



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
fingerails	<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	
<b>TOTALS:</b>	<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:**