

## Adrenal Body Type

### Adrenal (A Type) body characteristics:

- Muscular development and Intramuscular water retention (Men = 5'8", Women = 5'3" - 5'7")  
Note: 85% of North American men are A Type.
- Hold salt and water in muscles making their tissue more heavy and dense
- Square body, round belly (takes lots of work to get it flat)
- Thin legs and small gluteals (flat butt)
- Square palm with tubular fingers, palm may be longer than fingers
- Rib angle approximately 45 degrees
- Good stamina, energy last all day
- Heal quickly as steroid hormones produce good immune system function
- Subject to more heart attacks than other types
- Stimulating foods: salt and grease

### A Type Diet

- Low on adrenal stimulation foods (fats, salt, red meat)
- Support thyroid - opposite gland (complex carbohydrates, vegetables - mostly cooked, fruits)
- Avoid foods that beat up the thyroid (sugar, alcohol, caffeine)
- Athletes who do a lot of aerobic exercise will need to eat more fat than non-athletes
- It is also important for A Types to eat breakfast. Fasting is an adrenal stimulant causing the adrenal cortex to promote glycolysis
- A Types feel good eating almost anything, but eating wrong affects their longevity.

### Thyroid Adrenal Balance:

- There is a daily cycle related to the thyroid and adrenal cortex
  - 3 am: the thyroid takes over from the adrenals- blood sugar goes up and pH shifts
  - 3 am- 3 pm: the thyroid is the chief energy source.
  - 3 pm: Adrenals start to take over. They gradually increase in strength up to bedtime. (If adrenals are weak, there will be an energy crash at this time.)
- Sugar and caffeine over-stimulate the thyroid, pancreas and adrenal medulla.
- A Types who eat salt, fat and meat in the morning start ramping up their adrenal energy too early in the day. They then often drink alcohol in the evening to calm down.
- A Types who eat much carbohydrates at lunch will crash in the afternoon due to increased insulin and increased serotonin.
- A Types exercise in the morning, they should eat first and then wait 30-60 minutes to exercise.

## Sample Adrenal Diet

### Plenty of:

- Vegetables (90% cooked)
- Whole grains
- Fresh fruit
- Water and herbal tea

### Moderate Amounts of:

- Fish (not fried or shellfish)
- Poultry (without skin)

### Some:

- Natural desserts/sweeteners (honey, molasses, etc.)
- Oils (corn, olive, safflower, etc.) keep refrigerated
- Raw nuts and seeds (keep refrigerated)
- Butter
- Milk, cheese, yogurt (if not allergic)
- Eggs - no more than 3/week

### Avoid:

- Salt and salty foods
- Red meat
- Shellfish
- Fried foods - including chips
- Margarine, Crisco, hydrogenated oils
- Sugar and refined carbohydrates (pasta, white bread)
- Coffee, tea, alcohol, Cokes, etc.
- Fruit juices, except when watered down

### Schedule:

- Light breakfast (do not skip)
- medium lunch (do not skip)
- Larger dinner

## **Diet Outline:**

### **Breakfast**

- Fruit
- Yogurt (low fat)
- Whole grains
- Water or herbal tea

### **Lunch**

- Vegetables
- Whole grains
- Nuts, or cheese
- Water, milk or herbal tea

### **Dinner**

- Fish or poultry
- Beans, grains
- Vegetables
- Fresh fruit
- Water, milk or herbal tea

## **For Weight Loss:**

- No snacking between meals
- Take five hours between breakfast and lunch
- Take six hours between lunch and dinner