

## Which Body Type Are You? Here Are Some Strategies.

### Body Type I - Thyroid



**Eating Plan** – Does better with higher veggies, lower protein, lower fat intake and transition into higher protein and healthy fats

**Exercise** – Short intense workouts

**Testing** – Blood test to include Chem Panel, CBC, Full Thyroid Testing to include: TSH, Total T4 & T3, Free T4 & T3, Reverse T3, TPO Antibodies, *TG Antibodies are most common for Hashimoto's Antibodies; TSI & TBII are most common Grave's Antibodies*; Thyroid Ultrasound

**Emotional Connections** - Not voicing open, giving up, feeling hopelessly stifled

### Body Type II - Liver



**Eating Plan** – Does better with higher [veggies](#), lower protein, lower fat intake and transition into higher protein and healthy fats

**Exercise** – Short intense workouts

**Testing** – Blood test to include Chem Panel, CBC, CRP, Homocysteine, Hg A1C, Fibrinogen, GGT

**Emotional Connections** – resistant to change, fear, anger, bitterness

### Body Type III - Adrenal



**Eating Plan** – Does better with a higher fat, protein diet, keep carbs and sugar to a minimal; avoid sweets, grains and minimal low sugar fruits (2 servings)

**Exercise** – low intensity exercise for 30-45 minutes (slow and gentle endurance exercise); keep short intense exercise to a minimal with sufficient rest (48 hours) in between workouts, recovery is KEY for adrenal type; Fish oils (500-1000 mg prior to workout can help keep inflammatory process to a minimal

**Testing** - Blood test to include Chem Panel, CBC, CRP, Homocysteine, Hg A1C, Fibrinogen, GGT; Dried Urine Test for Comprehensive Hormones to check adrenals; GI Map to check gut

**Emotional Connections** – Type A personality, anxiety, anger at self, perfectionism

### Body Type IV - Ovary



**Eating Plan** – High veggies especially cruciferous, moderate protein, moderate fat, minimal carbs, eliminate [sugar](#), grains

**Exercise** – Does well with endurance and resistance especially exercise that require lower body strength

**Testing** - Blood test to include Chem Panel, CBC, CRP, Homocysteine, Hg A1C, Fibrinogen, GGT; Dried Urine Test for Comprehensive Hormones to check hormones and metabolites

**Emotional Connections** – Anger at mate, dislike of self, nursing hurt from partner

## General Guidelines For All Body Types

- Always consult your Health Care Provider when making lifestyle changes that include exercise, diet and prescription modifications
- Get quality sleep
- Stay hydrated ½ weight in ounces of water; may need less if eat lots of vegetables
- Choose organic fruits and vegetables – check our website/blog for [shoppers guide](#)
- Eliminate [sugar](#)
- Manage [stress](#)
- Practice gratitude

## Need Some Help? FAQ

**Q:** Are you accepting new patients?

**A:** Yes

**Q:** What Insurance do you accept?

**A:** None. We are not contracted with any insurance companies

**Q:** Do you have a physical location?

**A:** We currently see clients in the **Body Pro Office at 3000 W. MacArthur Blvd, #530, Santa Ana, CA** and **at Innovative Health & Wellness at 297 S. Lake Havasu Ave, #200, Lake Havasu City, AZ**

**Q:** Do you work with clients outside of the physical office locations?

**A:** Yes. We work with clients internationally via phone or skype

**Q:** How Do I Schedule A Free 15 minute Phone Consult?

**A:** Complete the complimentary phone [consult form](#) and Email it to us at [info@PremierHealthOC.com](mailto:info@PremierHealthOC.com) and schedule an appointment [online](#);

**Q:** How do I schedule an appointment?

**A:** Download the [new patient forms](#) and contact our office to schedule an appointment via **phone 657-232-8111** or **email [info@PremierHealthOC.com](mailto:info@PremierHealthOC.com)**

**Q:** How long is my appointment?

**A:** Approximately 60-75 minutes

*Please check our website for our approach and how we work with our practice members/clients*