Chapter 5

The Ovary Type

Taken from Dr. Berg’s book, The 7 Principles of Fat Burning

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The Ovaries

The ovaries produce three hormones responsible for controlling the menstrual cycle. They release eggs every month and are in charge of making the environment suitable for the eggs’ growth. One of these hormones is estrogen. It creates the fat layer around a female body, specifically around the ovaries—hips, buttocks and lower abdomen.

The ovaries

The following is a description of what happens when the ovaries don’t
When ovaries become dysfunctional, they can produce an excess of estrogen, which causes more fat. I have observed that this fat is deposited on “saddlebag” thighs, the lower stomach and the buttocks. The lower stomach fat usually shows up just below the bellybutton as a bulge.

Fat cells, by the way, also produce estrogen.

Problems that can be caused by the ovaries include PMS, cravings at certain times of the month, bloating at certain times of the month, excessive menstrual bleeding, as well as depression during the menstrual cycle. Other than that, there is no problem at all!
Excessive menstrual cramps

Many times a person with an Ovary body type experiences pain on either side of their lower-back area. Pain can also be in one of the knees, as the pain is being referred from one of the ovaries.

The pictures below show the changes from a normal body shape through the progressive stages of the Ovary type.
Causes of the Ovary Body Type

Ovaries are very sensitive to environmental hormones. Environmental hormones are those that come from birth control pills, hormone replacement therapy (HRT) and other external supplies of hormones that enter the body. Growth hormones fed to beef, poultry and farm-raised fish are in this category. Chemicals that mimic hormones, such as pesticides and DDT, also affect the ovaries, uterus and breasts. Because the ovaries produce estrogen, when these external estrogens not produced by the body enter the system, the ovaries’ own production becomes disrupted.

This can create one of two situations:

- The ovaries increase their production of estrogen, creating more fat deposits around the hips and thighs and lower stomach.

- The ovaries shut down their production of estrogen. When this happens, a part of the brain has to overcompensate and increase its hormone messages for the ovaries to produce more hormones. This is similar to a boss finding an employee not doing his job; he might then begin to put
pressure on this individual to get back to work!

This second scenario is what can cause ovarian cysts and other growths. These cysts can cause the affected ovary to produce even more estrogen, thus creating additional fat around your thighs and hips. Pesticides on our foods can also act like estrogen and create cysts, fibroids (fibrous growths) and tumors on the ovaries and uterus. They can create the same effect as environmental estrogens.

When a woman produces extra estrogen, the thyroid can get blocked. Anytime estrogen increases, as in pregnancy, the thyroid hormones get inhibited. The person might go to the doctor and get their thyroid checked, yet it isn’t bad enough to show as being abnormal. A good endocrinologist will assess the entire endocrine system, including ovarian function.

It only takes very small amounts of estrogen and chemicals to create these effects; but by cleaning from the diet things that mimic estrogen, one can assist in bringing these hormones and glands back into a normal balance. For the Ovary type it is important to consume organic, hormone-free foods as much as possible.

The Menopause Back-up Organ

During menopause the ovaries shut down. When this occurs the adrenal glands kick in and begin producing hormones similar to those the ovaries once produced, only in smaller quantities because the woman will not be giving birth. This fact is rarely known by the layperson. If the adrenal glands are weak or sluggish during menopause, they cannot act as the ovaries’ back-up organ and a person will usually start to have problems such as weight gain, hot flashes, night sweats and vaginal dryness.

A small part of the brain controls the ovaries. It is located right next to the temperature control center that affects perspiration, heart rate and sweating. When the ovaries shut down during menopause, if the adrenals cannot act as the back-up the way they’re supposed to, stress is placed on the controlling part of the brain. The lack of return communication from the adrenals to the brain creates stress in the perspiration centers, causing a flush of heat and sweating. It could be likened to talking to or asking a question of your spouse while he or she does not respond to you. Being ignored would eventually upset you. In a similar way, your body reacts in the form of stress at the temperature center in the brain, which creates a flood of heat every ten minutes on the hour through the night. That is what hot flashes are. Someone’s trying to talk, but no one is listening.
Hot flashes

The reason why HRT often helps with hot flashes is because it gives the brain a return message—the answer it is waiting for—thus calming everything down. It’s an artificial reply but it completes the circuit and turns off the heat. The only problem with this situation is some slight minor adverse complications seven years down the road—such as strokes, heart disease, cancer and tumors of the liver. Other than that, it’s totally safe!

I’ve observed that before age 52 the person might have a thinner waist with an Ovary body shape; then after age 52 they start looking like an Adrenal shape (belly fat). This is because the adrenal gland is the back-up to the ovaries.

Below is a list of symptoms the Ovary type can experience from improperly working ovaries. Take a pencil and check off the symptoms that you experience in greater or lesser degree.

**Ovary Type Symptoms**

- Weight gain in hips, thighs and buttocks
- History of PMS
- Weight gain or bloating around that time of the month
- Ovarian cysts
- Cyclic fatigue
- Cyclic brain fog
- Cyclic pain in the lower back or hips
- Cyclic pain in the knee
☐ Cyclic lack of libido
☐ Infertility
☐ Hot flashes
☐ Night sweats
☐ Vaginal dryness
☐ Cyclic acne
☐ Cyclic mood swings
☐ Excessive menstrual bleeding
☐ Cyclic constipation
☐ Cyclic thinning of the hair
☐ Depression during menstrual cycle
☐ Cravings at certain times of the month

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