

Metabolic form

Please circle one and only one of the responses (A,B, or C) that best applies to you. You may find that none of the responses applies to you, do not worry, pick the one that is closest to your general tendencies. Skip questions that do not apply. Please answer how you are now, not how you used to be or would like to be or think you should be. Try to be as honest as you can, remember there are no right or wrong answers.

	A	B	C
1.	When I feel angry, eating meat of fatty food seems to make it worse	Sometimes eating relieves my anger and it doesn't really matter what I eat	I often notice that feelings of anger or irritability have abated after I eat something heavy and fatty like meat
2. (when I feel anxious...)	Fruits and vegetables calm me down	Eating almost anything helps me alleviate my anxiety	Heavy, fatty food improves the way I feel and lessens my feelings of anxiety
3. what breakfast gives you the greatest energy	Either no breakfast or something light like fruit, and/or toast or cereal; and/or milk or yogurt	Egg(s), toast, fruit	Something heavy like eggs, bacon or sausage, hash browns, toast; or steak and eggs
4. pretend you can choose anything you want	I would choose lighter foods such as chicken, turkey, light fish, salads, vegetables, and I'd sample various desserts	I would choose a combo of food from A&C	I would choose heavy rich fatty foods; roast beef, pork chops, potatoes and gravy; maybe a small salad; maybe cheesecake
5. how temperature effects you	I do best in warm of hot weather. Can't take the cold	Temperature doesn't matter much. I do pretty well whether is hot or cold	I do best in cold or cool temperatures. Can't take the heat.
6. circle if it applies			I have a tendency to get or have problems with chest pressure
7. Coffee - how does it affect you	I do well on coffee (as long as I don't drink too much)	I can take it or leave it	I don't do well with coffee. It makes me jittery, jumpy, nervous, hyper, nauseated, shaky, or hungry

8. my appetite at breakfast is typically...	Low, weak and lacking	Normal. Don't notice it being neither weak nor strong.	Noticeably strong or above average
9. my appetite at lunch is....	Low, weak and lacking	Normal. Don't notice it being neither weak nor strong.	Noticeably strong or above average
10. my appetite at dinner is....	Low, weak and lacking	Normal. Don't notice it being neither weak nor strong.	Noticeably strong or above average
11. what foods worsen your abilities to concentrate	Meat and/or fatty foods	No particular food seems to disrupt my concentration	Fruits and vegetables and grain-based carbohydrates
12. circle if it applies			I tend to cough everyday
13. circle if it applies			I have a tendency to have problems with skin cracking
14. circle if it applies (what cravings do you have)	Vegetables, fruits, grain-based products(bread, cereal, crackers, pastas)		Salty, fatty foods (peanuts, cheese, potato chips, meats etc)
15. circle if it applies			I tend to have problems with dandruff
16. select the appropriate one	I seem to feel more depressed after eating meats and fatty foods(and less depressed after eating fruits and vegetables		I seem to feel more depressed after eating fruits and vegetables (less with meats and fatty foods)
17. what is your general feelings about desserts after meals	I really love sweets and/or I often need something sweet with a meal in order to feel satisfied	I enjoy dessert from time to time, but can really take it or leave it	I don't really care for sweet desserts that much; I may like something fatty or salty instead (like cheese, chips, popcorn) for a snack after meals
18. favorite kind	Cakes, cookies, fruit	Truly no	Heavier fatty types

of dessert	pies, candies	preference. I'd choose different kinds each day	like cheesecakes, creamy French pastries
19. ideal dinner	Something light like skinless chicken breast, rice, salad, maybe a little dessert	Most foods work fine for me	I definitely do better with a heavy meal
20. Describe your ear color	My ears tend to be pale, lighter than my facial skin tone	Ears tend to be the same shade as my face	My ears tend to be pink, red, or darker than my facial skin tone
21. Eating just about anything before going to bed	Disrupts or worsens my sleep	Doesn't seem to make a difference; I can take it or leave	Usually helps me sleep better
22. Reaction to heavy food (fatty food, meats, cheese, etc.)	It prevents or disturbs my sleep	It's usually okay, as long as it isn't too much	It improves my sleep
23. Reaction to light food (carbohydrates like bread, toast, cereal, fruit)	I usually don't do well eating before sleep, but I definitely do better with lighter food	I can take it or leaves it	It's better than nothing, but I do better with heavier food
24. How do sweets affect your sleep?	Sweets don't interfere with my sleep	Sweets sometimes bother my sleep	I clearly don't do well eating sweets before sleep
25. How do you have to eat?	2 to 3 meals a day and either no snacks, usually, or light snacks	3 times a day and no snacks, usually	3 meals or more a day and snacks, often something substantial
26. what's your attitude towards food?	I'm un concerned with food and eating; may forget to eat; rarely think about food; eat more because I have to than because I want to	I enjoy food, enjoy eating rarely miss a meal, but don't really focus on food in any way	I love food, love to eat, food is big or central part of my life
27. Describe your eye moisture	My eyes tend to be dry	I don't notice one way or another	My eyes tend to be very moist, even to the point of tearing
28. How do you feel after skipping a meal or 4 hrs of not eating?	Doesn't really bother me. I can easily forget to eat	I may not be at my best, but it doesn't bother me, really.	I definitely feel worse, getting irritable, jittery, weak, tired, low on energy, depressed or other negative symptoms.

29. what do you consider your facial coloring?	I am noticeably on the pale side	I have average coloring	I'm noticeably dark (not from the sun), or pink, flushed or ruddy
30. Facial complexion	More dull or pasty	average	Bright, radiant, clear
31. how much do you like or dislike fatty food?	I don't really like fatty food	They're fine in moderation	I love them, crave them, and would like them often
32. Fingernail thickness	Thick, strong and hard	average	I tend to have thin or week nails
33. How would you feel after eating just fruit salad for lunch?	It satisfies me; I do well on it and will not get hungry	I do pretty well, but usually need a snack before dinner	Pretty badly; I feel tired, sleepy, spacey, depressed, anxious, irritable and/or hungry, and definitely need something to eat before dinner
34. What is your tendency to gain weight?	Meats and fatty foods cause me to gain weight	No particular food causes me to gain weight; But ill gain weight if I overeat and don't exercise	I tend to gain weight if I eat to many carbs(breads, pastas, grain products, fruits and/or vegetables)
35. How would you describe your gag reflex?	I rarely if ever, gag; it's hard to make me gag.	I probably have a normal reflex	I easily gag and/or often
36. Are you prone to goose bumps?	I often get goose bumps	I occasionally get goose bumps	I rarely, if ever, get goose bumps
37. What foods give you a boost of energy?	Fruit, candy, or pastry restores and gives me lasting energy	Just about any food restores lasting energy	Meat or fatty food restores lasting energy and well being
38. How do you feel after you eat a high- fat meal?	Decreases my well-being and energy, or makes me sleepy, or too full, or causes indigestion	Causes no special reaction one way or the other	Increases my well-being; makes me feel good energetic, satisfied, like I "had a good meal"
39. What kinds of feelings of	I rarely get hungry or feel real hunger, or	I have pretty normal hunger	I often feel hungry; need to eat

hunger do you feel?	have weak hunger feelings that pass quickly, or can easily go long periods without eating, or can forget about food altogether	around mealtimes or when I'm late for meals	regularly and often; may get strong hunger sensations
40. What foods take your energy away?			
41. How do insect bites or stings affect you?			
42. pick one	I rarely get insomnia.	I occasionally wake up and need to eat in order to go back to sleep.	I often wake up and need to eat in order to go back to sleep. Eating something before going to sleep helps this problem or shortens the time that I'm awake.
43. circle if it applies			I tend to get itching eyes often, even though I don't have a cold, allergy, or candida problem
44. circle if it applies			My skin tends to itch often.
45. When you eat out, do you eat more or less than others?	I don't eat that much. Definitely less than average. Doesn't take much to make me full.	I don't seem to eat more-or-less than other people.	I generally eat large portions of food, usually more than most people.
46. Moisture inside the nose	My nose often seems too dry.	I don't notice my nose being too dry or too moist.	My nose often tends to run.
47. Does fruit juice satisfy your appetite or do you feel worse?	It energizes me, satisfies me, works well to nourish me until my next meal	Its okay, but isn't always the best snack.	Overall bad result. Can make me light-headed, hungry soon after, jittery, shaky, nauseated, anxious, depressed, etc.
48. What is your	I tend to be more	I'm pretty	I tend to be more

natural tendency in social gatherings?	aloof, withdrawn, a loner, or introverted.	average, neither introverted nor extroverted	social, a “people person,” or extroverted
49. How do you feel about potatoes?	I don’t really care for them that much or don’t like them at all.	I can take them or leave them	I really love them, could eat them almost every day
50. How do you feel after eating red meat (not religious beliefs)	It decreases my energy and wellbeing. Can make me depressed or irritable.	I don’t notice one way or the other.	I definitely feel good or better when I eat red meat.
51. pupil size: The size of my pupil tends to be:	Larger than my iris.	Average. The same size as my iris.	Smaller than my iris.
52. How would you feel after a salad lunch?	I do pretty well with that kind of lunch.	I can get by, but it isn’t the best type of food for me.	Bad results. Makes me feel either sleepy, tired, lethargic, or hyper, nervous, irritable
53. How much saliva do you normally in your mouth?	My mouth tends to be dry a lot of the time.	I don’t notice that I have too little or too much saliva	I tend to have a lot of saliva, or I have a tendency toward drooling
54. How do you feel about salt?	Foods often taste too salty, or I like my food salted only lightly	I don’t really notice salt one way or the other. Rarely seems like too much or too little. Just use an average amount on foods.	I really love salt, or crave it. Like a lot of salt on foods, to the point that others think my food is too salty.
55. If you eat three meals do you eat snacks?	I rarely if never want or need snacks.	I occasionally want or need to snack between meals.	I often want or need to snack between meals
56. What snack food makes you feel the best	I generally don’t need snacks, but if I do have one, I usually prefer and do well on something sweet.	I sometimes need snacks and do well on pretty much anything.	I definitely want and need snacks in order to be at my best. Do poorly on sweets, but do well on protein and fat (meat, chicken, cheese, hardboiled egg, nuts)
57. This pertains to short sneeze	I almost never sneeze unless I’m sick or have	I do sneeze from time to time when	I often regularly tend to sneeze

attacks, not allergies	allergies.	not sick or allergic, but not regularly.	and/or usually sneeze a little after eating
58. What is your innate tendency toward socializing?	I tend to be a little “antisocial,” in that I enjoy being alone, feel awkward at social gatherings or parties, and usually prefer to leave quickly or not to go at all.	I’m in the middle – not really antisocial, but also not particularly compelled to be with others.	I tend to be very social, a “people person,” and love company and to be with others, prefer not to be alone.
59. What is reaction to sour foods?	I generally don’t care for sour foods	I don’t feel one way or the other, particularly. Don’t like or dislike them much more than any other food.	I definitely like (some) sour foods or crave them.
60. My stamina is better when I eat:	Lighter foods like chicken, fish fruit, vegetables, grains.	Pretty much any wholesome food	Heavy foods, fatty foods.
61. How do you react when in something sweet only?	Sweets don’t bother me even when I eat them by themselves. Generally sweets satisfy my appetite and don’t produce bad reactions.	I’m sometimes bothered when eating sweets by themselves, and often they don’t satisfy my appetite	I usually don’t do well eating sweets by themselves. They usually produce some manner of bad reaction and/or create a desire for more sweets
62. How do you feel after consuming red meat for breakfast?	I don’t feel as well as I do without it. Tends to make me feel more tired, sleepy, lethargic, angry, irritable, thirsty, or causes me to lose my energy by midmorning.	I can take it or leave it, varies.	I feel much better with it: more energetic, have good stamina, keeps me going without getting hungry before lunch.
63. How do you feel after consuming red meat for lunch?	I don’t feel as well as I do without it. Tends to make me feel more tired, sleepy, lethargic, angry, irritable, thirsty, or causes me to lose my energy by	I can take it or leave it, varies.	I feel much better with it: more energetic, have good stamina, keeps me going without getting hungry before lunch.

	midmorning.		
64. How do you feel after consuming red meat for dinner?	I don't feel as well as I do without it. Tends to make me feel more tired, sleepy, lethargic, angry, irritable, thirsty, or causes me to lose my energy by midmorning.	I can take it or leave it, varies.	I feel much better with it: more energetic, have good stamina, keeps me going without getting hungry before lunch.
65. pick the dinner plate that would give you the most energy	Dinner plate 1 – skinless chicken breast, rice, salad. Apple pie.	Dinner plate 2 – a combination plate including a little of everything from plates 1 and 3.	Dinner plate 3 – pot roast cooked with carrots, onions and potatoes, served with biscuits and gravy. Cheesecake.