**Body Type Quiz**

Have had a gallbladder removed? Y\_\_\_ N\_\_\_

History of gallstones? Y\_\_\_ N\_\_\_

Can’t lose weight on high-protein-type foods? Y\_\_\_ N\_\_\_

Dislike consuming lots of heavy protein-type foods? Y\_\_\_ N\_\_\_

Inability to digest fatty or greasy foods, especially at night? Y\_\_\_ N\_\_\_

History of liver problems? Y\_\_\_ N\_\_\_

Protruding, distended belly-potbelly? Y\_\_\_ N\_\_\_

Directions: Circle one letter in each question below. If there is more than one symptom that you are experiencing within a question, circle the one that is most prominent.

For women who are menopausal or post-menopausal, the Ovary (D) questions should be answered from the viewpoint of having had, or not had, previous problems with or a history of the condition mentioned.

1. Do you…. A. crave sweets, breads, and pasta? A. Thyroid

B. crave salt (pretzels, cheese puffs or salty peanuts) or B. Adrenal

chocolate?

C. crave deep-fried foods or potato chips? C. Liver

D. crave ice cream, cream cheese, sour cream or milk? D. Ovary

1. Are you… A. often depressed or feeling hopeless? A. Thyroid

B. a worrier or often anxious and nervous? B. Adrenal

C. irritable, moody, grouchy, in the morning? C. Liver

D. moody/irritable at certain times of the month? D. Ovary

1. Do you… A. feel better on fruits and berries? A. Thyroid

B. need coffee or stimulants to wake up? B. Adrenal

C. experience a tight feeling over your right lower C. Liver

stomach area or rib cage

D. experience constipation during menstruation D. Ovary

1. Do you… A. brittle nails with vertical ridges? A. Thyroid

B. facial hair as a female? B. Adrenal

C. pain/tightness in right shoulder area? C. Liver

D. pain in right or left lower back/hip area D. Ovary

1. Do you have… A. a weight problem more evenly distributed? A. Thyroid

B. a pendulous abdomen, meaning hanging, sagging B. Adrenal

and loose

C. a protruding abdomen (potbelly) C. Liver

D. excess fat on thighs and hips (saddlebags) D. Ovary

and a lower stomach bulge

1. Do you have… A. dry skin, especially hands and around elbows? A. Thyroid

B. swollen ankles-socks leave creases on ankles? B. Adrenal

C. flaky skin or dandruff in eyebrows and scalp? C. Liver

D. menstrual cyclic hair loss? D. Ovary

1. Do you have… A. indentation on both sides of your tongue where the A. Thyroid

tongue meets the teeth?

B. atrophy (shrinkage) of the thigh muscles with difficulty B. Adrenal

getting p from a seated position?

C. dark yellow urine? C. Liver

D. hot flashes? D. Ovary

1. Do you have… A. a loss of hair on the outer third of the eyebrows? A. Thyroid

B. dizziness when getting up too quickly? B. Adrenal

C. hot or swollen feet? C. Liver

D. menstrual cyclic brain fog? D. Ovary

1. Do you have… A. to sleep with socks on at night because of cold feet? A. Thyroid

B. chronic inflammation in body? B. Adrenal

C. headaches or head feels heavy in morning C. Liver

D. excessive menstrual bleeding? D. Ovary

1. Do you have… A. puffiness around eyes? A. Thyroid

B. an unusual feeling of being “out of breath” B. Adrenal

while climbing stairs?

C. skin problems (psoriasis, eczema, brown spots)? C. Liver

D. low sex drive? D. Ovary

1. Do you have… A. excessive skin sagging under arms? A. Thyroid

B. twitching under or on top of left eyelid B. Adrenal

Are you… C. not a morning person, yet feel more awake at night C. Liver

Do you have… D. weight gain one week before menstrual period? D. Ovary

1. Do you…. A. have dry hair and hair loss? A. Thyroid

B. wake up in the middle of the night (2-3 am)? B. Adrenal

C. have a deep crevice down center of tongue and/or C. Liver

a white film on tongue?

D. have an upper body which is thinner than your lower D. Ovary

body?

1. Do you A. not being able to maintain curls in your hair after A. Thyroid

experience using a curling iron?

B. cramps I the calves at night? B. Adrenal

C. more itching at night? C. Liver

D. have an upper body which is thinner than D. Ovary

your lower body?

1. Do you… A. become excessively tired in the early evening A. Thyroid

(7:30-8 pm) and more awake in the early morning?

B. have more active bladder at night than during the day? B. Adrenal

C. have a yellow tint in the whites of your eyes? C. Liver

D. have a history of ovarian or breast cysts? D. Ovary

1. Do you have… A. a lack of get-up-and-go (vitality)? A. Thyroid

B. calcium issues or deposits-bursitis, B. Adrenal

tendonitis, kidney stones, heal spurs

early cataracts?

C. major moodiness if you skip a meal? C. Liver

D. Difficulty losing weight after pregnancy D. Ovary

1. Do you have… A. a history of being on low-calorie diets? A. Thyroid

B. low tolerance for stressful situations, get easily B. Adrenal

irritable and on edge?

C. stiffness and pain more in the right shoulder C. Liver

and right side of the neck

D. pain and tightness in one knee worse during D. Ovary

menstrual cycle?

Count up the total of each:

Total A. Thyroid \_\_\_\_\_\_\_\_\_ Total B. Adrenal \_\_\_\_\_\_\_\_\_\_

Total C. Liver \_\_\_\_\_\_\_\_\_\_\_ Total D. Ovary \_\_\_\_\_\_\_\_\_\_\_

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Liver & Thyroid Adrenal & Ovary

<inspiremedspava.com/body-type-quiz/>