

Here's your EndoType Report.

Combine this information with an in-office assessment and laboratory work-up to better understand the root cause of your hormonal symptoms. This report is not intended to be a substitute for medical advice, diagnosis, or treatment.

Your Total Stage



The total points from your questionnaire indicate your stage. In Stage 1, you have symptom patterns but may not have overt lab findings. In Stage 2, you may have lab results that are outside normal or functional ranges. In Stage 3, you may have an underlying disease state. It is important to receive an in-office assessment with labs if you feel that your symptoms do not correlate with these findings.

On a scale of 1 to 10, you consider your symptoms:



You have a Dominant Adrenal EndoType*

Your Adrenal Stage:



As a result of abnormal hormone production, nutrient metabolism is altered and fat storage occurs in and around the abdominal organs and torso area. This fat collection hangs over the waistline and/or collects in the upper back and lower neck regions. Adrenal stress can also impact appearance by breaking down amino acids in muscle tissue and altering the sodium and potassium balance creating excess fluid retention. This fluid will cause swelling in the face (moon face) and sock rings appear around the ankles (early signs of edema).

The adrenals, through cortisol and epinephrine secretion, are also involved in blood sugar metabolism. It is not uncommon to see brown AGE (Advanced Glycation End Products) spots on skin or caramelization coloration to the skin. The adrenal glands are also chiefly responsible for the circadian rhythm hormonal pattern. They primarily decide how sleep, stamina, protein metabolism, and digestive patterns are modulated within the body. These hormones once imbalanced can create difficulty waking up, getting to sleep, maintaining weight, or controlling food cravings.

*Although you have a dominant EndoType, you are actually a combination of all types. Your combination is based on how tired your glands are how they are communicating with each other. The only way to know for certain is to take a comprehensive lab and physical exam.

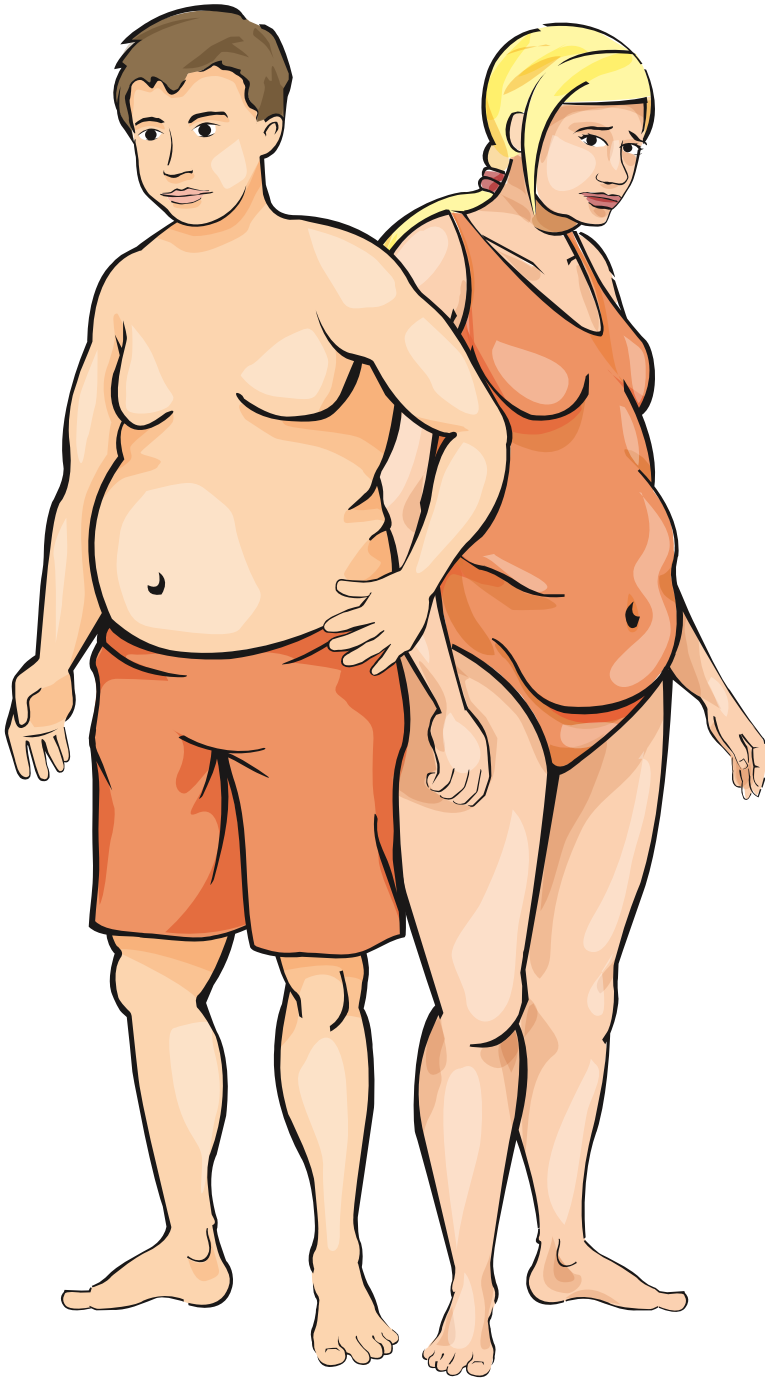
Share the Quiz at EndoTypes.com



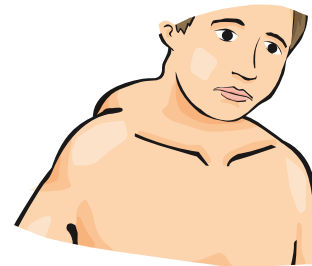
This report is for educational purposes only. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Copyright ©2017 Chicago Nutrition Consultants, Inc.

Typical Adrenal Body Composition Patterns

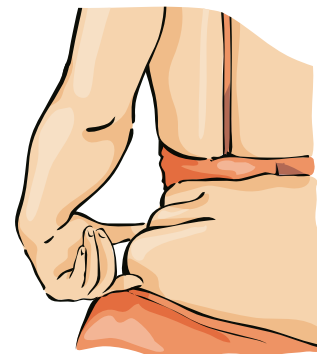
Excess cortisol circulating around your body can cause torso weight gain, inflamed and weak muscles, and a “moon” face appearance. Let’s take a look at other common symptoms.



It is common to see double chin, puffy round “moon” face, and a general stretching of the skin from years of excess adrenal hormone output.



In advanced cases, a fat pad or “Buffalo Hump” is seen below the neck.



Excess midsection weight with a belly stretching over the belt.

Share the Quiz at EndoTypes.com ▶

Typical Adrenal Symptom Patterns

You may notice the following symptoms due to an under or over active adrenal gland. Based on your unique stage of the gland stress and communication between glands, you may not experience all of these symptoms.



You may be a caffeine addict. Adrenal EndoTypes typically have coffee or soda to “wake up” especially around 10am, 2pm, or 4pm. With stressed out adrenal glands, you cannot regulate the production of cortisol. Cortisol should be highest in the morning and lowest at night. If your adrenals are not working properly, then you may crave stimulants to boost your adrenal function.



Adrenal mineralcorticoid hormones need minerals, especially sodium to be manufactured. If your minerals become imbalanced from excessive adrenal stimulation, you may experience salt cravings in the form of cheese, pretzels, nuts, popcorn or chips, especially in the evening.



You fall asleep immediately after dinner, but then mind races and cannot fall back to sleep. Your adrenals make a steroid hormone called cortisol that helps regulate blood sugar. If you eat a meal high in sugar before you go to bed and then wake up at around 2 or 3 in the morning and cannot go back to sleep, you may have compressed sleep caused by adrenal dysfunction. Your body is literally waking you up to make hormones to deal with excess blood sugar from your evening snack. Combine this with an imbalanced circadian rhythm, and we never will wake up feeling rested.



You may lose your breath while climbing stairs and find it hard to catch it. If the adrenals are weak, you may burn through vitamin B that is used to hold oxygen capacity. You may also burn through potassium and magnesium that help regulate fluids. This can make you exhausted when climbing stairs, causing you to feel out of breath. The lower legs feel heavier, as if you were carrying around lead weights on your ankles.

Additional Symptoms:

- ✓ Anxious
- ✓ Can't Go back To Sleep
- ✓ Fibromyalgia
- ✓ Short Term Memory Loss
- ✓ Belly Fat (Over Belt)
- ✓ Chronic Fatigue Syndrome
- ✓ Heart Palpitations
- ✓ Struggling For Words
- ✓ Brain Fog
- ✓ Dark Circle Under Eyes
- ✓ Irritable
- ✓ Swollen Ankles
- ✓ Caffeine Addict
- ✓ Dizziness Upon Standing
- ✓ Salt Cravings
- ✓ Tired After Eating

Share the Quiz at EndoTypes.com 

Endotype
QUIZ

This report is for educational purposes only. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Copyright ©2017 Chicago Nutrition Consultants, Inc.

Adrenal Smoothie Recipe Sheet

Smoothies are at the heart of your EndoType Diet Plan. They increase your nutrient density per calorie, which means the ingredients will help solve many vitamin and mineral deficiencies while at the same time sooth your Gastrointestinal (GI) System. It is OK if you are not able to handle more than one smoothie a day in the beginning. Please talk to your doctor if you experience increased symptoms as you may need additional enzymes or support.

Name _____ Number of Smoothies/Day: 1 2 3 Date _____

Your Customized Smoothie Recipe

1. Green Leaves

BET LEAVES **KALE** **TURNIP GREENS** **SPINACH**

Amount in cup(s) **1/4** **1/2** **1** **2** **3** **4** **5** **6** **7** **8** **9**

2. Fruit

BLUEBERRIES **DATES** **FIGS** **PAPAYA** **PINEAPPLE**

Amount in cup(s) **1/8** **1/4** **1/2** **1** **2** **3** **4**

3. Seeds/Oil

BRAZIL NUTS **CHIA** **FLAX** **SESAME (TAHINI)** **SUNFLOWER**

Amount in teaspoons(s) **1** **2** **3** **4** **5** **6** **7** **8**

4. Liquid

KEFIR **UNSWEETENED COCONUT MILK** **COCONUT WATER** **WATER**

Amount in cup(s) **1** **2** **3** **4** **5**

5. Products

ALOE **PREBIOTIC INULIN** **MARSHMALLOW ROOT** **OKRA** **PROTEIN**

SALT **TURMERIC POWDER** **LECITHIN** **FISH OIL** **COCOA POWDER**

Amount in teaspoons(s) **1/4** **1/2** **1** **2** **3** **4** **5** **6** **7** **8** **9**

Amount in tablets(s) or capsule(s) **1** **2** **3** **4** **5** **6** **7** **8** **9** **10**

6. Other Products/Notes

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
/ /	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3
/ /	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3
/ /	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3
/ /	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3



Share the Quiz at EndoTypes.com

The Gut Reconditioning Smoothie Sheet is intended for educational purposes only and should not be used as a substitute for advice provided by a healthcare professional. Do not use this recipe/tracking sheet for diagnosing a health problem or disease. Copyright ©2017 Chicago Nutrition Consultants, Inc.

Adrenal Supplement and Herb Options

The goal of the EndoType supplement plan is to correct nutritional deficiencies with specific minerals, vitamins and herbal phytochemicals. This supplement plan is designed to work with your customized smoothie. The smoothie will help you meet your macronutrient and RDA needs, whereas this plan focuses on targeted support. Keep your doctor informed of any symptoms that develop to modify your supplement and herb plan as necessary.

Length of Protocol (days): 14 30 60 90 Patient Direct Code: _____

General Adrenal Support	Product #	Dosages	Instruction
<input type="checkbox"/> DRENAMIN	3700	<input type="radio"/> 1/1/1 <input type="radio"/> 2/2/2 <input type="radio"/> 3/3/3	
<input type="checkbox"/> CATAPLEX AC	0575	<input type="radio"/> 1/1/1 <input type="radio"/> 2/2/2 <input type="radio"/> 3/3/3	
<input type="checkbox"/> ADRENAL COMPLEX	M1055	<input type="radio"/> 1/1 <input type="radio"/> 1/1/1	Suck tablet 2 mins before eating
<input type="checkbox"/> WITHANIA COMPLEX	M1488	<input type="radio"/> 1/1/1 <input type="radio"/> 2/2/2	
<input type="checkbox"/> ADRENAL TONIC	M4405	<input type="radio"/> 1 <input type="radio"/> 1/1 <input type="radio"/> 1/1/1	Dilute 1 teaspoon in water/juice
Blood Sugar Support	Product #	Dosages	Instruction
<input type="checkbox"/> GYMNEMA	M1325	<input type="radio"/> 1/1 <input type="radio"/> 1/1/1 <input type="radio"/> 2/2/2	Take after meals
<input type="checkbox"/> CATAPLEX GTF	4675	<input type="radio"/> 1/1/1 <input type="radio"/> 2/2/2 <input type="radio"/> 3/3/3	
<input type="checkbox"/> PANCREATROPHIN PMG	5375	<input type="radio"/> 2/2/2 <input type="radio"/> 3/3/3	
<input type="checkbox"/>			
<input type="checkbox"/>			
HPA Axis Support	Product #	Dosages	Instruction
<input type="checkbox"/> PARAPLEX	6715	<input type="radio"/> 1/1/1 <input type="radio"/> 2/2/2 <input type="radio"/> 3/3/3	
<input type="checkbox"/> SYMPLEX F/M	7780/7830	<input type="radio"/> 1/1/1 <input type="radio"/> 2/2/2 <input type="radio"/> 3/3/3	
<input type="checkbox"/> HYPOTHALMEX	4875	<input type="radio"/> 1 <input type="radio"/> 1/1 <input type="radio"/> 2/2	
<input type="checkbox"/>			
<input type="checkbox"/>			

Notes

Share the Quiz at EndoTypes.com 



This report is for educational purposes only. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Copyright ©2017 Chicago Nutrition Consultants, Inc.