BROCCOLI & Botox

Metabolic Typing Questionnaire

Please answer all of the questions to the best of your ability; circling only the answer that best fit's you. If there is one you cannot decide on then either don't answer it or give the question some thought.

It may be helpful to take your time and answer them gradually over the next week, so that you can try to dwell on the difficult questions throughout your day in and around meals.

1.Anger and Irritability
a) When I feel angry, eating meat or fatty foods seems to make it worse.
b) Sometimes eating relieves my anger and it doesn't matter what I eat.
c) I often notice that feelings of anger or irritability abate after I eat something heavy and fatty like meat.

2. Anxiety. When I feel anxious,
a) Fruits and vegetables calm me down.
b) Eating almost anything helps alleviate my anxiety.
c) Heavy, fatty foods improves the way I feel and lessens my feelings of anxiety.

3. Ideal Breakfast
a) Either no breakfast or something light like fruit; and/or toast or cereal; and/or milk or yogurt.
b) Eggs, toast, and fruit.
c) Something heavy like eggs, bacon, hash browns, toast; or steak and eggs, is what satisfies me.

4. Meal preference;
a) I would choose lighter foods such as chicken, turkey, light fish, salads, vegetables and I'd sample various deserts.
b) I would choose a combination of foods from answers A & C.
c) I would choose heavy, rich, fatty foods: roast beef, beef stroganoff, pork chops, ribs, salmon, potatoes, gravy, few vegetables, or maybe salad with creamy dressing and cheesecake or no dessert.

5. Climate;
a) I do best in warm or hot weather, can't take the cold.
b) Temperature doesn't matter that much. I do pretty well whether it's hot or cold.
c) I do best in cool or cold temperatures, can't take the heat.

6. Chest pressure;
c) I have a tendency to get or have problems with chest pressure.

7. Coffee;
a) I do well on coffee, as long as I don't drink too much.
b) I can take it or leave it.
c) I don't do well with coffee. It makes me jittery and nauseated, or hungry.

8. Appetite at breakfast;
a) Is typically low, weak or lacking.
b) Is typically normal, don't notice being overly strong or weak.
c) Is typically strong or above average.

9. Appetite at lunch;
a) Is typically low, weak or lacking.
b) Is typically normal.
c) Is typically strong or above average.

10. Appetite at dinner;
a) Is typically low, weak or lacking.
b) Is typically normal.
c) Is typically strong or above average.

11. What foods worsen your concentration?
a) Meat and/or fatty foods.
b) No particular kind of food seems to disrupt my concentration.
c) Fruits and vegetables and grain-based carbohydrates.

12. Coughing;
c) I tend to cough (dry) everyday, for no apparent reason.

13. Cracking Skin;
c) I have a tendency to have problems with cracking skin, especially fingers and feet.

14. Cravings;
a) Vegetables, fruits, grain based products (breads, cereals).
c) Salty, fatty foods (peanuts, cheese, potato chips, meats etc.)

15. Dandruff;
c) I tend to have a problem with dandruff (all over flaking, not eczema).

16. Depression;
a) I seem to feel more depressed after eating meats and fatty foods (and less depressed after eating fruits and vegetables)
c) I seem to feel more depressed after eating light foods like fruits and vegetables, (and less depressed after eating meats and fatty foods.)

17. Desserts;
a) I really love sweets, and/or I often need something sweet with a meal in order to feel satisfied.
b) I enjoy desserts from time to time, but can really take it or leave it.
c) I don't really care for sweet desserts that much; I may like something fatty or salty instead, like cheese, chips or popcorn as a snack.

18. Dessert preference;
a) Cakes, cookies, fruit pies, candies.
b) Truly no preference, I'd choose different kinds every day.
c) Heavier, fatty types like cheesecakes, creamy French pastries…

19. Ideal Dinner
a) Something light like skinless chicken breast, rice, salad, maybe a little dessert.
b) Most foods work fine for me.
c) I definitely do better with a heavier meal.

20. Ear color
a) Typically my ears tend to be pale, lighter than my skin tone.
b) Typically my ears tend to be the same shade as my face.
c) Typically my ears tend to be pink, red or darker than my face.

21. Eating just about anything before bed;
a) Disrupts or worsens my sleep.
b) Doesn't seem to make a difference.
c) Usually helps me to sleep better.

22. Eating sweets before bed;
a) Don't interfere with my sleep at all.
b) Sometimes bothers my sleep.
c) Clearly don't do well eating sweets before sleep.

23. Eating frequency;
a) 2 to 3 meals a day and either no snack, or light snacks.
b) 3 times a day and no snacks, usually.
c) 3 meals or more a day and snacks, often something substantial.

24. Attitude towards Food;
a) I am unconcerned with food and eating, may even forget to eat.
b) I enjoy eating, rarely miss a meal, but don't dwell on it.
c) I love food, love to eat, and spend a lot of my time thinking about meals.

25. Eye moisture;
a) My eyes tend to be dry.
b) Don't notice one way or the other.
c) My eyes tend to be very moist, even to the point of tearing.

26. Skipping meals;
a) Doesn't really bother me; I can easily forget to eat.
b) I may not be at my best, but it doesn't bother me too much.
c) I definitely feel worse, getting irritable, weak, tired, depressed…

27. Facial color;
a) I'm noticeably on the pale side.
b) I have an average coloring.
c) I'm noticeably darker (not from the sun) or pink, flushed or ruddy.

28. Facial Complexion;
a) dull, pasty even greasy.
b) Average/normal
c) Bright, clear, tending to be dry at times.

29. Fatty foods;
a) I don't really like fatty foods.
b) They're fine in moderation.
c) I love them or crave them often.

30. Fingernail thickness;
a) My nails tend to be thick, strong and hard.
b) Seems average in thickness.
c) I definitely tend to have thin and/or weak nails.

31. Fruit and/or salad lunch;
a) It satisfies me; I do well on it and don't get hungry until dinner.
b) I do pretty well, but usually need a snack before dinner.
c) Pretty bad results, I usually get sleep, spacey, depressed as a result.

32. Gaining weight;
a) Meats and fatty foods cause me to gain weight.
b) No particular food seems to cause me to gain weight, just over eating.
c) I tend to gain weight eating too many carbs (breads, pasta's…)

33. Gag reflex;
a) I rarely if ever gag.
b) I probably have a normal gag reflex.
c) I easily gag and/or often gag.

34. Goose bumps;
a) I often get goose bumps.
b) I occasionally get goose bumps.
c) I rarely, if ever get goose bumps.

35. Energy boosters;
a) Fruit, candy or pastry restores and gives me lasting energy.
b) Just about any kind of food restores my energy.
c) Meat or fatty foods (cheese etc.) restores my energy.

36. Hunger feelings;
a) I rarely get hungry or feel real hunger pains.
b) I have pretty normal hunger around meal times or when I am late to eat.
c) I often feel hungry; and have a strong hunger sensation.

37. Energy drain;
a) Meat or fatty foods generally make me more tired.
b) No foods in particular bring my energy down.
c) Fruit, pastry or candy, gives me a quick lift but then my energy crashes.

38. Insect bites or stings;
a) Reaction tends to be mild or weak and go away quickly.
b) Average reaction.
c) Clearly strong reaction (involving above average swelling, pain, prolonged itching, bruising) takes a long time to go away.

39. Insomnia, waking to eat;
a) I rarely or never get this type of insomnia.
b) I occasionally wake up and need to eat in order to get to sleep again
c) I often wake up and need to eat, even eating just before bed too.

40. Itching eyes;
c) I tend to get itching eyes often, even though I don't have a cold, allergy or Candida problem.

41. Itching skin;
c) my skin tends to itch for no reason.

42. Meal portions;
a) I don't eat very much, doesn't take much to fill me.
b) I don't seem to eat more or less than other people.
c) I generally eat large portions of food, seem to need more than most.

43. Nose moisture;
a) My nose often seems too dry.
b) I don't notice my nose being too dry or too moist.
c) My nose tends to be moist or run for no reason.

44. Fruit juice between meals;
a) It energizes me and fills me up, good until next meal.
b) It's okay, but isn't the best snack for me.
c) Overall bad results, can make me light headed, hungrier etc..

45. Personality;
a) I tend to be more aloof, withdrawn, an introvert.
b) I'm pretty average, neither too introverted or too extroverted.
c) I tend to be more social, a real "people person," an extrovert.

46. Potatoes;
a) I don't really care for them too much or don't like them at all.
b) I can take them or leave them.
c) I really love them, could eat them almost every day.

47. Red meat;
a) It decreases my energy and well being, can make me depressed or irritable.
b) I don't feel better or worse after eating it.
c) I definitely feel good or better after eating it.

48. Pupil size;
a) Tends to be larger than my iris, under normal lighting.
b) Tends to be average/same size as my iris, under normal lighting.
c) Tends to be smaller than my iris, under normal lighting.

49. Saliva quantity;
a) My mouth tends to be dry a lot of the time.
b) I don't notice if there is too much saliva or too little saliva.
c) I tend to have a lot of saliva, tendency to drool.
50. Salty foods;
a) Foods often taste too salty or I like my foods salted lightly.
b) I don't really notice salt one way or the other, can take it or leave it.
c) I really love salt, or crave it, like to use it a lot.

51. Snacking;
a) I rarely if ever want or need snacks.
b) I occasionally want or need a snack between meals.
c) I often want or need a snack between meals.

52. Snack preference;
a) I generally would prefer and do well with a sweet snack.
b) I could snack on any kind of food, no real preference.
c) I definitely need a snack and do poorly on sweets, but do well with protein and fat
(Cheese, eggs, nuts…)

53. Sneezing;
a) I almost never sneeze unless I am sick or have allergies.
b) I do sneeze from time to time when not sick or allergic, but not regularly.
c) I often sneeze, sometimes daily and/or around mealtime.

54. Sour foods;
a) I generally don't care for sour foods.
b) I don't feel one way or the other towards sour foods.
c) I definitely like (some) sour foods or crave them at times.

55. Physical and mental stamina;
a) Is better when I eat lighter foods, like chicken and fish, fruit, vegetables and grains.
b) Is better when I eat pretty much any wholesome food.
c) Is better when I eat heavy and fatty foods, like red meat, cheeses, etc.

56. Consuming sweets;
a) They don't bother me even when eaten alone, will satisfy me.
b) I'm sometimes bothered by them, and they don't satisfy me.
c) I usually don't do well eating sweets by themselves, create more of a desire for sweets.

57. Meat for breakfast;
a) I don't feel as well as I do without it, makes me feel sleepy, irritable, thirsty and lose energy.
b) I can take it or leave it., has no real affect on my energy.
c) I feel much better with it, more energetic, good stamina, keeps me going without any hunger until lunch.

58. Red meat for dinner;
a) I don't do as well as if I don't have it, makes me lethargic …
b) I can take it or leave it.
c) I feel much better with it, more energetic.

Add up the subtotals on each page and write them in this scoring box:
Total A answers = _____ Total B answers = _____ Total C answers = _____

- If your number of A answers is 5 or more higher than *both B and* C, then you are a Carbo Type (example: A=25, B=20, C= 15)
- If your number of C answers is 5 or more higher than *both* A *and* B, then you are a Protein Type (example: A=15, B=20, C=25)
- If your number of B answers is 5 or more higher than *both* A *and* C, then you are a Mixed Type (example: A=20, B=25, C= 15)
- If *neither* A, B, *nor* C are 5 or more higher than *both* of the other two, then you are a Mixed Type (example: A= 18, B=22, C=20)

Call or email me to find out how to apply this to everyday eating.

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