

Gonadal Body Type

Gonadal (G type) body characteristics:

- Short with small bones (Men < or = 5'8", Women < or = 5'3")
- Smaller fleshy palms, fingers are longer than palm and taper toward fingertips
- Rib angle almost straight across
- Women tend to be curvy with large breasts and small waists. They have less PMS than other types but struggle with weight gain after menopause. Skin smooth and elastic due to increased estrogen.
- Men will be short and thin. They have increased body hair, heavier beard and tendency to bald. Their muscles will be softer and less defined than A Type.
- Stimulating foods: spicy and creamy foods

G Type Diet

- Low on gonadal stimulation foods (spicy and creamy foods)
- Low fat since tendency to gain weight
- Include dairy if tolerated as this will support pituitary (low fat best)

Sample Gonadal Diet

Plenty of:

- Vegetables (90% cooked)
- Complex carbohydrate
- Dairy products (low fat no cream)
- Fresh fruit
- Water and herbal tea

Moderate Amounts of:

- Fish
- Poultry

Some:

- Cold pressed oils (olive, safflower) keep refrigerated
- Eggs (no more than 3 yolks per week)
- Raw nuts and seeds, keep refrigerated
- Fruit Juices, watered down

Avoid:

- Red meat (beef, lamb, and pork)

- Spices (jalapenos, curry, Indian, etc.)
- Cream (esp. ice cream)
- Sugar and refined carbohydrates (pasta, white bread)
- Fried and oily foods
- Butter, margarine, Crisco, hydrogenated oils

Schedule:

- Light breakfast
- Light lunch
- Larger dinner

Diet Outline:

Breakfast

- Fresh fruit or soaked dried fruit
- Yogurt (low fat)
- Complex Carbohydrates
- Water, Milk or herbal tea

Lunch

- Vegetables (as much as desired)
- Complex Carbohydrates
- Fish or Poultry, small portion, if desired
- Nuts, seeds, or cheese
- Water, milk or herbal tea

Dinner

- Fish or poultry (3-5 times per week)
- Complex carbohydrates
- Vegetables
- Cheese
- 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