

Find the Cause of Your Weight Problem

Take the Quiz to Find out What Diet you Should be On!

At this point, you need to determine which body type you have. Knowing this information is the first key step in making stubborn weight loss a thing of the past. It will reveal which diet to be on - the diet that will help heal the sluggish gland that is making it a tough task or even an impossibility to lose weight. It is totally possible to attain your desired weight and to keep the extra weight off for the rest of your life. You are on your way to looking and feeling even better than you do now! And if you don't like the way you look and feel right now, then you're going to start to change that point of view here and now!

The Body Shape Quiz

DIRECTIONS: Circle one letter (A, B, C, or D) in each question. If there is more than one symptom that you are experiencing within a question, circle the one that is most prominent.

1. Do you...

- | | |
|---|---------|
| A. crave sweets, breads and pasta? | Thyroid |
| B. crave salt, (pretzels, cheese or chips)? | Adrenal |
| C. crave pickles and deep fried foods? | Liver |
| D. crave creamy spicy hot foods? | Ovary |

2. Are you...

- | | |
|--|---------|
| A. often depressed or feeling hopeless? | Thyroid |
| B. a worrier or often anxious? | Adrenal |
| C. easily angered, moody in the morning? | Liver |
| D. moody or irritable at certain times of the month? | Ovary |

3. Do you...

- | | |
|--|---------|
| A. feel better on fruits and berries? | Thyroid |
| B. need coffee or stimulants to wake up? | Adrenal |

	C. desire fatty foods, experience a tight feeling over your right, lower stomach or rib cage?	Liver
	D. experience constipation during menstruation?	Ovary
4. Do you have...	A. brittle nails with vertical ridges?	Thyroid
	B. brittle nails with no vertical ridges?	Adrenal
	C. pain/tightness in right shoulder area?	Liver
	D. pain in right or left lower back/hip area?	Ovary
5. Do you have...	A. a weight problem more evenly distributed?	Thyroid
	B. a larger abdomen with thinner legs and arms?	Adrenal
	C. a protruding abdomen (pot belly)?	Liver
	D. excess fat in lower thighs and hips?	Ovary
6. Do you have...	A. dry skin?	Thyroid
	B. swollen ankles; socks leave creases on ankles?	Adrenal
	C. bloating after eating?	Liver
	D. menstrual cyclic hair loss?	Ovary
7. Do you have...	A. big or thick ankles?	Thyroid
	B. a round face?	Adrenal
	C. finger joints that become swollen or painful in the morning?	Liver
	D. hot flashes or history of bad menstruation?	Ovary
8. Do you have...	A. outer eyebrows losing hair?	Thyroid
	B. dizziness when sitting up?	Adrenal
	C. hot feet or swollen feet?	Liver
	D. menstrual cyclic brain fog?	Ovary
9. Do you have...	A. internal body always cold?	Thyroid
	B. pain & inflammation in body?	Adrenal
	C. headaches or head feels heavy in morning?	Liver
	D. excessive menstrual bleeding?	Ovary

10. Do you have...	A. puffiness around eye?	Thyroid
	B. unusual feeling of "out of breath" while climbing stairs?	Adrenal
	C. brown/red spots on skin?	Liver
	D. low sex drive?	Ovary
11. Do you...	A. have excessive skin sagging under arms?	Thyroid
	B. have water retention yet feel dehydrated?	Adrenal
	C. get up 1-2 hours before alarm clock?	Liver
	D. have weight gain around menstrual period?	Ovary
12. Do you...	A. have dry hair and hair loss?	Thyroid
	B. wake up in the middle of the night (2 - 4 a.m.)?	Adrenal
	C. have a deep crease down center of tongue?	Liver
	D. waist and upper body is thinner than lower body?	Ovary
13. Do you have...	A. a thick tongue?	Thyroid
	B. dark circles under eyes?	Adrenal
	C. cracks on your heels?	Liver
	D. smaller breasts?	Ovary
14. Do you...	A. get tired easily from exercise / is your body tired all the time?	Thyroid
	B. need a nap around 3:00 in the afternoon?	Adrenal
	C. feel you're not a morning person, but a night person?	Liver
	D. have history of ovarian cysts?	Ovary

Count up the total of each:

Total Thyroid _____
 Total Adrenal _____
 Total Liver _____
 Total Ovary _____

The body type with the highest number is your body type.