

Belly & Back Diet - Suitable for apple shaped figures.

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Other names used for apple shaped figures are - Android Figure, Athletic Shape, Box Shape & Mesomorph

The apple shaped figure is typified by a strong skeleton with a sporty frame. They usually possess broad shoulders, large ribcage, muscular limbs and buttocks. The pelvis is usually small compared to abdomen and chest. This figure tends to appear masculine as there is a lack of feminine curves. This makes the silhouette more square than hourglass.

When trim the apple figure appears strong, fit and sporty. When the apple figure becomes overweight the fat tends to accumulate above the pelvis – the familiar spare tyre develops with fat mainly on the tummy, love handles, back, chest, neck and face.

Apple figures produce excess steroid hormones from the adrenal glands – cortisol, adrenaline and male hormones. This results in the typical fat distribution and the higher levels of muscularity which is why apple figures are often good at sport. When they become overweight upper body fat increases dramatically. As fat also produces hormones, overweight apple figures have a tendency towards developing - increased facial & body hair, frontal hair thinning, oily skin & pimples.

Apple figures tend to prefer foods high in cholesterol, saturated fats and salts - rather than sweet foods. They enjoy foods such as – pizza, breads, pasta, chips, ham, salami, meats, eggs and cheeses. These stimulate their adrenal glands to produce cortisol and male hormones, which in turn promote muscularity and upper body fat deposits. Upper body fat is a significant health risk as fat is also deposited around body organs and gives the apple figure a particularly large belly.

Belly & Back Diet

- Avoid all junk foods.
- Avoid foods high in cholesterol, saturated fats and salt to decrease excessive adrenal gland male hormones
- Minimize animal fats except from fish. Avoid full cream dairy products, cheese, butter, cream, ice cream, chocolate, coconut milk, margarine, yoghurt, fried foods, fatty meats, preserved meats (ham, pizza meats, bacon, sausage, deli meats, smoked meats), shellfish and oysters, offal meats, anchovies, processed foods, take away foods.
- Maximize feminizing oestrogen containing foods such as- Linseed, olives, parsley, apple, hops, carrots, cabbage, garlic, split peas, chick peas, oats, brown rice, fennel, sage, beetroot, soya beans & sprouts, green beans, marrow, rhubarb, barley, peas, clover, alfalfa, corn, plum, red beans, cherry, rye, sesame, red clover, aniseed, sunflower, squash.
- Maximize liver cleansing foods as the liver breaks down excess hormones. Enjoy foods such as- raw fruits, vegetables, salads, garlic, onion, chives, dandelion, beetroot and carrots.
- Avoid alcohol as it stops the liver from metabolizing excess steroid hormones and fats.

- Enjoy a palm sized serving of protein each day to stabilize blood sugar and insulin. Good sources of protein are obtained from pulses and legumes (beans, lentils, peas, tofu, humus, bean spouts), nuts (except salted nuts and peanuts), seeds, fish, lean red meat, skinless free range chicken and eggs (free range because battery hens have often been fed hormones to grow).
- Wholegrain cereals stimulate the pituitary gland to improve metabolic rate and hormone imbalance.
- Trap fat in the digestive system to minimize absorption with psyllium husks, lecithin or chitosan (obtainable from health food shops).
- Avoid refined foods made with white flour – eg, bread, biscuits, pasta, cakes. Avoid white rice products. Minimize other high calorie starchy foods such as potatoes & bananas.
- Drink plenty of water
- Avoid ‘empty calorie foods’ such as sugars, soft drinks and cordials.
- Keep breakfast and lunch light. Curb cravings with vegetables, fruit, nuts, or psyllium with low fat milk or yoghurt.

Apple figure shaping supplementation

Balance hormones by making it easier for the body to decrease excessive male hormones and increase natural female hormones to encourage upper body fat loss to develop a more feminine figure. Improve liver function to burn fat and destroy fat forming hormones.

Useful herbal ingredients are - Red Clover, Hops, Dong Quai, Dandelion Root, Tumeric Root, Gravel Root, Mullein Leaf, Black Walnut, Marshmallow Root, Liquorice Root, St Mary’s Thistle, Skullcap Leaf, Choline, Inositol. These can be formulated for you by either your health care professional or by our doctor. We are unable to sell our formula via the internet as they require a professional consultation before they can be prescribed.

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