



True Health Wellness Studio

Lifestyle Nutrition, Functional Training, Energy Healing, Physical Medicine

True Health Wellness Studio

Maple Ridge and Tricities

Ph: 778-384-7047

Email: angela.truehealthwellness@gmail.com

Web: www.truehealthwellness.com

Hormonal Body Type Checklist- Questionnaire (Men)

Good health is the key ingredient to true beauty. A diet should transform your body, not just change it in a superficial wait. Bodies not a static entity from which fat can be peeled away like layers of an onion. The transformation must come from within, for holy healthy, balanced body can maintain its ideal weight. Overweight itself indicates imbalance in the system.

Hormonal Body Type Checklist Questionnaire

Table 1: Men

PART ONE: Your Appearance:

1. First take a look at the drawings at the end of this questionnaire. Use the heavier or lighter version depending on which one corresponds more closely to you at your present weight. Comparing your body with the drawing, which one do you most resemble?	
A	(Adrenal): A-Type
B	(Thyroid): T-Type
C	(Pituitary): P-Type
2. This question has 3 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 to weight.
A	You are strong and sturdy, with a basically muscular appearance even if you are out of shape. You have a large chest and sturdy arms and legs.
B	You are longer boned, with a more streamlined appearance. Your chest and hips are narrower, and you have long arms and legs.
C	You are boyish, more like a young boy then like a man.

The following Body Type Checklist is taken from Dr. Abravanel's Body Type Diet and Lifetime Nutrition Plan

Angela Anoliefoh-Ford, M.Sc, Ph.D (cand), CET: True Health Wellness Studio

2-2	Use if you are 20-50 pounds overweight	
	A	You are Square, sturdy, and heavy – looking. Weight as accumulated on the front of your body in a potbelly. Face, hands, and feet show extra pounds.
	B	You are saggy, out- of-shape- looking, with weight all around your middle. Face, hands, and feet are still relatively slim.
	C	You are pudgy all over, like a child who has put on weight
2.3	Use this 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 potbelly 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, 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 best 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.

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6.	Your face is:
	A Square or round.
	B Long, slender.
	C Delicate, and your head appears large for body size.
7.	Your hands are:
	A Square, would blunt fingers.
	B Long, with long, tapering fingers.
	C Small, with delicate, tapering fingers.
8.	Your skin is:
	A Oily, slightly coarse, ruddy.
	B Smooth, even – coloured.
	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, and 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.

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PART TWO: Cravings, Health, and Personality	
12.	Which would you consider your most important food craving?
A	Greasy, salty food.
B	Sweet or starches.
C	Dairy products.
13.	Which would you most likely to succumb to if you find 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 milkshake.
14.	How much coffee, tea, a cola with caffeine do you drink each day?
A	3 or 4 cups.
B	5 or more cups.
C	None, one, or 2 cups.
15.	If 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 the mediate.

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19.	If you could work in any situation, which would suits 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 (sales person, engineer, executive).
	B	Creative type (writer, artist, entrepreneur).
	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 are.	
	A	Friendly and outgoing.
	B	Sparkly and funny.
	C	Happy and full of wonder.
23.	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.

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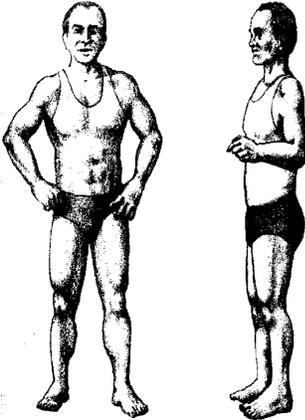
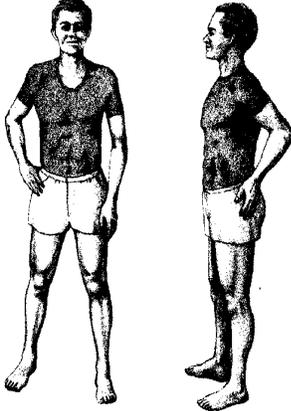
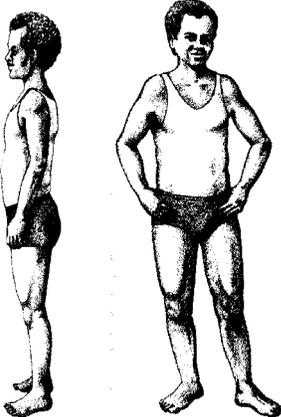
Now add up your points for each letter.

A. _____ B. _____ C. _____

If your highest number of answers is the letter A, you are an Adrenal Type.
 If your highest numbers of answers is the B, you are a Thyroid Type.
 If your highest number of answers is the C, you are a Pituitary Type.

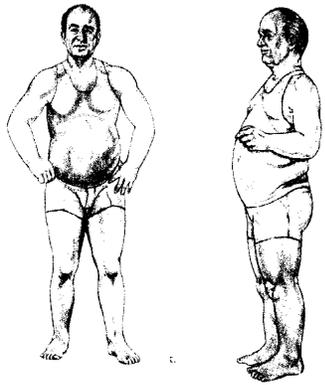
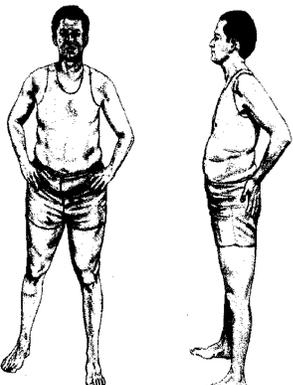
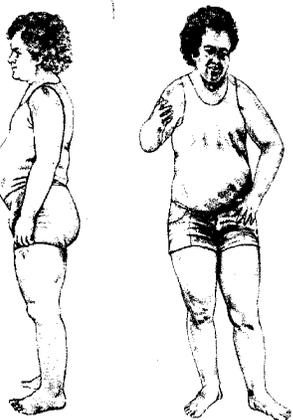
Special instructions if you have a tie.

A tie indicates that you are close between two body types. However you do have a dominant gland, even if it's not strongly dominant. To break your type, use only your answers from section 1. If you were still unsure or if you have a tie in section 1, consider consulting a body type counselor or the practitioner that gave you this questionnaire for professional body type determination.

Types	Adrenal	Thyroid	Pituitary
Body characteristics at your ideal weight:	Strong, sturdy frame, strong athletic 	Long lean, streamlined, distinct waist 	Boyish and defined shape 
Where you tend to put on extra weight	Broad chest, thick legs, arms & neck, "pot" or "beer" belly,	Thighs, flat rear, fat around stomach "love handles"	Small chest, boyish & "baby fat" all over

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Cravings	Greasy, salty foods	Sweets, starches	Dairy
Preferred snack example	Cheeseburger	Cookies, doughnuts	Milkshake
Caffeinated drinks per day:	3-4	5+ or more	None, one, or 2 cups.
Typical small health problems	Constipation, minor aches	Fatigue	Colds
Typical large health problems	High blood pressure, hardening of the arteries	Ulcers or colitis	Chronic allergies
Disposition	Friendly, open, practical	Lively and changeable.	Intellectual, detached, idealistic
When "down"	Angry	Depressed, Irritable	Withdrawn, obsessed

Total _____