

Dairy Free Diet – Suitable for ‘heavy-set’ figures.

(Free download from <http://www.lipodissolve.com.au/>)

Other names for the heavy-set figure are Pituitary Figure, Lymphatic Figure & Endomorph.

Heavy-set figures are typified by having a general body puffiness and thickness. They have a layer of fatty tissue that extends to face, forearms, lower leg, fingers and toes. This layer is due to both water retention and fat accumulation. The end result is that their bony structures are hidden by excess fat and fluid. Heavy-set figures gain weight very easily and often were chubby children.

They have a sluggish lymphatic system which becomes easily congested, resulting in thick, swollen shins and ankles. Their deficient lymphatic system is often associated with immune system problems involving allergy and excessive mucus production, such as hay fever, asthma, bronchitis or sinusitis.

Heavy-set figures have an over stimulated pituitary gland. The pituitary gland controls other hormonal glands such as the ovaries, adrenals and thyroid. The functions of these glands improve as pituitary function is balanced by the strict avoidance of all dairy products. They have a tendency to crave dairy products which easily produce fat and excess mucus.

Dairy free diet

- It is essential for Pituitary figures to have an **absolutely dairy free diet**. Also keep diet low in saturated fats, salt, processed foods and artificial chemicals. Avoid fats, fried foods, any creamy foods and take away foods. Avoid foods combining fats & sugars (eg chocolate, cakes, biscuits, ice cream and custard). Beware of hidden combinations eg fat in dinner combined with sugary desert. Best to separate any fatty foods from sweet foods for a couple of hours.
- Keep up calcium levels that are usually provided by dairy products. Good sources are sesame seeds and non roasted almonds. Consider having a calcium supplement that contains boron.
- The diet should be high in raw fruit and vegetables. Maximize liver cleansing foods as the liver breaks down excess steroid hormones. Enjoy foods such as- raw fruits, vegetables, salads, garlic, onion, chives, dandelion, beetroot and carrots. Minimize potatoes and bananas. These changes will enable the loss of excess fat and fluid.
- 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).
- Stimulate the thyroid gland to increase the metabolic rate to burn fat. Foods that stimulate the thyroid gland are – seaweeds, garlic, onions, vegetables, oranges, lemons, grapefruit, limes, mandarin, sesame seeds, wheat or barley grass extracts, chilli, ginger, curry, tumeric and coriander.

- Stimulate the circulatory and lymphatic systems by eating – vegetables (such as carrot, celery, beet, parsley and ginger), vitamin C containing foods (such as orange, lime, lemon, blackberry, blueberry and raspberry).
- Stimulate the kidneys to remove excess fluids by eating– celery, parsley, dandelion, pawpaw and pineapple.
- Try to have main meal at lunchtime and only snack later in the day. Avoid snacking on biscuits etc. Snack on fruit, vegetables, unsalted raw nuts. Minimize bananas.
- Avoid alcohol as it stops the liver from metabolizing excess steroid hormones and fats.
- 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.
- Drink plenty of water.
- Avoid ‘empty calorie foods’ such as sugars, junk-foods, soft drinks and cordials. Curb cravings with vegetables, fruits, nuts, or psyllium with low fat soya milk.
- Regular exercise is vital to stimulate lymphatic system to decrease excess fluid. Brisk walking is ideal. Heavy-set types often avoid exercise. They are often not very sporty as they tended to be slower at childhood sports. They usually have a relaxed, sedentary personality. But exercise is crucial if a heavy-set person is to lose weight as they have the lowest metabolic rate of all the body types.

Heavy-set shaping supplementation

Help stimulate the metabolism to burn fat. Improve the lymphatic, kidney and circulatory systems to reduce excess fluid. Help to generally improve health and decrease mucus and allergies.

Useful ingredients are - Bladderwrack, Kelp, Siberian Ginseng, Cayenne Fruit Powder, Fenugreek, Rutin, Fennel, Parsley Leaf, Gravel Root, Hydranger Root, Marshmallow Root, Bearberry Leaf, Ginger Root, Golden Rod Herb Top. 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.

(Free download from <http://www.lipodissolve.com.au/>)