

Putuitary Body Type

Anterior Putuitary (P Type) Body characteristics:

- Large and very tall with massive broad bones (Men > or = 6'10", Women > or = 6'2")
- Prominent brow and bony prominence
- Big hands with fingers longer than palms. Fingers (and often hand) taper from palm to fingertips. Fingers angle toward thumb.
- Legs are longer than upper body
- Rib angle is between that of T Type and A Type
- Women are larger below the navel than above and tend to be low in female hormones, which produce PMS symptoms.
- Stimulating food: milk (prolactin is what stimulates their growth)

P Type Diet

- Low on pituitary stimulation foods (dairy)
- Low on simple carbohydrates - P Types have blood sugar regulation problems
- Eat plenty of protein

Sample Putuitary Diet

Plenty of:

- Seafood and poultry
- Nuts and seeds (raw) keep refrigerated
- Vegetables (90% cooked)
- Water, milk or herbal tea

Moderate Amounts of:

- Eggs (6 or more per week)
- Red meat (not pork)
- Whole grains
- Fresh fruits
- Poultry

Some:

- Butter
- Oil (olive, corn, safflower) keep refrigerated

Avoid:

- All dairy products (except for small amounts of butter)

- Sugar and desserts
- Coffee, tea, Cokes, alcohol, etc.
- Fruit juices
- Fried foods
- Margarine, Crisco, hydrogenated oils
- Refined carbohydrates (pasta, white bread)

Schedule:

- High protein breakfast, do not skip
- Moderate lunch
- Lighter dinner

Diet Outline:

Breakfast

- Eggs
- Steak or organ meat
- Poultry or fish
- Whole grain (no more than one small serving)
- Herbal tea or water

Lunch

- Poultry, fish or red meat
- Vegetables
- Whole grain serving
- Fruit, small serving
- Water or herbal tea

Dinner

- The same basic meal as lunch

For Weight Loss:

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