

## *METABOLIC TYPING ASSESSMENT*

<b>CHARACTERISTIC</b>	<b>COLUMN 1</b>	<b>COLUMN 2</b>	<b>COLUMN 3</b>
<b>Aging</b>	Look older than others my age	Look younger than those my age	N/A
<b>Aloofness</b>	Cool, distant, aloof, loner, slow to make friends, hard to get to know	Warm open, expressive, easily make friends, approachable	N/A
<b>Appetite</b>	Weak, lacking, diminished	Strong, excessive, enhanced	Average appetite
<b>Chest Pressure</b>		Tend to get	
<b>Climate</b>	Love warm, hot weather	Do well in cold, poor in hot	Do well in both
<b>Cold Sores/Fever Blisters</b>	N/A	Tend to get	N/A
<b>Coughing</b>	N/A	Tend to cough most every day	N/A
<b>Cracking Skin</b>	N/A	Tend to get	N/A
<b>Dandruff</b>		Tend to get	
<b>Desserts</b>	Love sweets, need something sweet with meal to feel satisfied	Don't really care for sweets or desserts, but like something fatty or salty (cheese, popcorn) for snacks after meals	Can take them or leave them
<b>Digestion</b>	Poor, weak, slow	Good, strong, rapid	Average digestion
<b>Eating Before Bed</b>	Usually worsens sleep, especially if heavy food	Usually improves sleep	Doesn't matter but heavy snacks are not the best
<b>Eating Habits</b>	Eat to live - unconcerned with food and eating	Live to eat - need to eat often to feel good and be at best	Average eating habits and need for food and meal times
<b>Emotional</b>	Hard to express	Easily express	

<b>Expression</b>	feelings, not naturally demonstrative	feelings	N/A
<b>Emotions</b>	Beneath surface, under control, non-emotional type, tend to hold feelings inside	Wear heart on sleeve, others always know how I feel	N/A
<b>Eye Moisture</b>	Tend toward dry eyes	Tend toward moist or tearing eyes	N/A
<b>Facial Coloring</b>	Tend toward pale chalky	Tend toward ruddy, rosy, flushed	N/A
<b>Facial Complexion</b>	Tend toward dull, unclear	Tend toward bright, clear	N/A
<b>Fatty Food</b>	Don't care for it	Love it, crave it, would like it often	N/A
<b>Fatty Food Reaction</b>	Decreases energy and well-being	Increases well-being	Average reaction
<b>Fingernails</b>	Tend to be thick, hard, strong	Tend to be thin, soft, weak	N/A
<b>4 hours w/o eating</b>	Doesn't bother	Makes irritable, jittery, weak, famished, depressed	Feel normal hunger
<b>Gooseflesh</b>	Tend to form easily	N/A	N/A
<b>Gum Bleeding</b>		Tend to get after brushing	N/A
<b>Gum Color</b>	Light, pale	Dark pink, red	N/A
<b>Hunger Feelings</b>	Rarely get, passes quickly, can go long periods w/o eating with ease	Often hungry, need to eat regularly and often	When later for meals only, not between meals usually
<b>Insect Bite/Sting</b>	Weak reaction, disappears fast	Strong lasting reaction	N/A
<b>Itching Eyes</b>	N/A	Tend to get	N/A
<b>Itching Skin</b>	N/A	Tend to get	Average reaction
<b>Juice or Water Fasting</b>	Can handle very well, feels good	Fasting makes me feel awful	React ok, can fast if necessary
<b>Meal Portions</b>	Prefer small	Prefer large, or if not large, need it often	Average

<b>Orange Juice Alone</b>	Energizes, satisfies me	Can make me light-headed, hungry, jittery, shaky or nauseated	No ill effects
<b>Potatoes</b>	Not really fond of them	Could eat them almost every day, love them	Take them or leave them
<b>Red meat (steak or roast beef)</b>	Decreases energy and well-being	Increases well-being and energy	Average reaction
<b>Saliva Amount</b>	Tend toward dry mouth	Excessive saliva	N/A
<b>Saliva Texture</b>	Tends to be thick, ropy	Tends to be thin, watery	N/A
<b>Salty Foods</b>	Foods often taste too salty	Really love or crave salt on foods	Average like for
<b>Skin Moisture</b>	Tend toward dry skin	Tend toward oily, moist skin	N/A
<b>Skin Healing</b>	Cuts heal slowly	Cuts heal quickly	Average healing time
<b>Skipping Meals</b>	Can skip with no ill effects	Must eat regularly	Can get by w/o eating but really feel best eating 3 meals a day
<b>Snacking</b>	Rarely or never want snacks	Want to eat between meals	N/A
<b>Sneezing</b>		Tend to sneeze every day	N/A
<b>Sour Foods (vinegar, lemons, pickles)</b>	Don't care for, want or crave	Really like	Sometimes like
<b>Sweets</b>	Can do fairly well on	Don't do well on, sweet foods seem too sweet	No noticeable bad effect
<b>Vegetarian Meal</b>	Is satisfying	Not satisfying, or bad result, become hungry soon after or feel unsatisfied	Ok but not really satisfying
<b>Wheezing</b>	N/A	Tend to get	N/A
<b>If I eat meat for breakfast (ham, sausage, steak or</b>	I get tired, sleepy lethargic and/or very thirsty by	I feel great, energetic, have good stamina,	It's ok but not in large portions

<b>salmon)</b>	midmorning	keeps me going w/o getting hungry before lunch	
<b>If I eat meat for lunch (hamburger, steak, roast or salmon)</b>	I get tired, sleepy, lethargic and/or lose my energy in the afternoon	I feel great, energetic, have good stamina, keeps me going w/o getting hungry before dinner	It's ok but not in large portions
<b>If I feel low on energy</b>	Fruit, pastry or candy restores and gives me lasting energy, meat or fatty food makes me more tired	Meat or fatty food restores my energy, fruit, pastry or candy makes me worse - quick lift followed by a crash	Pretty much any food restores my energy
<b>In a social setting I am</b>	Introverted, shy, quiet, non-talkative	Extroverted, social, expressive, easily make conversation	N/A