

Your Body Type Strategies.

Body Type I - Thyroid



Eating Plan – Does better with higher veggies, lower animal protein/best is plant based, lower animal fat intake/higher plant based fats, carb range is about 50-85 g and transition into moderate animal protein and moderate animal healthy fats; sea vegetables

Exercise – Short intense workouts

Testing – Blood test to include Chem Panel, CBC, Full Thyroid Testing to include: TSH, Total T4 & T3, Free T4 & T3, Reverse T3, TPO Antibodies, *TG Antibodies are most common for Hashimoto's Antibodies; TSI & TBII are most common Grave's Antibodies;* Thyroid Ultrasound

Emotional Connections - Not voicing open, giving up, feeling hopelessly stifled

Additional Nutritional Support -

Pure Encapsulations Thyroid Support Complex for general thyroid support

Amazing Grass Wheat Grass for detoxing cleansing, full of antioxidants, amino acids, enzymes

Designs For Health BroccoProtect targets biological pathways that allow for full and proper detoxification.

Body Type II - Liver



Eating Plan – Does better with higher [veggies](#), lower animal protein/best is plant based, lower animal fat intake and transition into moderate animal protein and moderate animal protein and moderate healthy fats

Exercise – Short intense workouts

Testing – Blood test to include Chem Panel, CBC, CRP, Homocysteine, Hg A1C, Fibrinogen, GGT

Emotional Connections – resistant to change, fear, anger, bitterness

Additional Nutritional Support –

Designs for Health Digestzymes to support the digestive process

Bupleurum Liver Cleanse helps the overburdened liver by “dredging” it of old, stored-up waste matter, and strengthening it with nourishing herbs

Amazing Grass Wheat Grass for detoxing cleansing, full of antioxidants, amino acids, enzymes

Body Type III - Adrenal



Eating Plan – Does better with a higher fat, protein diet, keep carbs and sugar to a minimal; avoid sweets, grains and minimal low sugar fruits (2 servings)

Exercise –low intensity exercise for 30-45 minutes (slow and gentle endurance exercise); keep short intense exercise to a minimal with sufficient rest (48 hours) in between workouts, recovery is KEY for adrenal type; Fish oils (500-1000 mg prior to workout can help keep inflammatory process to a minimal

Testing - Blood test to include Chem Panel, CBC, CRP, Homocysteine, Hg A1C, Fibrinogen, GGT; Dried Urine Test for Comprehensive Hormones to check adrenals; GI Map to check gut integrity

Emotional Connections –Type A personality, anxiety, anger at self, perfectionism

Additional Nutritional Support -

Herb Pharm/ Aviva Romm MD Adrena soothe is a calming adaptogen blend replenishes & restores adrenals

Trace Minerals Research Trace Minerals Tablets provides 72 full spectrum ionic trace minerals

Vital Nutrients Pancreatin & Ox Bile Extract to support digestion as affected by adrenals

Body Type IV - Ovary



Eating Plan – High veggies especially cruciferous, moderate protein (more plant based than animal protein), moderate to high fat(more plant based than animal fat), minimal carbs, eliminate [sugar](#), grains

Exercise – Does well with endurance and resistance especially exercise that require lower body strength

Testing - Blood test to include Chem Panel, CBC, CRP, Homocysteine, Hg A1C, Fibrinogen, GGT; Dried Urine Test for Comprehensive Hormones to check hormones and metabolites

Emotional Connections – Anger at mate, dislike of self, nursing hurt from partner

Additional Nutritional Support -

Designs For Health Fem Guard Balance for herbal hormone balance

Designs For Health BroccoProtect targets biological pathways that allow for full and proper detoxification.

Amazing Grass Wheat Grass for detoxing cleansing, full of antioxidants, amino acids, enzymes

General Guidelines For All Body Types

- Always consult your Health Care Provider when making lifestyle changes that include exercise, diet and prescription modifications
- Get quality sleep
- Stay hydrated ½ weight in ounces of water; may need less if eat lots of vegetables
- Choose organic fruits and vegetables – check our website/blog for [shoppers guide](#)
- Eliminate [sugar](#)
- Manage [stress](#)
- Practice gratitude

Need Some Help? FAQ

Q: Are you accepting new patients?

A: Yes

Q: What Insurance do you accept?

A: None. We are not contracted with any insurance companies

Q: Do you have a physical location?

A: We currently see clients at ***Innovative Health & Wellness at 297 S. Lake Havasu Ave, #200, Lake Havasu City, AZ***

Q: Do you work with clients outside of the physical office locations?

A: Yes. We work with clients internationally via phone or skype

Q: How Do I Schedule A Free 15 minute Phone Consult?

A: Complete the complimentary phone [consult form](#) and Email it to us at info@PremierHealthOC.com and schedule an appointment [online](#);

Q: How do I schedule an appointment?

A: Download the [new patient forms](#) and contact our office to schedule an appointment via **phone 657-232-8111** or **email info@PremierHealthOC.com**

Q: How long is my appointment?

A: Approximately 60-75 minutes

Please check our website for our approach and how we work with our practice members/clients