Basics are there are 4 glands

**Adrenal** – Broad shoulders, well developed musculature, strong torso, extra fat In stomach or back, tend to exhibit strong feelings of power and control, will power

Should avoid foods that stimulate the adrenals like meat, poultry, eggs cheese, fish.

**Gonadal** type- only women, pronounced feminine body, narrow shoulders, broad hips, extra weight in hips and buttox

Very nurturing personalities, peace orientated, often dislike competition, but will stand up for their beliefs

Foods to avoid – rich high fat, spicy,

**Pituitary** types- most child like appearance of the 4, large skulls, extra baby fat not concentrated in one place, bill Clinton, craig ferguson, racheal ray, nancy Reagan.

Most cerebral (Pituitary at base of brain), and least physical, pleasant, friendly, can be found lost in thought, philosophers, scientists, developers of the world, and often can find brilliant answers if left to work on their own.

Foods to avoid – milk, dairy products, sugar foods

**Thyroid** type- most common body type, long, thin hips, wide shoulders in both men and women. Thin bone structure, small skull, and put on weight around the toros and chest.

On again off again personalities, at their height they will have overflowing energy and trememdous creativity, but also exibit laziness and depression. Creative proffessions, arts, music

Foods to avoid – high sugar and CHO foods, soft drinks, and coffee,