

Stabilizing diet - Suitable for slender 'fine-boned' figures with problem areas

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These figures are also known as Thyroid figures or Ectomorphs.

People with this figure type are typified by having a fine 'gazelle like' slender figure with long arms and legs. They have narrow waists and a curved bottom. They have a long slender neck and long, slender fingers and toes. They were usually lean as children and do not gain weight easily when they are healthy due to their high metabolic rate. They are often very active and high achievers.

When they become overweight, fat is deposited on the tummy, bottom, thighs, upper arms and neck, with the upper body remaining quite lean. Thyroid figures have a dominant thyroid gland, which controls the body's metabolic rate.

When they are low in energy, they often crave stimulants instead of food to increase their metabolism. They use stimulants such as sugary foods, artificial sweeteners, sugary sweets, ice cream, cakes, biscuits, chocolate, cigarettes, coffee, spicy foods, soft drinks, pseudoephedrine, stimulant drugs or diet pills. These stimulate their thyroid gland to produce thyroid hormone as well as their adrenal glands to produce adrenaline and cortisol hormones. These hormones raise the blood sugar levels for a while until the overactive system rebounds and cause the blood sugar level to drop again. Their metabolism is often like a yo-yo, varying from energetic highs to lows hallmarked by dizziness, headaches and nausea. Excessive snacking on stimulants eventually fatigues their thyroid and adrenal glands, which results in weight gain.

Stabilizing diet

- Important to resist the temptation to use quick fix stimulants to regulate hunger and metabolism.
- Avoid 'quick fix' stimulants foods such as – sugary foods, artificial sweeteners, sugary sweets, ice cream, cakes, biscuits, chocolate, cigarettes, coffee, spicy foods, soft drinks, pseudoephedrine or diet pills.
- Eat natural and wholesome foods to rest the thyroid and adrenal glands.
- The diet should be high in any fresh fruit and vegetables.
- Maximize liver cleansing foods to maintain a healthy metabolism. Enjoy foods such as- raw fruits, vegetables, salads, garlic, onion, chives, beetroot, carrots and peppermint and dandelion teas.
- 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. These foods will enhance the breasts and feminine curves.

- 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).
- Enjoy dairy products.
- Wholegrain cereals stimulate the pituitary gland to improve metabolic rate and hormone imbalance.
- Keep diet low in saturated fats, salt, processed foods, take away foods and artificial chemicals.
- Stimulate the thyroid gland with natural products to increase the metabolic rate & 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, coriander.
- Try to eat small amounts of the above foods when hungry. Avoid snacking on stimulant foods. Curb cravings on fruit, vegetables, unsalted raw nuts, or psyllium with milk or yoghurt.
- Avoid alcohol as it stops the liver from metabolizing excess steroid hormones and fats.
- Avoid refined foods made with white flour – eg, bread, biscuits, pasta, cakes. Avoid white rice products.
- Drink plenty of water.
- Take time to rest and get plenty of sleep.
- If you suffer from migraines avoid red wine, beer, chocolate, lima beans, cheeses, chicken & beef livers, chicken skin, herring, sardines, mackerel, sausage and meat extracts.

Slender ‘fine-boned’ figure shaping supplementation

Improve thyroid and adrenal function for sustained energy levels. Enhance eostrogen production. Reduce cravings for stimulants. Stimulate fat burning.

Useful ingredients are - Bladderwrack, Kelp, Siberian Ginseng, Liquorice, Chromium Picolinate, Hops, Red Clover, St Mary’s Thistle, 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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