



Metabolic Profile Test

Instructions:

- Place a check in the square to the left of each choice that best applies to you.
- Make only one selection per category.
- **If no choice applies to you, leave that category unchecked**
- **Important:** The choices as written may not describe you exactly. So, it is very important that you choose the answer that best describes your tendencies. The answer doesn't need to be a perfect description, just an indication of your trend.

| characteristic | column1 | column 2 | column3 |
|----------------------------------|---|---|--|
| aging | <input type="checkbox"/> look older than others my age | <input type="checkbox"/> look younger than others my age | |
| aloofness | <input type="checkbox"/> cool, distant, aloof, loner, slow to make friends, hard to get to know | <input type="checkbox"/> warm, open, expressive, easily make friends, approachable | |
| appetite | <input type="checkbox"/> weak, lacking, diminished | <input type="checkbox"/> strong, excessive, enhanced | <input type="checkbox"/> average appetite |
| chest pressure | | <input type="checkbox"/> tend to get | |
| climate | <input type="checkbox"/> love warm, hot weather | <input type="checkbox"/> do well in cold, poor in hot | <input type="checkbox"/> doesn't matter |
| cold sores and/or fever blisters | | <input type="checkbox"/> tend to get | |
| coughing | | <input type="checkbox"/> tend to cough most every day | |
| cracking skin (any weather) | | <input type="checkbox"/> tend to get | |
| dandruff | | <input type="checkbox"/> tend to get | |
| desserts | <input type="checkbox"/> love sweets, need something sweet with meal to feel satisfied | <input type="checkbox"/> don't really care for sweet desserts, but like something fatty or salty (like cheese, chips, or pop-corn) for snacks after meals | <input type="checkbox"/> can take them or leave them |
| digestion | <input type="checkbox"/> poor, weak, slow | <input type="checkbox"/> good, strong, rapid | <input type="checkbox"/> average digestion |
| eating before bed | <input type="checkbox"/> usually worsens sleep, especially if heavy food | <input type="checkbox"/> usually improves sleep | <input type="checkbox"/> doesn't matter, but heavy snacks are not the best |
| eating habits | <input type="checkbox"/> eat to live - unconcerned with food and eating | <input type="checkbox"/> live to eat - need to eat often to feel good, be at best | <input type="checkbox"/> average eating habits and need for food, meal times, ect. |
| emotional expression | <input type="checkbox"/> hard to express feelings, not naturally demonstrative | <input type="checkbox"/> easily express feeling | |
| emotions | <input type="checkbox"/> beneath surface, under control, non-emotional type, tend to hold | <input type="checkbox"/> wear heart on sleeve, others always know | |

| | | feelings inside | | how I feel | | |
|---|--------------------------|---|--------------------------|--|--------------------------|---|
| eye moisture | <input type="checkbox"/> | tend toward dry eyes | <input type="checkbox"/> | tend toward moist or tearing eyes | | |
| facial coloring | <input type="checkbox"/> | tend toward pale, chalky | <input type="checkbox"/> | tend toward ruddy, rosy, flushed | | |
| facial complexion | <input type="checkbox"/> | tend toward dull, unclear | <input type="checkbox"/> | tend toward bright, clear | | |
| fatty food (if you like or dislike, not what you think is good for you) | <input type="checkbox"/> | don't care for it | <input type="checkbox"/> | love it, crave it, would like it often | <input type="checkbox"/> | take it or leave it |
| fatty food reaction | <input type="checkbox"/> | decreases energy and well-being | <input type="checkbox"/> | increases well-being | <input type="checkbox"/> | average reaction |
| finger nails | <input type="checkbox"/> | tend to be thick, hard, strong | <input type="checkbox"/> | tend to be thin, soft, weak | | |
| 4 hours without eating | <input type="checkbox"/> | doesn't bother | <input type="checkbox"/> | makes irritable, jittery, weak, famished or depressed | <input type="checkbox"/> | feel normal hunger |
| gooseflesh | <input type="checkbox"/> | tend to form easily | | | | |
| gum bleeding | | | <input type="checkbox"/> | tend to get after brushing | | |
| gum color | <input type="checkbox"/> | light, pale | <input type="checkbox"/> | dark, pink, red | | |
| hunger feelings | <input type="checkbox"/> | rarely get, passes quickly, can go long periods without eating easily | <input type="checkbox"/> | often hunger, need to eat regularly and often | <input type="checkbox"/> | when late for meals only, not between meals usually |
| insect bite/sting | <input type="checkbox"/> | weak reaction, disappears fast | <input type="checkbox"/> | strong, lasting reaction | | |
| itching eyes | | | <input type="checkbox"/> | tend to get | | |
| itching skin | | | <input type="checkbox"/> | tend to get | <input type="checkbox"/> | average reaction |
| juice or water fasting | <input type="checkbox"/> | can handle very well, feels good | <input type="checkbox"/> | fasting makes me feel awful | <input type="checkbox"/> | react O.K., can fast if necessary |
| meal portions | <input type="checkbox"/> | prefer small | <input type="checkbox"/> | prefer large, or if not large, need it often | <input type="checkbox"/> | average |
| orange juice alone | <input type="checkbox"/> | energizes, satisfies me | <input type="checkbox"/> | can make me light-headed, hungry, jittery, shaky, or nauseated | <input type="checkbox"/> | no ill effects |
| potatoes | <input type="checkbox"/> | not real fond of them | <input type="checkbox"/> | could eat them almost every day, love them | <input type="checkbox"/> | take them or leave them |
| red meat, like a steak or roast beef meal | <input type="checkbox"/> | decreases energy and well-being | <input type="checkbox"/> | increases well-being, energy | <input type="checkbox"/> | average reaction |
| saliva amount | <input type="checkbox"/> | tend toward dry mouth | <input type="checkbox"/> | excessive saliva | | |
| saliva texture | <input type="checkbox"/> | tends to be thick, ropy | <input type="checkbox"/> | tends to be thin, watery | | |
| salty foods | <input type="checkbox"/> | foods often taste too salty | <input type="checkbox"/> | really love or crave salt on foods | <input type="checkbox"/> | average like for |
| skin healing | <input type="checkbox"/> | cuts heal slowly | <input type="checkbox"/> | cuts heal quickly | <input type="checkbox"/> | average healing time |
| skin moisture | <input type="checkbox"/> | tend toward dry skin | <input type="checkbox"/> | tend toward oily/moist skin | <input type="checkbox"/> | average skin moisture |
| skipping meals | <input type="checkbox"/> | can skip with no ill effects | <input type="checkbox"/> | must eat regularly (or | <input type="checkbox"/> | can get by w/o eating but really feel best eating 3 meals per day |

| | | | | | |
|--|--------------------------|--|--------------------------|--|--|
| | | | | often) | |
| snacking | <input type="checkbox"/> | rarely or never want to snack | <input type="checkbox"/> | want to eat between meals | |
| sneezing (any time) | | | <input type="checkbox"/> | tend to sneeze every day | |
| sour foods (vinegar or pickles or lemons or sauerkraut or yogurt) | <input type="checkbox"/> | don't care for, want or crave | <input type="checkbox"/> | really like | <input type="checkbox"/> sometimes like |
| sweets | <input type="checkbox"/> | can do fairly well on | <input type="checkbox"/> | don't do well on, sweet foods can seem too sweet | <input type="checkbox"/> no noticeable bad effect |
| vegetarian meal | <input type="checkbox"/> | is satisfying | <input type="checkbox"/> | not satisfying, or bad result, become hungry soon after or feel unsatisfied | <input type="checkbox"/> O.K., but not really satisfied |
| wheezing | | | <input type="checkbox"/> | tend to get | |
| if I eat MEAT for BREAKFAST like ham, bacon, sausage, steak, or salmon ... | <input type="checkbox"/> | I get tired, sleepy, lethargic and/or very thirsty by midmorning | <input type="checkbox"/> | I feel great, energetic, have good stamina, keeps me going without getting hungry before lunch | <input type="checkbox"/> It's O.K., but not in large proportions |
| If I eat MEAT for LUNCH like hamburger, steak, roast beef or salmon... | <input type="checkbox"/> | I get tired, sleepy, lethargic and/or lose my energy in the afternoon | <input type="checkbox"/> | I feel great, energetic, have good stamina, keeps me going without getting hungry before dinner | <input type="checkbox"/> It's O.K., but not in large proportions |
| if I feel low on energy... | <input type="checkbox"/> | fruit, pastry, or candy restores and gives me lasting energy; meat or fatty food makes me more tired | <input type="checkbox"/> | meat or fatty food restores my energy, fruit, pastry or candy makes me worse... quick lift followed by a crash | <input type="checkbox"/> pretty much any food restores my energy |
| in a social setting I'm | <input type="checkbox"/> | introverted, shy, quiet, non-talkative | <input type="checkbox"/> | extroverted, social, expressive, easily make conversation | |
| TOTALS: | <input type="checkbox"/> | | <input type="checkbox"/> | | <input type="checkbox"/> |

***Add up the total number of check marks in each column and write the number in the bottom box. Return the questionnaire to Dr. Marzano.**

Dietary Recommendations: