

METABOLIC TYPING ASSESSMENT

CHARACTERISTIC	COLUMN 1	COLUMN 2	COLUMN 3
Aging	Look older than others my age	Look younger than those my age	N/A
Aloofness	Cool, distant, aloof, loner, slow to make friends, hard to get to know	Warm open, expressive, easily make friends, approachable	N/A
Appetite	Weak, lacking, diminished	Strong, excessive, enhanced	Average appetite
Chest Pressure		Tend to get	
Climate	Love warm, hot weather	Do well in cold, poor in hot	Do well in both
Cold Sores/Fever Blisters	N/A	Tend to get	N/A
Coughing	N/A	Tend to cough most every day	N/A
Cracking Skin	N/A	Tend to get	N/A
Dandruff		Tend to get	
Desserts	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
Digestion	Poor, weak, slow	Good, strong, rapid	Average digestion
Eating Before Bed	Usually worsens sleep, especially if heavy food	Usually improves sleep	Doesn't matter but heavy snacks are not the best
Eating Habits	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
Emotional	Hard to express	Easily express	

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

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

salmon)	midmorning	keeps me going w/o getting hungry before lunch	
If I eat meat for lunch (hamburger, steak, roast or salmon)	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
If I feel low on energy	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
In a social setting I am	Introverted, shy, quiet, non-talkative	Extroverted, social, expressive, easily make conversation	N/A