_\_
5. When unsure of how to deal with an uncomfortable situation, do you tend to internalize it? Yes\_\_\_ No\_\_\_
6. Are you acutely aware of the stress that unresolved issues create for you, as well as in your relationships? Yes\_\_\_ No\_\_\_
7. Do you feel a strong need to clear the air? Yes\_\_\_ No\_\_\_
8. Do you have high standards and self-expectations? Yes\_\_\_ No\_\_\_
9. Do you have a strong desire to do things right? Yes\_\_\_ No\_\_\_
10. Do you feel the need to understand everything you encounter? Yes\_\_\_ No\_\_\_
11. Are you good at responding to problems objectively and analytically? Yes\_\_\_ No\_\_\_
12. Would you describe yourself as responsible, orderly, methodical, attentive to detail, and extremely capable? Yes\_\_\_ No\_\_\_
13. Can you easily work alone, preferring to figure things out for yourself? Yes\_\_\_ No\_\_\_
14. Do you have a good imagination and often escape into the creative world of day dreams? Yes\_\_\_ No\_\_\_
15. Are you by nature a free spirit? Yes\_\_\_ No\_\_\_

16. Is it typical for you to be a bit unconventional in your thinking, and rarely bound by tradition? Yes \_\_\_ No \_\_\_

17. Are you artistically inclined? Yes \_\_\_ No \_\_\_



## Weight Loss Tips

- When your body is exhausted, and excess weight gain has been an issue for a long time, focus on protein and vegetables for breakfast and lunch
- Make lunch your largest meal
- Raw vegetables are best at dinner
- Fat: 15 to 30 % of daily calories
- Best fat sources: sesame seeds, tahini, butter, fish (halibut, orange roughy, salmon, shark & sword fish), olive oil, sesame oil, beef, chicken, turkey, & cream
- Protein: 20 to 40% of daily calories
- If you do not eat enough protein daily, the result is sugar cravings & hunger
- Dense protein: 15 to 30 % of daily calories
- Snacks are ok to maintain blood sugar levels. Choose different forms of protein such as string cheese, protein bars, pumpkin seeds, sunflower seeds, turkey or chicken
- Eat legumes (black, lima, pinto), & squash (acorn, butternut)
- Balance cooked & raw vegetables
- Rebuild your body with protein & vegetables
- Limit carbohydrates
- Limit fruit and fruit juice
- Rotate your food & food combinations
- Avoid breads containing yeast
- Avoid lentils, dried peas, corn, bananas, dried fruit, & sweets

- Eliminate alcohol, bread, yeast, mayonnaise, & caffeine
- Drink at least 64 oz. of purified water daily, before and after meals
- Moderate exercise relieves emotional stress and aids digestion. Best time, mid-morning to midafternoon, 5 days a week, 20 minutes to 1 hour

# Kidney

---

1. Are you a procrastinator? Yes\_\_\_ No\_\_\_
2. Do you feel you need to be pressured before you become motivated to get busy and start a job? Yes\_\_\_ No\_\_\_
3. When you successfully complete something, does that seem to compel you to the next level? Yes\_\_\_ No\_\_\_
4. Does too much procrastination cause you to fall behind to the point where you have to accelerate just to catch up? Yes\_\_\_ No\_\_\_
5. Are relationships of paramount importance to you, whether it is family, children or friends? Yes\_\_\_ No\_\_\_
6. Do you feel in touch with your emotions? Yes\_\_\_ No\_\_\_
7. Do you see yourself as sensitive and expressive? Yes\_\_\_ No\_\_\_
8. Are you exceptionally good at helping others become more aware of their feelings and communicate them effectively? Yes\_\_\_ No\_\_\_
9. Are you a good listener and typically respond to the words of others accurately and objectively, rather than emotionally? Yes\_\_\_ No\_\_\_
10. Do you find it easy to look at a problem, size it up, and break it down, laying out the best approach to its solution? Yes\_\_\_ No\_\_\_
11. Do friends frequently call you and ask for assistance in dealing with their problems? Yes\_\_\_ No\_\_\_

12. Are you generally optimistic, positive, and usually nonjudgmental and look for the good qualities in people? Yes\_\_\_ No\_\_\_
13. Do you excel when working with others, particularly in a service or teaching capacity? Yes\_\_\_ No\_\_\_
14. Do you feel you need new experiences, options, and challenges? Yes\_\_\_ No\_\_\_
15. Are you highly creative and easily bored with conventional, routine, or repetitive activities? Yes\_\_\_ No\_\_\_
16. Are you drawn to new, unproven ideas and technologies'? Yes\_\_\_ No\_\_\_

## Weight Loss Tips

- Have a light breakfast, a heavy lunch with protein, no fruit, and a light dinner without dense protein
- Observe the following intervals between meals: 4-6 hours between breakfast & lunch , 5-7 hours between lunch & dinner, and 3-4 hours between lunch & mid afternoon snack
- Fat: 20 to 30 % of daily calories
- Best fat sources: olive oil, almonds, peanuts, butter, dairy (cheese & yogurt)
- Dense protein: 10 to 30% of daily calories
- Eat bananas & vegetables
- May include a midafternoon snack
- Olive oil once a day builds the immune system
- Rotate foods eating as many different foods as possible
- Salsa and other spicy foods stimulate the lymphatic's
- Decrease carbohydrates
- Minimize refined grains
- Use visualization to create and hold a mental picture of yourself at your ideal weight
- Drink at least 64oz of purified water daily, before and after meals
- Exercise 4 times a week is important for the alleviation of stress and gets energy moving throughout your body

# Liver

---

1. Are you family oriented and extremely loyal? Yes\_\_\_ No\_\_\_
2. Are you consistent and reliable? Yes\_\_\_ No\_\_\_
3. Can people count on you to carry out your duties and obligations? Yes\_\_\_ No\_\_\_
4. Do you see yourself as faithful, dependable, supportive and caring? Yes\_\_\_ No\_\_\_
5. Are you known for being there through thick and thin? Yes\_\_\_ No\_\_\_
6. Is your basic nature kind, patient and considerate? Yes\_\_\_ No\_\_\_
7. Are you people oriented, and find you function well in most social situations?  
Yes\_\_\_ No\_\_\_
8. Do you need to be needed, and enjoy giving of yourself and being there for others?  
Yes\_\_\_ No\_\_\_
9. Does teaching give you an ultimate sense of fulfillment because it enables you to give to  
others, and experience yourself as being important and valuable? Yes\_\_\_ No\_\_\_
10. Do you feel you are tough and resilient? Yes\_\_\_ No\_\_\_
11. Do you have a great deal of physical endurance, and are able to see a job through to its  
completion? Yes\_\_\_ No\_\_\_
12. Do you enjoy seeing the physical results of your efforts? Yes\_\_\_ No\_\_\_
13. Do you have a strong sense of commitment, perseverance & orderliness? Yes\_\_\_ No\_\_\_
14. Do you derive a great deal of enjoyment from the actual doing of your tasks, or creative  
projects? Yes\_\_\_ No\_\_\_
15. Are you known for your good organizational skills? Yes\_\_\_ No\_\_\_

16. Are you attentive to detail and have the ability to view problems systematically, as well as from a broad perspective? Yes \_\_\_ No \_\_\_

17. If you see a problem as irreparable, do you find it easy to put it out of your mind rather than worry about it? Yes \_\_\_ No \_\_\_

## Weight Loss Tips

- Make lunch your largest meal
- Fat: 15 to 30% of daily calories
- Best fat sources: butter, cheese, cottage cheese, fish, chicken
- Protein: 25 to 40% of daily calories
- Dense protein: 20 to 25% of daily calories
- Eat vegetables, fruits, protein (eggs, poultry, fish,), & moderate dairy
- May snack mid afternoon and evening
- Rotation and variety of foods are important
- Food is best assimilated when eaten in combinations
- Include more raw than cooked vegetables
- Raw foods are generally supportive to your system
- Garlic supports the immune system
- Avoid chocolate, sodas, and alcohol, especially grain alcohol
- Eliminate salt
- Get emotional support, such as a weight loss group
- Drink at least 64 oz. of purified water daily, before and after meals
- Exercise daily to burn calories
- Exercise helps your emotional state, besides cleansing your body



# Lung

---

1. Are you generally sensitive, caring, idealistic, even - tempered, and mild - mannered?  
Yes\_\_\_ No\_\_\_
2. Are you emotional by nature and have a tendency to breathe in others' emotions?  
Yes\_\_\_ No\_\_\_
3. Do you sometimes go to the other extreme of suppressing your emotions and ignoring others emotions in an attempt to avoid being driven by them? Yes\_\_\_ No\_\_\_
4. Do you have a tendency to become too analytical of your emotions and suppress them altogether? Yes\_\_\_ No\_\_\_
5. Are you systematic in your thought processes? Yes\_\_\_ No\_\_\_
6. Do you like to think things through before taking any action? Yes\_\_\_ No\_\_\_
7. Do you like to understand what's taking place and feel sure about your choices before making any changes? Yes\_\_\_ No\_\_\_
8. Are you naturally creative as well as very practical? Yes\_\_\_ No\_\_\_
9. Are you quite imaginative and gifted at working with your hands? Yes\_\_\_ No\_\_\_
10. Can you take abstract ideas and translate them into physical forms? Yes\_\_\_ No\_\_\_
11. Do you have a well-developed sense of style which makes it easy for you to express your talents through drawing, sculpturing, design or construction? Yes\_\_\_ No\_\_\_
12. Do you have a good sense of rhythm and timing? Yes\_\_\_ No\_\_\_
13. Do you like to express yourself through music and or dance? Yes\_\_\_ No\_\_\_

## Weight Loss Tips

- Have a heavy breakfast, emphasizing protein, a moderate lunch, emphasizing vegetables, and a light dinner, with no fruit
- Fats: 10 to 30% of daily calories
- Best fat sources: nuts (almonds, pine nuts, pecans, coconut, & cashews), seeds, protein (beef, chicken, turkey, lamb, fish & eggs), olive oil, & butter
- Dense protein: 15 to 35% of daily calories
- May include nuts & seeds for a snack, especially mid-morning
- Eat pine nuts, rice with steamed kale, collards, & Swiss chard
- Eating sweets between 8 P.M. & 10 P.M. may result in waking up around 3 - 4 A.M. -  
Eating cheese, or cheese and crackers often allows you to go back to sleep
- Peppermint tea aids digestion and assimilation
- Reduce fruit and eliminate sugar
- Get sufficient sleep
- Add lemon juice or a drop of peppermint oil to your drinking water
- Drink at least 64 oz. of purified water daily, before or after meals
- Exercise is beneficial because it calms your mind, reduces stress and oxygenates your  
body
- Increase your oxygen intake through exercise and deep breathing

# Lymph

---

1. Are you physically strong and naturally well-coordinated? Yes\_\_\_ No\_\_\_
2. Are you athletically inclined and usually health conscious? Yes\_\_\_ No\_\_\_
3. Can you see yourself as a professional athlete or a personal trainer? Yes\_\_\_ No\_\_\_
4. Are you basically playful and thrive on constant stimulation, variety and change?  
Yes\_\_\_ No\_\_\_
5. Are you mentally quick and alert? Yes\_\_\_ No\_\_\_
6. Are you stimulated by learning? Yes\_\_\_ No\_\_\_
7. Are you creative and artistic? Yes\_\_\_ No\_\_\_
8. Do you love to express yourself imaginatively, usually in areas associated with  
movement, such as dance, playing a musical instrument, or other forms of artistic or  
aesthetic expression? Yes\_\_\_ No\_\_\_
9. Do you think you are beautiful or handsome? Yes\_\_\_ No\_\_\_
10. Can you characterize your body by fine, well - sculpted features, broad shoulders, and  
easily definable muscles? Yes\_\_\_ No\_\_\_
11. Are you typically quite conscientious about how you look, generally maintaining a  
striking appearance? Yes\_\_\_ No\_\_\_
12. Is physical attractiveness a high priority for you? Yes\_\_\_ No\_\_\_
13. Do you tend to put allot of energy into maintaining a youthful appearance?  
Yes\_\_\_ No\_\_\_
14. Are you typically extroverted and sociable? Yes\_\_\_ No\_\_\_

15. Do you add stimulation and excitement to whatever you do? Yes \_\_\_ No \_\_\_
16. Are you romantically inclined, and tend to enter new relationships with great optimism?  
Yes \_\_\_ No \_\_\_
17. Are you sensitive and caring? Yes \_\_\_ No \_\_\_
18. Are you charismatic and mentally focused? Yes \_\_\_ No \_\_\_
19. Do you sometimes come on very strong and easily sweep the objects of your attention  
off their feet? Yes \_\_\_ No \_\_\_

## Weight Loss Tips

- Limit vegetables at lunch, salads are best at dinner
- Fat: 20% of daily calories
- Best fat sources: sunflower seeds, almonds, pecans, avocados, butter, kefir, fish (especially salmon), chicken, turkey, Cornish game hen, & kefir cheese
- Protein: 15 to 40% of daily calories
- Dense protein: 20 to 25% of daily calories
- Eat carrots, rice (white basmati if sensitive), & adequate protein
- Spicy foods (Thai spices, salsa, or cayenne pepper stimulate lymphatic movement)
- May use protein powders and / or protein bars with nuts
- Snacks are often supportive, may be included in 6 meals
- Emphasize nuts, seeds, and avocados
- Rotate foods
- Reduce breads
- Eliminate all dairy except butter
- You are sensitive to chemicals and additives, so use only chemical free chicken, turkey and beef, organic fruits, vegetables & grains are best
- Drink at least 64 oz. of purified water daily, before and after meals
- Exercise 1 hour every other day is essential to activate the immune system. Lymphatic activation requires all- over movement such as walking 20 minutes, 5 times a week

# Medulla

---

1. Would you describe your character as steady, stable and persistent? Yes\_\_\_ No\_\_\_
2. Do you love structure, order, consistency, and stability? Yes\_\_\_ No\_\_\_
3. Are you highly responsible once you have committed to something? Yes\_\_\_ No\_\_\_
4. Do you generally follow through keeping your promises and agreements? Yes\_\_\_ No\_\_\_
5. Are you loyal, patient, and tenacious, and you typically won't quit until a job is finished?  
Yes\_\_\_ No\_\_\_
6. Do you have a strong and inquiring mind? Yes\_\_\_ No\_\_\_
7. Are you drawn to things that appeal to your creativity? Yes\_\_\_ No\_\_\_
8. Are you open to new ideas and philosophies, but typically cautious about getting into  
new situations? Yes\_\_\_ No\_\_\_
9. Are you conscientious, conservative, and generally conventional? Yes\_\_\_ No\_\_\_
10. Do you like to study a subject in depth? Yes\_\_\_ No\_\_\_
11. When you feel secure about something, do you sometimes fly by the seat of your pants?  
Yes\_\_\_ No\_\_\_
12. Do you possess a sensitivity that is expressed in your responsiveness to others, or  
protected with a hard exterior? Yes\_\_\_ No\_\_\_
13. Do you tend to be one of the two extremes, either quite sensitive to the people around  
you, or closed and self-centered? Yes\_\_\_ No\_\_\_
14. When sensitive to people, do you have a strong nurturing and or healing quality coupled  
with a depth of caring and compassion? Yes\_\_\_ No\_\_\_

15. Are you kind, gentle and helpful?

Yes \_\_\_ No \_\_\_

16. Are you unselfish, with a strong desire to help people individually and the human race in general?

Yes \_\_\_ No \_\_\_

## Weight Loss Tips

- Have vegetables at every meal (especially breakfast as it activates digestion), particularly green beans, celery, greens, peas & soups
- Make lunch your largest meal between 10:30 A.M. & 3 P.M.
- Have no protein for dinner
- Follow a food and time schedule: Breakfast 7-9 A.M., Lunch 10:30-3 P.M., Dinner 6-8 P.M., or Late Dinner 9-11 P.M. - may include protein
- Fat: 20 to 30% of daily calories
- Best fat sources: dense protein (chicken, turkey, Cornish game hen), nuts such as (almonds, cashew butter, coconut, pine nuts, sesame seed butter, & raw sunflower seeds), butter, ghee, kefir, yogurt & cheese
- Protein: 20 to 35% of daily calories
- Dense protein: 0 to 30% of daily calories
- Fruit often helps regulate bowels, green beans & peas strengthen intestines
- Rotate your foods
- May fast on apple juice and water up to 2 days a week, with walking or yoga to keep lymphatic's moving
- You are sensitive to chemicals so eat only chemical free chicken, turkey, beef, & organic fruits, vegetables, & grains are best
- Medulla types build muscle easily and a 1 hour workout will build muscle making weight loss in thighs difficult



- Working up a sweat for 3 hours or more activates weight loss
- Drink at least 64 oz. of purified water daily, before or after meals
- Exercise is helpful because it activates the immune system and is emotionally beneficial  
as It relieves tension and removes stuck emotions

# Nervous System

---

1. Do you possess a strong physical presence and mental focus? Yes\_\_\_ No\_\_\_
2. Are you characterized and easily recognized by your direct, (often forceful), take charge manner? Yes\_\_\_ No\_\_\_
3. Do you thrive on allot of activity and love to get things moving? Yes\_\_\_ No\_\_\_
4. Do you derive most of your knowledge and stimulation from your interactions with others? Yes\_\_\_ No\_\_\_
5. Are you sometimes fairly reserved, but typically gregarious and outgoing when you feel free to be yourself? Yes\_\_\_ No\_\_\_
6. Are you naturally curious, with excellent analytical abilities? Yes\_\_\_ No\_\_\_
7. Are you interested in learning what other people know and how they do things? Yes\_\_\_ No\_\_\_
8. Are you quite conscientious about learning all that is necessary to use and integrate information, but don't feel you need to know every detail? Yes\_\_\_ No\_\_\_
9. Are you happiest when you can collect knowledge from one person and bring it to another? Yes\_\_\_ No\_\_\_
10. Are you practical and efficient, preferring the physical or concrete to the theoretical? Yes\_\_\_ No\_\_\_
11. Are you highly selective in what you like, and base your choices on ones that add meaning to your life? Yes\_\_\_ No\_\_\_

12. Do you often appear to have a hard exterior but inside you are quite sentimental?

Yes \_\_\_ No \_\_\_

13. Are you particularly good at helping or providing emotional support and encouragement to others?

Yes \_\_\_ No \_\_\_

14. Are you well organized, logical and persistent?

Yes \_\_\_ No \_\_\_

15. Do you have the ability to determine what needs to be done in any situation, and the physical stamina to follow projects through to completion, meeting your goals?

Yes \_\_\_ No \_\_\_

16. Do you enjoy finding a Nobel Cause you can serve?

Yes \_\_\_ No \_\_\_

## Weight Loss Tips

- Have a heavy breakfast with protein. Eat what is normally considered dinner for breakfast
- Eat raw vegetables for lunch and cooked or steamed vegetables for dinner. Reverse the order when sensitive
- Avoid fruit with dinner
- Fat: 20 to 35% of daily calories
- Best fat sources: dense protein, Swiss cheese, butter, flax seed oil, olive oil, sesame oil, nuts & seeds
- Protein: 20 to 40% of daily calories
- Dense protein: 20 to 30% of daily calories
- Olive oil relieves constipation, potatoes support the lungs, whey aids digestion of carbohydrates
- Reduce grains & sugars, including fruit
- Drink at least 64 oz. of purified water daily, before and after meals
- Exercise is essential because it activates the immune system and releases emotional stress. Heavy exercise for 20 minutes every other day is recommended

# Pancreas

---

1. Do you see yourself as highly sociable, caring, considerate, and compassionate? Yes\_\_\_ No\_\_\_
2. Do you tend to maintain a joyous childlike quality with a positive nature, full of laughter and lightness? Yes\_\_\_ No\_\_\_
3. Do you energetically transmit joy to those around you? Yes\_\_\_ No\_\_\_
4. Is food a major issue with you, and do you connect it with having fun? Yes\_\_\_ No\_\_\_
5. Do you find it easy to eat just for pleasure? Yes\_\_\_ No\_\_\_
6. When getting together with friends, do you generally like to go out to eat? Yes\_\_\_ No\_\_\_
7. When you are alone, are you an emotional eater, using food to fill the void when you feel stressed, bored or lonely? Yes\_\_\_ No\_\_\_
8. Do you love to eat but dislike cooking? Yes\_\_\_ No\_\_\_
9. Do you tend to eat the same thing for several consecutive days? Yes\_\_\_ No\_\_\_
10. Do you easily put on weight when you are not physically active? Yes\_\_\_ No\_\_\_
11. Do you enjoy being with people and bringing happiness to your surroundings? Yes\_\_\_ No\_\_\_
12. Are you physically expressive and like to touch, nurture and help others? Yes\_\_\_ No\_\_\_
13. Are you good at using humor to alleviate stressful circumstances? Yes\_\_\_ No\_\_\_
14. Do you dislike when you offend others? Yes\_\_\_ No\_\_\_

15. Are you highly emotional and so enthusiastic sometimes that your spirited outburst comes across as pushy or overbearing?

Yes \_\_\_ No \_\_\_

## Weight Loss Tips

- Avoid dense protein for breakfast, minimize it at dinner
- Limit fruit to breakfast and morning and evening snacks
- Make lunch with protein your main meal between 12 & 2 P.M.
- Have an early dinner, between 5 & 7 P.M.
- Fat: 15 to 30% of daily calories
- Best fat sources: olive oil, nuts & seeds (almond milk, water chestnuts, raw or roasted sesame seeds), butter, cheese, & dense protein (chicken, turkey, & fish)
- Dense protein: 15 to 25% of daily calories
- Eat vegetables (mainly root type)
- Eat complex carbohydrates like rice, potatoes, beans, and popcorn
- Eat fruit such as cherries, papayas, apples, & red grapefruit (with honey)
- Eat protein particularly from fish and turkey, or yogurt & cottage cheese
- Emphasize protein and vegetables
- Emphasize low - glycemic foods
- Rotate foods and vary them as much as possible. This is essential to reduce pancreatic stress
- Best to consume 60% of total food intake by 2 P.M. and 100% by 7P.M.
- Pay attention to your body regarding quantity of food, avoid overeating, stop when you feel satisfied
- Get ample emotional support

- Reduce salt, sugar, & dairy
- If you must have sweets, save it for an evening snack
- Avoid bread, alcohol, caffeine, artificial sweeteners, & carbonated beverages
- Drink at least 64 oz. of purified water daily, before or after meals
- Exercise speeds up your metabolism and is emotionally beneficial. To lose weight you must exercise 1 hour a day, 6 days a week, morning or afternoon is the best time



# Pineal

---

1. Do you see yourself as quick witted, with a strong and active mind, and the gift of verbal expression? Yes\_\_\_ No\_\_\_
2. Do you often have trouble balancing your sense of perception with your intuition? Yes\_\_\_ No\_\_\_
3. Do you sometimes shut down your intuition, ignore your insights and live your life purely from a mental perspective? Yes\_\_\_ No\_\_\_
4. Are emotional issues generally a challenge? Yes\_\_\_ No\_\_\_
5. Do you often deny your feelings to avoid feeling weak or stupid? Yes\_\_\_ No\_\_\_
6. Do you easily sense the emotional states of others? Yes\_\_\_ No\_\_\_
7. Do you sometimes notice that you absorb the emotions of others? Yes\_\_\_ No\_\_\_
8. Are you a natural giver? Yes\_\_\_ No\_\_\_
9. Do you have a strong tendency to be a caretaker? Yes\_\_\_ No\_\_\_
10. Do you have a desire to maintain a pleasant environment to the point where you tend to blend in with the habits and patterns of those around you? Yes\_\_\_ No\_\_\_
11. Are you highly sensitive to your environment? Yes\_\_\_ No\_\_\_
12. Do you frequently feel that the beauty you find in nature is essential for you to find a quiet, peaceful state? Yes\_\_\_ No\_\_\_
13. Do you have an abundance of valuable ideas but find you easily forget them if you don't write them down? Yes\_\_\_ No\_\_\_

14. Do you find it a challenge to sort through your ideas and translate them into practical terms? Yes\_\_\_ No\_\_\_
15. Do you frequently experience difficulty communicating your ideas? Yes\_\_\_ No\_\_\_
16. Do you often have feelings of being different or misunderstood? Yes\_\_\_ No\_\_\_

## Weight Loss Tips

- Do not skip breakfast
- Make lunch your largest meal, emphasize protein
- Eat the majority of daily protein at lunch between 11:30 A.M. & 2 P.M., although fish may be included at dinner
- Avoid fruit for dinner
- Fat: 20 to 35% of daily calories
- Best fat sources: olive oil, nuts (roasted cashews, hazelnuts) seeds (sunflower & pumpkin), dense protein ( fish, eggs, chicken, & turkey), & cheese
- Protein: 25 to 40% of daily calories
- Dense protein: 20 to 35% of daily calories
- May include healthy snacks
- Consume the majority of your food before 2 P.M.
- Frequent small meals are best
- Rotation of food is important - no more than 2 consecutive days per food
- Eat vegetables, particularly carrots & butter or red leaf lettuce, fresh fruits, fish, especially salmon, chicken, soups, & pasta with a light sauce
- Eat most of your vegetables steamed or cooked. Raw vegetables are best eaten at lunch
- May have potatoes everyday but rotate different varieties
- Avoid eating potato or squash with a dense protein
- Sunlight is essential

- Drink at least 64 oz. of purified water daily, before or after meals
- Exercise 5 times a week before 3 P.M. is emotionally beneficial, stops mind chatter and helps overcome depression

# Pituitary

---

1. Do you possess a childlike openness, curiosity, and creativity? Yes\_\_\_ No\_\_\_
2. Does your body have a soft childlike look? Yes\_\_\_ No\_\_\_
3. Do you feel your head is out of proportion to the rest of your body? Yes\_\_\_ No\_\_\_
4. Do you find it easy to exhibit a young child's basic joy and love of life? Yes\_\_\_ No\_\_\_
5. Are you mentally sharp, curious and crave stimulation? Yes\_\_\_ No\_\_\_
6. Do you feel you can and must constantly learn and be stimulated by fresh new ideas and concepts to bring more joy and happiness into your environment and the world in general? Yes\_\_\_ No\_\_\_
7. Is your basic nature, kind, considerate, and compassionate? Yes\_\_\_ No\_\_\_
8. Do you easily connect with people and enjoy them? Yes\_\_\_ No\_\_\_
9. Do you possess good verbal skills and readily communicate your thoughts and feelings? Yes\_\_\_ No\_\_\_
10. Are you sensitive to the feelings of others? Yes\_\_\_ No\_\_\_
11. Are you extremely tactful and diplomatic, excelling at "People skills"? Yes\_\_\_ No\_\_\_
12. Do you tend to take things in stride? Yes\_\_\_ No\_\_\_
13. Do you find it easy to not get upset at circumstances out of your control? Yes\_\_\_ No\_\_\_
14. Even when faced with a tense situation, do you assume a philosophical detachment, rather than reacting with anger or frustration? Yes\_\_\_ No\_\_\_
15. Are you able to accept things as they are without feeling a strong need to manipulate or change them? Yes\_\_\_ No\_\_\_

16. Do you rarely become judgmental or critical of others and find it's easy for you to see both sides of most situations? Yes\_\_\_ No\_\_\_
17. Do you possess a high degree of mental acuity, clarity, and balance the two by trusting your intuition? Yes\_\_\_ No\_\_\_
18. Are you logical, analytical, and systematic with a natural aptitude for computers, as well as for the mental programming of the mind? Yes\_\_\_ No\_\_\_
19. Do you often conceal a resilience and inner strength that generally becomes apparent over time? Yes\_\_\_ No\_\_\_
20. Are you intelligent and tend to carry most of your energy in your head? Yes\_\_\_ No\_\_\_
21. To balance this energy, do you require physical expression? Yes\_\_\_ No\_\_\_
22. Do you find that physical exercise is a definite challenge and requires much personal discipline on your part? Yes\_\_\_ No\_\_\_

## Weight Loss Tips

- Follow a meal schedule - heavy breakfast including meat or fish; wait 4 - 5 hours, moderate lunch with adequate protein; wait 6 hours, then have a very light dinner without protein or grain.
- Protein at breakfast increases energy and reduces appetite later in the day. Too little protein causes sugar cravings later on
- Fat: 20 to 30% of daily calories
- Best fat sources: Dense protein (all), butter, coconut milk, & coconut
- Protein: 25 to 40% of daily calories
- Get adequate protein - either from concentrated plant sources such as red algae or from animal protein with as little fat as possible ( beef, organ meat, chicken & fish)
- Dense protein: 15 to 30% of daily calories
- Eat a variety of foods and rotate menus, especially at breakfast
- Eat the majority of your calories by 2 P. M.
- Eat abundant fruits & vegetables
- Eat carbohydrates in moderation (preferably whole grains)
- Eat red meat and / or exercise to stimulate the adrenals
- May include nuts 5 times a week
- Best supporting foods are rice, chicken, & turkey
- Reduce quantity of food
- Avoid late night snacking

- Restrict bread
- Eliminate all dairy, except butter
- Be happy
- Drink at least 64 oz. of purified water daily, before or after meals
- Exercise at least 3 times per week stimulates the adrenals and relieves emotional stagnation. Weight lifting helps to build muscle



# Skin

---

1. Are you extremely sensitive to vibrations and subtle energies? Yes\_\_\_ No\_\_\_
2. Are you physically oriented and have a strong, solid connection with the earth and nature? Yes\_\_\_ No\_\_\_
3. Does the weather often affect your mood? Yes\_\_\_ No\_\_\_
4. Do you possess a natural attraction to the Native American culture? Yes\_\_\_ No\_\_\_
5. Are you sensual and romantic with an enviable hunger for life? Yes\_\_\_ No\_\_\_
6. Do you like to experience your senses fully? Yes\_\_\_ No\_\_\_
7. Do you find satisfaction in natural simple pleasures like the taste of foods, the sound of music, and the visual stimulation of bright colors and intriguing designs? Yes\_\_\_ No\_\_\_
8. Are you highly in tune with your sense of touch and like the feel of things, particularly enjoying fabrics that have a pleasant texture like silk, cashmere, or flannel? Yes\_\_\_ No\_\_\_
9. Are you perceptive, visual, and possess a photographic memory? Yes\_\_\_ No\_\_\_
10. Do you find school work or learning most appealing when you experience it in a visual way? Yes\_\_\_ No\_\_\_
11. Do you learn best when discovering the material directly or through multiple sensory perceptions? Yes\_\_\_ No\_\_\_
12. Are you open, receptive, and can easily create a warm, nurturing environment where others feel safe and appreciated? Yes\_\_\_ No\_\_\_
13. Are you naturally sociable and extremely sensitive to other people? Yes\_\_\_ No\_\_\_

14. Are you usually the happiest when you are involved with others in a mutual undertaking? Yes \_\_\_ No \_\_\_
15. Do you possess strong nurturing qualities and exceptionally good with children, making you particularly effective in service professions? Yes \_\_\_ No \_\_\_
16. Does your love and respect for life and all its creatures often reflect in selflessness or unselfish concern for the welfare of others? Yes \_\_\_ No \_\_\_
17. Are you highly sympathetic with a tendency to take in and retain all you experience? Yes \_\_\_ No \_\_\_
18. Does your spirit sometimes sink when you witness the emotional suffering of others? Yes \_\_\_ No \_\_\_

## Weight Loss Tips

- Rotate foods, eat vegetables, keep food and meals simple
- Include fruit as a midafternoon snack, but avoid it with dinner
- Fat: 15 to 30% of daily calories
- Best fat sources: almonds, sunflower & sesame seeds, tahini, avocados, olive oil, fish, meat, & poultry
- Protein: 25 to 40% of daily calories
- Dense protein: 15 to 35% of daily calories
- Eat potatoes (different varieties) 4 to 6 times a week
- Eat grains: (organic corn, corn grits, oats, rice (all varieties), rice bran, rice cakes, Swedish crisp bread, pasta (durum semolina), udon noodles, rice noodles, cream of rice, 4 to 6 times a week
- Eat melons alone
- Eat brown or wild rice with vegetables
- Keep foods as close to nature as possible and eliminate all processed foods
- Extremely sensitive to altered food such as micro waved or GMO
- Combine your protein with vegetables & grains
- Follow the food combining rules: Avoid combining meat and breads (as in sandwiches), avoid combining dense protein & fruit, avoid combining two proteins (meat & milk or cream sauce), avoid combining acids & grains (vinegar & rice)
- Dairy foods often interferes with memory, especially avoid them for dinner

- Concentrated herbal products & rice powders (in water) are often effective in rebuilding your body
- Avoid snacks, if you need to snack, an evening snack is best
- Reduce salt
- Eliminate sugar (can cause muscle loss and weight gain), alcohol, dairy, & breads (because of yeast & sweetener)
- Let go of the need to use weight as a protection, identify and clear emotional stress
- Drink at least 64 oz. of purified water daily, before or after meals
- Exercise is emotionally beneficial as long as it is fun and not overly repetitive. Stretching is the ultimate exercise for your body type. Stretch at least 15 minutes a day

# Spleen

---

1. Are you basically social and naturally outgoing? Yes\_\_\_ No\_\_\_
2. Are you personable and thrive on helping others? Yes\_\_\_ No\_\_\_
3. Do social interactions give you a sense of fulfillment, particularly when you can be the authority or center of attention? Yes\_\_\_ No\_\_\_
4. Do you have good organizational skills and like to do things in a big way, such as being involved in organizing huge social events? Yes\_\_\_ No\_\_\_
5. Are you intense and forceful by nature? Yes\_\_\_ No\_\_\_
6. Do you tend to be passionate in your ideas & convictions and sometimes express your enthusiasm so forcefully that you can overwhelm people and may be perceived as aggressive? Yes\_\_\_ No\_\_\_
7. Do you love to present new ideas or viewpoints and find that introducing others to nontraditional or alternative ways of seeing or doing things is especially rewarding? Yes\_\_\_ No\_\_\_
8. Are you passionate about your ideas regarding change and reform? Yes\_\_\_ No\_\_\_
9. Do you often express your ideas with such emotional fervor that other people feel uncomfortable? Yes\_\_\_ No\_\_\_
10. Are you tenacious to the point of whatever you focus on you stay with it until you get the results you desire? Yes\_\_\_ No\_\_\_
11. Do you sometimes get so focused on a particular detail that you keep a conversation or a project at a standstill until it is resolved? Yes\_\_\_ No\_\_\_

12. Do you derive a sense of security from detail clarification and a solid, organized structure?

Yes \_\_\_ No \_\_\_

## Weight Loss Tips

- Make lunch your largest meal
- Have a light, early dinner, ideally between 5 & 6 P.M.
- Fat: 25 to 30 % of daily calories
- Best fat sources: nuts and seeds (natural peanut butter, walnuts (black, English), roasted unsalted seeds (pumpkin, sesame, sunflower), caraway seeds, oils (especially sunflower seed oil), & low fat yogurt
- Protein: 20 to 30% of daily calories
- Dense protein: 10 to 25% of daily calories
- Eat fish 2 times a week, rotate type
- Blueberries strengthen white blood cells
- Have spices, especially curry, up to 4 times a week. Curry strengthens red & white blood cells & capillaries. Cayenne pepper stimulates the lymphatic's
- Focus on vegetables, especially green beans
- Limit sugar, including fruit to twice a week
- Limit bread to no more than 3 times a week
- Rotate foods
- Avoid snacks, especially late - night snacking
- Avoid eating potato or squash with dense protein
- Drink at least 64 oz. of purified water daily, before or after meals

- Exercise releases stress and are good for muscle toning. Mornings are the best time, ideally 1 hour before breakfast, 4 times a week, getting the heart rate up to 120 for a minimum of 30 minutes



# Stomach

---

1. Do you prefer to develop an intellectual grasp of a situation before taking action?  
Yes\_\_\_ No\_\_\_
2. Are you sometimes impulsive and rely on your heart or gut feelings rather than your intellect?  
Yes\_\_\_ No\_\_\_
3. Once you assimilate significant material do you find it easy to simplify and organize it in a manner that is clear and easy to teach and understand?  
Yes\_\_\_ No\_\_\_
4. When you communicate are you articulate and precise and project strength by the way you express yourself?  
Yes\_\_\_ No\_\_\_
5. Do people listen when you speak?  
Yes\_\_\_ No\_\_\_
6. Do you trust your intellect over your feelings and your opinion rather than the opinions of others?  
Yes\_\_\_ No\_\_\_
7. Are you skeptical of new ideas and opposing beliefs?  
Yes\_\_\_ No\_\_\_
8. When you truly listen and trust your intuition does it give you a sense of balance?  
Yes\_\_\_ No\_\_\_
9. Do you have a unique way of dealing with people, tasks or situations?  
Yes\_\_\_ No\_\_\_
10. Do you have a strong desire to please others?  
Yes\_\_\_ No\_\_\_
11. Is the response of those around you crucial to your sense of self-worth?  
Yes\_\_\_ No\_\_\_
12. Do you often push yourself to do something because of the way you think others will respond?  
Yes\_\_\_ No\_\_\_

13. When you focus all your attention on what's at hand, does it ignite your passion and allow you to experience things more intensely? Yes \_\_\_ No \_\_\_
14. Is fun and creativity an integral part of who you are? Yes \_\_\_ No \_\_\_
15. No matter how difficult or routine a task do you find it's easy to make it light and enjoyable? Yes \_\_\_ No \_\_\_

## Weight Loss Tips

- Eat a light breakfast, a moderate lunch, (emphasizing fish & vegetables), and a heavier dinner
- Salads are best at dinner
- Fat: 20 to 30% of daily calories
- Best fat sources: all dense protein, including fish (especially tuna), eggs & butter
- Protein: 25 to 40% of daily calories
- Dense protein: 25 to 35% of daily calories
- Focus on protein & vegetables
- Potatoes are good as long as you rotate varieties
- Be sure to eat adequately during the day
- Avoid fruit, especially in the morning
- Avoid alcohol, it inhibits weight loss
- Avoid snacking
- Avoid spicy foods when your digestion is stressed or sensitive
- Reduce dairy products
- Restrict bread
- Eliminate caffeine
- Drink at least 64 oz. of purified water daily, before and after meals
- Exercise daily - aerobic exercise enhances feelings of wellbeing, it releases stress, lifts depression, and can be a way of personal expression

# Thalamus

---

1. Are you sensitive to and aware of your physical and emotional surroundings?  
Yes\_\_\_ No\_\_\_
2. Do you listen intently to what is going on around you and notice things that others miss?  
Yes\_\_\_ No\_\_\_
3. Do you possess a strong, active, well organized mind?  
Yes\_\_\_ No\_\_\_
4. Do you like to relate to life by understanding how things work and why they are the way they are?  
Yes\_\_\_ No\_\_\_
5. Do you possess a superb organizational skill that is reflected in your surroundings?  
Yes\_\_\_ No\_\_\_
6. Have you even gone as far as to have a filing cabinet in your bedroom to keep track of personal papers, articles, and reference material that could be needed at some future date?  
Yes\_\_\_ No\_\_\_
7. Are you oriented to reality through your mind which causes you to think things over carefully before arriving at a clear decision about how to solve a problem?  
Yes\_\_\_ No\_\_\_
8. Do you learn easily and enjoy studying subjects that interest you?  
Yes\_\_\_ No\_\_\_
9. Do you consider yourself investigative and analytical?  
Yes\_\_\_ No\_\_\_
10. Do you possess a high degree of intellectual curiosity and enjoy conversations that allow you to express the depth of your thoughts?  
Yes\_\_\_ No\_\_\_
11. Are you curious and observant?  
Yes\_\_\_ No\_\_\_

12. Are you fairly adventurous and intrigued by the prospect of exploring new horizons?

Yes \_\_\_ No \_\_\_

13. Although daring, do you temper this side of you with caution and have a "look before  
you leap" attitude?

Yes \_\_\_ No \_\_\_

14. Do you feel it's important to select activities and endeavors that are worthwhile?

Yes \_\_\_ No \_\_\_

## Weight Loss Tips

- Include fruit only at breakfast and as an evening snack
- Fat: 25 to 40% of daily calories
- Best fat sources: seeds (sunflower, pumpkin, & sesame, including sesame tahini), dense protein (chicken, turkey, eggs, fish, & beef), & butter
- Protein: 20 to 40% of daily calories
- Dense protein: 20 to 30% of daily calories
- Eat more cooked than raw vegetables
- Eat seeds, beans, (adzuki, black, garbanzo, great northern, kidney, navy, pinto, red, non GMO soy), black-eyed peas, split peas, vegetables, & protein
- Midmorning and midafternoon snacks may be included
- Frequent meals support energy
- Get adequate protein & fats to maintain energy
- Minimize breads & butter
- Avoid fruit juice
- Avoid eating potato or squash with dense protein
- Eliminate refined sugar, alcohol, honey, and all artificial sweeteners
- Drink at least 64 oz. of purified water daily, before or after meals
- Exercise calms your mind and is highly beneficial if done daily, even for a few minutes scattered throughout the day

# Thymus

---

1. Do you see yourself as strong willed, forceful and determined? Yes\_\_\_ No\_\_\_
2. Are you practical and like things you can see and touch and have been proven overtime?  
Yes\_\_\_ No\_\_\_
3. Are you most comfortable when your life is steady and constant? Yes\_\_\_ No\_\_\_
4. Do you possess a strong sense of loyalty and responsibility? Yes\_\_\_ No\_\_\_
5. Do you tend to resist change unless it is instigated by you? Yes\_\_\_ No\_\_\_
6. Do you see things as either black and white or one way or the other? Yes\_\_\_ No\_\_\_
7. Do you view things more from your head than from your heart? Yes\_\_\_ No\_\_\_
8. In your approach to problem solving do you tend to take a broad overview, dive into a project, deal with the difficulties as they arise and bulldoze your way through?  
Yes\_\_\_ No\_\_\_
9. Is your basic attitude toward work to take things as they come and delegate the details whenever possible? Yes\_\_\_ No\_\_\_
10. Are you known for having particularly high standards and high expectations of yourself?  
Yes\_\_\_ No\_\_\_
11. Are you often idealistic and a perfectionist? Yes\_\_\_ No\_\_\_
12. Do you like being in charge? Yes\_\_\_ No\_\_\_
13. Do you tend to control through your energy or presence? Yes\_\_\_ No\_\_\_
14. Are you considered tall and intimidating by your size? Yes\_\_\_ No\_\_\_

15. Do you have a strong desire to be the center of attention and expect people to accommodate you automatically? Yes \_\_\_ No \_\_\_



## Weight Loss Tips

- Eat dense protein for breakfast and lunch
- Fat: 25 to 30% of daily calories
- Best fat sources: dense protein, all seeds, nuts (almonds, brazils, peanuts & pine nuts,) olive oil, & kefir
- Protein: 25 to 40% of daily calories
- Dense protein 20 to 30% of daily calories
- May have 4 eggs a day 7 days a week
- Lamb & rye support the thymus gland
- Include rye, seeds, nuts, vegetables & olive oil in your diet
- Minimize bread
- Avoid all dairy products except butter
- Avoid sugar, it stresses the immune system
- Eliminate refined sugar, particularly sugary desserts & sweet drinks, including fruit juices & alcohol
- Drink at least 64 oz. of purified water daily, before or after meals
- Exercise is essential because it activates the immune system. You should exercise at least 15 minutes daily, at any time of day. You need sunlight, so outdoor activity is especially beneficial

# Thyroid

---

1. Do others see you as sensitive, open and available? Yes\_\_\_ No\_\_\_
2. Do you characteristically have a strong compassion and empathy for others?  
Yes\_\_\_ No\_\_\_
3. Do you possess a multifaceted nature which allows you to relate to and understand everyone you meet? Yes\_\_\_ No\_\_\_
4. Do you feel intimately connected to both your head and body bridging the gap between the mental and sensuous? Yes\_\_\_ No\_\_\_
5. Do you have an intense interest in gaining knowledge? Yes\_\_\_ No\_\_\_
6. Do you seek personal growth and deal with what's not working in your life on an ongoing basis? Yes\_\_\_ No\_\_\_
7. Are you oriented to life through your intellect? Yes\_\_\_ No\_\_\_
8. Are you keenly aware of your body and sensory perceptions? Yes\_\_\_ No\_\_\_
9. Are your senses finely tuned with a heightened sense of touch? Yes\_\_\_ No\_\_\_
10. Do you frequently demonstrate an intense interest in things aesthetic, whether it is music, theater or fine art? Yes\_\_\_ No\_\_\_
11. Are you quite sociable, fit in well and enjoy the company of others? Yes\_\_\_ No\_\_\_
12. Although talkative, open and receptive, do you generally give a sense that there's still a whole lot more that's not being expressed? Yes\_\_\_ No\_\_\_
13. Are you exceptionally self-contained and sometimes soft - spoken & reserved to the point of appearing aloof, sensitive or withdrawn? Yes\_\_\_ No\_\_\_

14. Do you sometimes internalize rather than assertively express your feelings & attitudes,  
giving others a sense of privacy and independence about you? Yes \_\_\_ No \_\_\_

## Weight Loss Tips

- Fat: 20 to 30% of daily calories
- Best fat sources: almonds, and dense protein (chicken, turkey, eggs, & fish)
- Protein: 20 to 40% of daily calories
- Dense protein: 20 to 30% of daily calories
- Eat almonds, raw, soaked or roasted unsalted
- Consume more cooked than raw vegetables
- Beets and / or beet greens cleanse the liver and stimulate bowel function
- Asparagus aids the liver
- Emphasize protein & vegetables
- Limit fruit, other than lemon, to 2 meals a week, choosing tart rather than sweet fruit
- Limit snacks to mid afternoon or evening
- Avoid bread, refined sugar, & dairy, except butter
- Avoid eating potato or squash with dense protein
- Focus more attention on the body
- Drink at least 64 oz. of purified water daily, before or after meals
- Exercise for your body type is physically beneficial for muscle tone, figure control, and mind - body connection. Abdominal exercise stimulates bowel function

# Resources

---

## Books

**Different Bodies Different Diets** - Carolyn L. Mein, D.C.

**Dr Abravanel's Body Type and Lifetime Nutritional Plan** - Elliot D. Abravanel, M.D.

## Websites

**www.fitday.com** - Free diet & weight loss journal