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Body Type Quiz: Somatotypes vs. Hormonal Body Types Somatotypes and hormonal body types are two different methods of categorizing the human body.Somatotypes are a system created by psychologist William Sheldon in the 1940s that divides people into three different categories: ectomorph, mesomorph, and endomorph.This type of system is used to diagnose various health conditions such as adrenal fatigue and relates to lifestyle choices made by individuals rather than an overall physical structure.Both somatotypes and hormonal body types can be helpful tools for understanding individual differences in body composition and managing nutrition and exercise plans accordingly.If you are an ovary body type, you'll benefit from supporting your estrogen balance with organic, non-GMO, and hormone-free foods.An imbalance of adrenal hormones (primarily cortisol) is at the root of the problem--so a healthy diet won't fully resolve the issues associated with the adrenal body type.Stress, poor T4 to T3 conversion, a sluggish gallbladder, and adrenal fatigue can all contribute to the thyroid body type.If you have the thyroid body type, you may see the best results when you consume plenty of iodine-rich foods and go on an OMAD (one meal a day) intermittent fasting plan.Mesomorphs are considered to be the ideal body type, characterized by having a muscular build and well-defined muscles.Hormonal body types on the other hand are divided into three main categories - Ovary, Thyroid, and Liver - determined by hormonal levels for each kind.Adrenal body types often experience brain fog, crave salty foods, and find it challenging to stay calm under stress.Overactive ovaries and estrogen dominance cause the body to accumulate fat in these areas.Those with the ovary body type are also highly sensitive to endocrine disruptors--including pesticides, fungicides, and herbicides.It's essential that you get plenty of quality sleep, take time to relax, and actively manage your stress levels with stress reduction techniques.The most important foods for balancing estrogen are cruciferous vegetables.An ectomorph is characterized by having a slender build and low levels of body fat.Endomorphs are characterized by having a higher level of body fat than both ectomorphs and mesomorphs.This type of body is typically seen as being rounder with shorter limbs.The adrenal body type Common characteristics of the adrenal body type are sagging belly fat and high stress levels.Thyroid issues result from secondary problems, making it challenging to pinpoint the root cause.Taking the body type quiz will let you know if you have a liver body type, it's essential to avoid alcohol and excessive protein.Instead, consume plenty of salads and low-carb vegetables.These somatotypes describe general body types based on physical characteristics like height, weight, muscle mass, fat distribution, and bone structure.People who have an ectomorphic body type tend to have difficulty gaining weight or muscle mass.This type of body is typically seen as being strong and athletic with broad shoulders and narrow waists.The four body types are adrenal, ovary, .thyroid, and liver.If you have the adrenal body type, stress reduction is key