Thyroid Type
Guide To Balance
You’re a Thyroid Type!

Excellent news! Knowing your Body Type is the first vital step in a fascinating process. You are going to uncover the full potential of your body for health, fitness and energy at your best weight.

Your next step is to become the best Thyroid Type you can possibly be.

How do you do this? By learning the art of balance. Your strengths – liveliness, creativity, intelligence and sparkle (all qualities that come from a dominant thyroid gland) need to be balanced with the qualities of the body’s other three major glands. When you’re in balance, you’ll have:

• the strength and steadiness of the adrenals
• the insight and mental perception of the pituitary
• the warmth and nurturing of the gonads or sex glands.

This is a Thyroid Type in Balance!

You see, our definition of balance goes like this: a balanced metabolic system has the ability to draw on all four of the body’s glands, each in the right proportion and at the right time, for the best possible energy, creativity and health.

A balanced metabolism is like a music group made up of four strong, beautiful voices – not like one that’s dominated by a single voice. It sounds good – and it feels even better! So let’s see how you can get into balance, starting right now!

Thyroidal Type
Guide to Balance

Achieving and maintaining balance is not just a goal, it’s a fascinating journey. And it’s one you do not have to take alone.

Now that you know your Body Type, the next step is to talk with your Body Type Counselor about your many options for achieving health and balance at your best weight.

Your counselor can help you learn to balance your body with a diet, exercise and supplement program tailored to your personal needs. You can learn to control your cravings, cook right for your Body Type, and reduce the stress in your life. You can even learn how to go off the Body Type diet once you reach your goals.

Does this sound like exactly what you would like to achieve? With your Body Type Counselor in your corner, you can! The Body Type Counseling program as developed by Elliot Abravanel, M.D. draws on his 30 years of experience in holistic nutrition and therapeutic weight control. With over 2 million patient visits, this is the best-documented program of our time. Your Body Type Counselor will use Dr. Abravanel’s methods to determine the very best diet, supplements, exercise and lifestyle for you.

Give yourself the best –
to be the very best T-Type you can be.

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T-Type Strategies for Harmony and Balance

This booklet cannot substitute for Body Type Counseling – it cannot personalize a program to meet your special needs. It can, however, give you a sense of the strategies T-Types use to create harmony and balance. These are strategies which you can begin to use safely on your own. Then, your Body Type Counselor will be happy to take it from there!

Strategy #1 is to cut back on foods which overstimulate your dominant thyroid gland;

Strategy #2 is to eat more of those foods which nourish and support your other three less active glands;

Strategy #3 is to begin the T-Type exercise program which will increase energy and reduce your hunger, making it far easier to follow the T-Type Food Guidelines!

Reducing overstimulation of your thyroid is the first step in creating balance – but don’t worry, you are not going to lose your great T-Type qualities! Being out of balance means that your thyroid has been overstimulated for a long time, and is now tired, even exhausted. That’s what happens when you overuse your dominant gland and underuse your other three glands.

When your dominant gland is tired, your system becomes sluggish. Your energy flags, and your weight accumulates. So you need to give your thyroid gland a rest, and to build up your other three glands. Your thyroid will come back stronger than before, but now it will have the support of your other glands, and it will be less vulnerable to stress and exhaustion.

Will These Guidelines Make Me Healthier?

Yes! Eating right for your Body Type is the single most important action you can take to improve your overall health and well-being.

Every Body Type has its own particular “windows of vulnerability.” As a T-Type, you are vulnerable to health problems which include fatigue, allergies and depression. You may have low thyroid functioning (due to overstimulation in the past). Your triglyceride level may be high (due to overeating of carbohydrates). These are typical vulnerable areas in the T-Type metabolism. Not every T-Type has them, but many do.

The T-Type Food and Exercise Guidelines have been especially designed to strengthen your system and to close up these windows of vulnerability.

Note that the Food and Supplement Guidelines are not, of course, a cure for specific diseases, for which you should always consult your physician.

Will I Lose Weight with These Guidelines?

The T-Type Food Guidelines are strategies for balance, rather than a weight loss program per se. We believe that anyone on a weight loss diet needs the support of a Body Type Counselor. For any diet to work – even one that’s just right for your Body Type – you need to know more than just what foods are right for you. You must also know:

• how to stay on that diet consistently – even when under stress
• how to work with and overcome your cravings
• what exercises are most supportive for you
• what food tastes are best for your metabolism
• what your eating triggers are and how to avoid them
• and much, much more!
These guidelines have been carefully designed to rest your dominant thyroid gland and to support and nourish your other three glands. Use the T-Type Food Pyramid insert on your refrigerator to remind you of these guidelines.

Plenty foods (foods to eat every day):
These are foods that support and nourish your adrenals, pituitary and gonads.

- Eggs
- Poultry:
  - Chicken
  - Turkey
  - Game Hen
- Fish and Shellfish

Moderation Foods (foods to eat but not to overdo):
These are foods which nourish all your glands, including your thyroid, but could be over-stimulating if eaten in excess.

- Red meat
- Organ meats:
  - liver
  - kidneys
  - heart

Rarely Foods (special occasions only!):
These are foods that have created imbalance in the past by overstimulating your thyroid gland. You may have them on rare occasions, but be careful.

- Refined grains
- Sugar and sugary deserts
- Caffeine

Your ideal eating schedule:
This schedule is an important part of creating balance in your system.

- Eat eggs for breakfast daily (a good lifetime habit for T-Types)
- Have protein at every meal
- Divide your total foods evenly among breakfast, lunch and dinner
- When you need a snack, for instance if you feel very tired in the late afternoon, have a protein snack (half a hardboiled egg, some cottage cheese, turkey jerky), never carbohydrates.
Thyroid Type Supplement Guidelines

Now you can finally get what you need from your nutritional supplements! You’ve been taking supplements, but haven’t noticed the difference you expected. Or you haven’t tried, because you don’t know what you really need. Now, finally, you can be sure you are getting the precise balance of nutrients your T-Type body requires. Did you know...

• Thyroid Types require extra trace minerals (especially magnesium, manganese, chromium and zinc) to reduce your cravings for carbohydrates.

• Thyroid Types need extra quantities of B vitamins to help reduce stress.

• Thyroid Types need extra quantities of growth hormone releaser amino acids, to help firm up flabby muscles.

• Thyroid Types need special glandular support substances to build up your overstimulated thyroid gland.

Make sure your supplement has plenty of all these nutrients, and you’ll see a big difference in the way you feel! For more information and detailed recommendations for your needs as an G-Type, refer to Chapter 13 (page 231) in the 2nd edition of Dr. Abravanel’s Body Type Diet and Lifetime Nutrition Plan (Bantam Books, 1999).

The T-Type Food and Supplement Plan

This is the way the Food Guidelines work in a meal-by-meal format. Don’t forget to take supplements.

**BREAKFAST**

2 eggs, any style  
Whole grain toast with butter  
Decaffeinated coffee, tea or Raspberry Leaf Tea

**LUNCH**

A large green salad with plenty of your favorite vegetables and clear diet dressing*  
(used in moderation)  
A serving of meat, fish or poultry. Note: plan to eat meat about 2-3 times per week, fish or poultry on the remaining nights.  
A serving of whole grain (whole-grain bread, brown rice, quinoa, amaranth, kamut or other*)  
A glass of skim milk  
A piece of fruit (every other day)  
Decaffeinated coffee, tea or Raspberry Leaf Tea

**DINNER**

A serving of meat, fish or poultry. Note: plan to eat meat about 2-3 times per week, either at lunch or dinner, fish or poultry on the remaining nights.  
Fresh vegetables, cooked or in salad  
A serving of whole grain*  
Raspberry Leaf Tea

* Recipe Included
A Week of Sample Menus for Thyroid Types

Note: These menus are suggestions only – you may certainly use your own recipes using the Food Guidelines! These menus are to show you how easy, delicious and do-able it is to eat right for your Body Type. The recipe section following contains even more main-dish selections that are good for your Body Type.

MONDAY

Breakfast: 2 scrambled eggs
Whole wheat toast
Decaffeinated coffee
(one cup only)

Lunch: Large salad with clear diet dressing*
Water-packed tuna salad made with lowfat mayonnaise
Whole wheat English Muffin
A glass of skim milk
An orange
Raspberry Leaf Tea

Dinner: Mexican Stuffed Chicken*
Cucumber salad dressed with yogurt
Brown rice*
A glass of skim milk
Raspberry Leaf Tea

TUESDAY

Breakfast: 2 poached eggs
Rye toast with butter
Decaffeinated tea (one cup only)

Lunch: Large green salad with clear diet dressing*
Cooked or canned chicken
Whole grain bread
A glass of skim milk
Raspberry Leaf Tea

Dinner: Baked Halibut Steak*
Steamed spinach
Millet*
1 glass of skim milk
Raspberry Leaf Tea

WEDNESDAY

Breakfast: 2 fried eggs (in vegetable oil)
Seven-grain toast
Decaffeinated coffee

Lunch: Large green salad with clear diet dressing*
Canned or fresh salmon
Whole-grain roll with butter
Small apple
Glass of skim milk
Raspberry Leaf Tea

Dinner: Lean broiled steak
Steamed zucchini and string beans
Butter or light sour cream on the vegetables
Small baked potato
Glass of skim milk
Raspberry Leaf Tea

THURSDAY

Breakfast: 2 scrambled eggs
(in vegetable oil)
Whole wheat toast
Decaffeinated coffee

Lunch: Large green salad with clear diet dressing*
Sliced turkey with reduced fat mayonnaise
Rye Krispbread
Glass of skim milk
Raspberry Leaf Tea

Dinner: Barbecued Tuna*
Steamed carrots with parsley
Bulghur wheat*
Glass of skim milk
Raspberry Leaf Tea
FRIDAY

Breakfast: 2 hardboiled eggs  
Rye toast with butter  
1/2 Grapefruit  
Decaffeinated coffee  

Lunch: Large green salad with clear diet dressing*  
Water-packed tuna  
Rye toast  
Glass of skim milk  
Raspberry Leaf Tea  

Dinner: Chicken stew*  
Whole-grain roll  
Glass of skim milk  
Raspberry Leaf Tea  

SATURDAY

Breakfast: Poached eggs (2)  
Whole grain English Muffin with butter  
Decaffeinated coffee  

Lunch: Chef’s Salad*  
Rye Krispbread  
Glass of skim milk  
Raspberry Leaf Tea  

Dinner: Sesame Shrimp with Asparagus*  
Steamed green beans  
Brown rice  
Glass of skim milk  
Raspberry Leaf Tea  

SUNDAY

Breakfast: Omelette with herbs*  
Whole grain toast with butter  
Decaffeinated coffee  

Lunch: Large green salad with clear diet dressing*  
Broiled chicken breast  
Rye toast  
Fresh strawberries  
Glass of skim milk  
Raspberry Leaf Tea  

Dinner: Roast lamb with mint sauce (or a teaspoon of mint jelly)  
Steamed broccoli  
Small baked potato with butter or light sour cream  
Glass of skim milk  
Raspberry Leaf Tea  

RECIPES FOR THYROID TYPES

MEXICAN STUFFED CHICKEN

2 chicken breasts, skinned and boned  
1 tablespoon dried bread crumbs  
1 tablespoon grated Parmesan cheese  
2 tablespoons mild green chilies, chopped  
1/2 teaspoon chili powder  
1 egg, beaten  
1 ounce Monterey Jack Cheese, cut into two slices, 3 inch by 1 inch  

Preheat oven to 375 degrees. With a kitchen hammer or the side of a cleaver pound out the boned breasts to 1/4 inch thick. On each one, place a tablespoon of the chili and a Monterey Jack cheese slice. Roll up and place, seam side down, in a baking dish. Brush with beaten egg. Mix together the bread crumbs, Parmesan cheese and chili powder and sprinkle over the chicken rolls, patting into place to form a crust. Bake for about 20 minutes – cheese inside will be melted and the crust is nicely browned.  
Serves 2  

STIR-FRIED CHICKEN

One whole chicken breast, skinned and boned  
1/2 cup celery, sliced  
1 teaspoon vegetable oil  
1 cup green pepper, sliced  

Marinade:  
2 teaspoons soy sauce  
1 teaspoon corn starch  
1 slice fresh ginger, minced (optional)  
2 sliced green onions  
1 teaspoon dry sherry (optional)  

Cut boned chicken breast into 1/2-inch square pieces. Place in a bowl with the marinade. Heat 1/2 teaspoon oil in a wok or frying pan, add the vegetables and cook, stirring, 3-4 minutes or until just tender. Remove from the pan. Add the other 1/2 teaspoon oil. Drain the marinade from the chicken and save it. Add the chicken to the hot oil and cook, stirring, about two minutes or until it turns white. Add vegetables and marinade and toss together 1 minute, until the sauce thickens and the vegetables are hot.  
Serves 2
CHICKEN STEW
2 whole chicken breasts
2 cups water
1 celery rib, cut into 2 inch pieces
1/2 teaspoon salt
1/2 pound zucchini
1/2 clove garlic, crushed
1 14 oz. can tomatoes, with juice
1 teaspoon curry powder
1/4 teaspoon dried thyme
Dash cayenne pepper
1/2 medium onion
1/2 green pepper, diced
1 teaspoon vegetable oil
1/2 bay leaf

Place chicken in a medium pan with water, bay leaf, celery and 1/2 teaspoon salt. Bring to a boil, reduce heat and simmer 30 minutes, or until chicken is tender. Cool chicken in broth in the refrigerator overnight, or until fat is fully solid. Remove every trace of fat. Cut up chicken into bite-sized pieces, discarding the skin. Save 1 cup of broth. In the same pot, sauté onion, peppers, garlic and seasonings in the oil for a few minutes. Add tomatoes, zucchini and broth and simmer for 5 minutes, until zucchini is tender. Add chicken and heat through.

Serves 4

BAKED HALIBUT STEAK
2 fresh or frozen halibut steaks, 4-5 ounces each
1/8 teaspoon of paprika
3 teaspoons of lemon juice
1/4 teaspoon salt
Dash pepper
2 green onions, sliced
1/2 teaspoon vegetable oil

Thaw fish steaks, if frozen. Sprinkle with lemon juice, salt, paprika and pepper. Place in a shallow baking dish and let stand to marinate for 30 minutes. Cook the onions for 2 minutes in the oil, then spoon over fish. Bake, covered, 15-20 minutes in a 350 degree oven. Remove cover for last three minutes to allow onions to brown.

Serves 2

TURKEY KABOBS
5-6 pounds frozen turkey breast, thawed
1/2 cup of soy sauce
1/4 cup dry sherry
1 tablespoon fresh ginger, minced
1 teaspoon salad oil
1/2 teaspoon crushed red pepper
1 bunch of green onions, sliced

Mix the soy sauce, sherry, ginger, oil and red pepper in a large bowl. Cut the turkey from the bone and cut into 2 inch cubes. Add to the marinade and toss to coat well. Cover and refrigerate for several hours or overnight. Thread the turkey cubes on metal skewers, alternating with onion pieces, and grill on a barbecue or in the oven for about 30 minutes, turning occasionally and brushing with marinade.

Serves 6

CHEF’S SALAD
3 ounces cold cooked chicken
Lettuce, tomato, cucumber, celery, sprouts, as much as you like
2 teaspoons of any clear (not creamy) diet dressing
2 ounces hard cheese (Parmesan or Romano)

Slice chicken and vegetables, toss together with dressing, and serve.

Serves 1
SESAME SHRIMP WITH ASPARAGUS

- 4-5 ounces of shrimp
- 1 bunch asparagus, sliced into 1 inch pieces
- 1 teaspoon soy sauce
- 1 teaspoon vegetable oil
- 1 small slice of fresh ginger, minced (optional)
- 2 teaspoons sesame seeds
- ½ teaspoon corn starch

Peel shrimp and make a cut up the back, removing the black vein along the back. Place the sesame seeds in a wok or frying pan without oil and toast 2-3 minutes, watching to see they do not burn. Remove from pan. Heat ½ teaspoon of oil in the pan and cook the asparagus 2 minutes, until not quite done. Remove asparagus from the pan. Heat remaining ½ teaspoon of oil and cook the shrimp 3-4 minutes, until they turn pink. Add asparagus and cook ½ minute longer. Stir together soy sauce, ginger, and corn starch and add to the pan, stirring to coat shrimp and asparagus. Sprinkle with toasted sesame seeds.

Serves 1

OMELETTE WITH HERBS

- 2 eggs
- 1 tablespoon skim milk
- 2 teaspoons fresh herbs (basil, parsley, tarragon, thyme) or 1 teaspoon dried herbs
- 1 teaspoon vegetable oil

Beat eggs with milk in a bowl. Heat oil in a small skillet until hot, add eggs and sprinkle with herbs. Lower the flame under the skillet and cook, drawing cooked eggs away from the edges of the skillet with a spatula and letting the uncooked mixture run out toward the edges, until mixture is set. Fold in half and slide onto a plate.

Serves 1

SALMON STEAK FLORENTINE

- 2 4-5 ounce salmon steaks
- 1 bunch fresh spinach (or use a package of frozen spinach)
- 1/2 clove of garlic, crushed (optional)
- 1/2 teaspoon dried dill or 1 teaspoon of fresh, if available
- 1 lemon, cut into wedges
- 2 teaspoons vegetable oil
- 1/2 medium onion, chopped
- 1/8 teaspoon salt
- Pinch of pepper

Wash the spinach carefully and shake off water. Cut into 1 inch strips. Wipe fish with a damp cloth and arrange in a single layer on a broiler pan. Broil about 4 inches from the heat for 5 minutes. Turn, sprinkle with salt and pepper, and brush the tops lightly with 1 teaspoon of oil. Sprinkle on the dill. Return to the broiler and broil 5 minutes more. Meanwhile, heat the remaining oil in a skillet. Cook onion and garlic until soft. Stir in the spinach, cover pan and cook, stirring occasionally, over high heat for 3 minutes, or until spinach is wilted and bright green. To serve, spoon spinach onto a warm platter and lay salmon steaks on top. Garnish with lemon wedges.

Serves 2

BARBECUED TUNA

- 1/2 pound fresh or frozen tuna (Albacore, if available)
- 2 ounces of frozen grapefruit juice
- 2 teaspoons lime juice (use lemon juice if lime is not available)
- 1/4 teaspoon salt
- 1/4 teaspoon Tabasco sauce
- 1/4 teaspoon dried thyme
- 1/4 teaspoon mustard

Combine grapefruit concentrate, lime or lemon juice, salt, mustard, thyme and Tabasco sauce in a bowl. Marinate fish for 30 minutes. Cook over barbecue grill, or in the oven broiler, for 15 minutes, turning several times and basting with marinade mixture. Fish is done when it flakes easily with a fork. Garnish with a sprinkling of paprika.

Serves 2
PREPARING WHOLE GRAINS
Whole grains, including bulghur wheat, brown rice, millet, amaranth, kamut and quinoa, are all prepared in the same way. Place the grains in a saucepan with twice as much water as grain (i.e. for 3/4 cups of grain, add 1 1/2 cups water). It is best to use at least 3/4 cup at any time, as small amounts do not cook well. Bring to a boil, lower heat and cover. Allow to cook 30-40 minutes, or until all the water is absorbed. Fluff with a fork and allow to stand for a few minutes before serving. For a richer flavor, use chicken stock instead of water.

CLEAR DIET DRESSING FOR SALADS
The commercially-prepared low-fat or nonfat salad dressings are acceptable, but be sure to choose a clear one and not one of the creamy-looking ones, such as, Roquefort or Ranch, which are still too rich. For a homemade dressing, try any of the following:
In a saucepan combine 1 cup red wine vinegar and 1/2 cup chopped fresh herbs (try basil, parsley, tarragon, dill, thyme, or a combination). Bring to a boil. Cool and pour into a jar with a tight-fitting cover and let stand at room temperature for several days. Strain and use over any vegetable salad. A variation is to omit herbs from the proceeding recipe and add 4 crushed cloves of garlic. You can also mix 2 teaspoons of plain yogurt with a pinch of fresh or dried herbs and use it as a salad dressing. Finally, fresh lemon juice squeezed over a salad is delicious.

How Much Should I Eat?
You may have noticed that the T-Type Food Guidelines do not prescribe quantities of food, other than the three categories of Plenty, Moderation and Rarely foods. This is because the Guidelines are intended to be used by people of varying weights and degree of activity.
How much you, personally, should eat with these Guidelines depends completely on how much you weigh and how active you are. The bigger you are, and the more active, the more food you can eat and still maintain your body’s current weight. Of course, to lose weight, you must eat less than your maintenance amount, but for weight loss we recommend you go through Body Type Counseling with a Certified Body Type Counselor. The recipes do include food amounts, however. These amounts are based on the amount of food typically required by someone who is moderately active and weighs about 130 pounds. A person like this will maintain his or her weight by eating about 2000 calories per day. If you weigh more or less than this, you will need to adjust the recipe amounts accordingly.

Body Type Counseling: It’s For You!
Body Type Counseling is a very special, very personal program. As you go through the sixteen-week Body Type Counseling, you and your Counselor take a voyage of discovery and self-knowledge for you and you alone. You will learn, finally, a way of eating and a way of living that is absolutely right for you.
These are some signs that you can benefit from Body Type Counseling:

- You have previously lost weight and then gained it back.
- You have experienced a decline in energy level or have always been low-energy.
- You have succeeded in losing weight but still have “pockets” of fat which you have been unable to lose.
- You have cellulite (This is a clear sign of Body Type imbalance.)
- You have food cravings (We define cravings as “irresistible desires for particular foods, even though you are not hungry and are aware that these are not the right foods for you.”)
- Your food cravings lead to occasional or frequent “binges.”
- You are eating a healthy diet, but have a sense that it could benefit from fine-tuning to make it really right for you.

This is our promise to you: a simple desire to create harmony and balance in your system, plus the knowledge which a Body Type Counselor has to give, will result in experiences that will change your life forever, in ways you can hardly even imagine.
Thyroid Type

Guidelines to Achieve & Maintain Balance

T-Type Supplements:

T-Type Tea:
  Raspberry Leaf

T-Type Exercise:
  Aerobics: work up to walking briskly for 45 minutes, 5 times per week.
  Strength training: work up to three times a week using reasonably heavy weights.
  Flexibility training: do regular stretching every day.