

Start the Conversation



The key to losing weight is to understand your hormonal symptoms.

EndoTyping is a term to describe your symptom patterns and body composition changes. Once you uncover your most stressed endocrine gland, you can use natural approaches such as lifestyle behaviors, functional foods, supplements, and herbs. Keep in mind that your symptoms are caused from the inability of your body to recover from stress. We will use this information to understand which organs need support to stop or lessen your symptoms.

- 1. Fill out the EndoType Questionnaire**
- 2. Review the following questions with us:**

Symptom Patterns

- Do you need extended periods of recovery from stressful events?
 - How frequently does this occur?
- Do you feel that your emotional stress is out of control?
 - How frequently does this occur?
- What emotional triggers cause you to feel stressed out?
 - How frequently does this occur?
- Do you have food cravings?
 - What kind of foods and what time of day does this occur?

Body Composition Changes

- Do you feel that you are gaining weight in very specific places on your body?
 - Which areas are you most concerned about?
- Have you noticed changes on your skin such as blemishes or spots?
 - Where do you see them?
- Do you feel that you cannot lose weight even with exercise?
 - How often do you workout?

Learn More at EndoTypes.com ▶



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