METABOLIC TYPING QUESTIONNAIRE

1. **Anger and Irritability** (*skip question if you do not experience anger or irritability that is affected by food*)
   A. When I feel angry, eating meat or fatty food seems to make it worse.
   B. Sometimes eating relieves my anger and it doesn't really matter what I eat.
   C. I often notice that feelings of anger or irritability have abated after I eat something heavy and fatty, like meat.

2. **Anxiety** (*skip question if you do not experience anxiety that is influenced by food*)
   When I feel anxious...
   A. ...fruits and vegetables calm me down.
   B. ...eating almost anything helps alleviate my anxiety.
   C. ...heavy, fatty food improves the way I feel and lessens my feelings of anxiety.

3. **Ideal Breakfast** (*What kind of breakfast gives you the greatest energy, sense of well-being, peak performance, and satisfies your hunger the longest?*)
   A. Either no breakfast or something light like fruit; and/or toast and/or milk or yogurt.
   B. Egg(s), toast, fruit.
   C. Something heavy like eggs, bacon or sausage, hash browns, toast; or steak and eggs.

4. **Meal Preference** (*If, on a birthday or special occasion, you were treating yourself to a sumptuous buffet dinner what food would you choose?*)
   A. Lighter foods such as chicken, turkey, light fish, salads, vegetables, and a sample of various desserts.
   B. A combination of foods from answers A & C.
   C. Heavy, rich, fatty foods: roast beef, beef Stroganoff, pork chops, ribs, salmon, potatoes, gravy, few vegetables or maybe a small salad with vinaigrette or blue cheese dressing; cheesecake or no dessert.

5. **Climate** (*Heat or cold affects people in different ways; how does temperature affect you?*)
   A. I do best in warm or hot weather. Can't take the cold.
   B. Temperature doesn't matter 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** (*Some people feel as though there is a weight on their chest and inhibits their ability to breathe*)
   C. I have a tendency to get or have problems with chest pressure.

7. **Coffee** (*How does coffee affect you?*)
   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, jumpy, nervous, hyper, nauseated, shaky, or hungry.

8. **Appetite At Breakfast** (*A person’s appetite can vary, but what is your normal tendency?*)
   My appetite at breakfast is typically...
   A. ...low, weak, or lacking.
   B. ...normal. Don't notice it being either strong or weak.
   C. ...noticeably strong or above average.

9. **Appetite At Lunch** (*Appetites can vary throughout the day, but what is your normal tendency?*)
   My appetite at lunch is typically...
   A. ...low, weak, or lacking.
   B. ...normal. Don't notice it being either strong or weak.
   C. ...noticeably strong or above average.
10. Appetite At Evening Meal (Appetite for some people is strongest at evening meal; for others it is the reverse. How does your appetite at evening meal compare to your appetite at other times of the day?)
   My appetite at evening meal is typically...
   A. ...low, weak, or lacking.
   B. ...normal. Don't notice it being either strong or weak.
   C. ...noticeably strong or above average.

11. Concentration (Food affects our thoughts; it can make the mind hyper with a flood of uncontrollable thoughts, or it can make us spacey or sleepy. What food worsens your ability to concentrate?)
   A. Meat and/or fatty food.
   B. No particular kind of food seems to disrupt my concentration.
   C. Fruits and vegetables and grain-based carbohydrates.

12. Coughing (Some people cough regularly even when they're not sick. It's usually a dry cough and short in duration. It often worsens at night or soon after eating. If you're one of these people, circle answer C.)
   C. I tend to cough every day.

13. Cracking Skin (Some people have a problem with their skin cracking for no apparent reason. This typically occurs on the fingertips or on the feet, especially on the heels. The problem can show up any time of the year, but tends to happen most often in winter. If you're one of these people, circle answer C.)
   C. I have a tendency to have problems with skin cracking.

14. Cravings (Some people do not have food cravings. Only answer this question if you do. Most people choose sugar when they think of something sweet. But apart from sugar, what other food cravings do you have?)
   A. Vegetables, fruits, grain-based products (bread, cereal, crackers).
   C. Salty, fatty foods (peanuts, crisps, cheese, meats, etc.).

15. Dandruff (Dandruff is the exfoliation, or shedding of skin, on the scalp in the form of dry white scales. If you have a tendency to have dandruff, circle answer C.)
   C. I tend to have problems with dandruff.

16. Depression (Depression can arise from many possible causes. Yet depression is often alleviated or worsened by what you eat. If you suffer from depression and have noticed a connection to food, circle the appropriate answer.)
   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 fruits and vegetables (and less depressed after eating meats and fatty foods).

17. Desserts (Most people like sweet foods, but not to the same degree and in the same quantity. What's your general feeling or attitude toward having desserts after meals?)
   A. I really love sweets and/or I often need something sweet with a meal in order to feel satisfied.
   B. I enjoy dessert 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, crisps, popcorn) for a snack after meals.

18. Dessert Preference (What are your favourite kinds of desserts? Which would you choose most often? Even if you don't like desserts what would you choose if you were forced? [Ice cream is not listed because people of all metabolic types like ice cream.])
   A. Cakes, biscuits, fruit pies, sweets.
   B. Truly no preference. I'd choose different kinds each day.
   C. Heavier, fatty types like cheesecakes or creamy French pastries.

19. Ideal Evening Meal (Some meals can give you energy and a sense of well-being while others can...
20. **Ear Colour** (This question concerns blood flow to the ears. In some Caucasians, the ears are bright red, while in others they’re noticeably pale. Darker or lighter ears can also be seen in people of colour. Please select the answer that best describes your ear colour.)
   A. My ears tend to be pale, lighter than my facial skin tone.
   B. My ears tend to be the same shade as my face.
   C. My ears tend to be pink, red, or darker than my facial tone.

21. **Eating Before Bed** (Eating before bed helps some people sleep better while it clearly disrupts other people’s sleep. For some, it depends on what they eat. For others, eating anything at all can be a problem.)
   Eating just about anything before going to bed...
   A. ...disrupts or worsens my sleep.
   B. ...doesn’t seem to make a difference. I can take it or leave it.
   C. ...usually helps me sleep better.

22. **Eating Heavy Food Before Bed** (What reaction would you typically have to eating heavy foods before bedtime? "Heavy food" refers to protein foods or fatty foods like meat, fowl, and cheese.)
   A. It prevents or disrupts my sleep.
   B. It's usually okay, as long as it isn't too much.
   C. It improves my sleep.

23. **Eating Light Food Before Bed** (What reaction would you typically have to eating light foods before bedtime? “Light food” refers to carbohydrates like bread, toast, cereal, or fruit – maybe along with small amounts of milk, yogurt, or nut butter.)
   A. I usually don’t do well eating before sleep but I definitely do better with lighter food.
   B. I can take it or leave it.
   C. It’s better than nothing but I do better with heavier food.

24. **Eating Sweets Before Bed** (Sweets/sugar affects different people's sleep patterns in different ways. Skip this question if you have candida overgrowth problems or are diagnosed as hypoglycaemic or diabetic. How do sweets affect your sleep?)
   A. Sweets don't interfere with my sleep at all.
   B. Sweets sometimes bother my sleep.
   C. I clearly don't do well eating sweets before sleep.

25. **Eating Frequency** (How often do you need to eat each day in order to maximize your well-being and productivity?)
   A. 2 to 3 meals a day and either no snacks, usually, or light snacks.
   B. 3 times a day and no snacks, usually.
   C. 3 meals or more a day and snacks, often something substantial.

26. **Eating Habits** (Different types of Metabolizers have different feelings toward food. Some people are very focussed on food. They think about food and talk about food and live to eat. Others rarely think about food. It's often the last thing on their mind, sometimes forgetting to eat. What's your attitude toward food?)
   A. I'm unconcerned with food and eating; may forget to eat; rarely think about food; eat more because I have to than because I want to.
   B. I enjoy food, enjoy eating, rarely miss a meal, but don't really focus on food in any way.
   C. I love food, love to eat, food is a big or central part of my life.

27. **Eye Moisture** (Eye moisture is something we don’t really notice until it’s out of balance. Everyone’s eyes at some point will feel too dry or produce too much moisture or tearing. Some people have a
noticeable tendency in one direction or the other. Which of the following best describes your eyes?)
A. My eyes tend to be dry.
B. I don’t notice one way or the other.
C. My eyes tend to be very moist, even to the point of tearing.

28. **Skipping Meals** *(Some metabolic types hardly notice when they haven’t eaten. Others don’t do well when they miss a meal. What happens to you when you go 4 hours or more without eating or skip a meal altogether?)*
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 really.
C. I definitely feel worse, getting irritable, jittery, weak, tired, low on energy, depressed, or other negative symptoms.

29. **Facial Colouring** *(Increased blood flow can produce a pink, red, flushed, ruddy appearance, while decreased blood flow can produce a noticeably pale look. How would you characterize your facial colouring?)
A. I’m noticeably on the pale side.
B. I have average colouring
C. I’m noticeably darker (not from sun) or pink, flushed, ruddy.

30. **Facial Complexion** *(Some people have a bright look to their face. The skin may appear noticeably clear, translucent, shiny. Others can have the opposite look: noticeably pasty, chalky, unclear, dull. Most fall somewhere in between. How would you characterize your facial complexion?)
A. More dull or pasty.
B. Average.
C. Bright, radiant, clear.

31. **Fatty Food** *(Contrary to popular opinion, fatty foods are actually beneficial to some Metabolic types. How do you feel about fatty foods? Don’t respond by what you think you should say, but by how much you like or dislike fatty foods in general.)*
A. I don’t really like fatty foods.
B. They’re fine in moderation.
C. I love them or crave them and would like them often if I knew they were good for me.

32. **Fingernail Thickness** *(How would you characterize the thickness of your fingernails?)
A. My nails tend to be thick, strong, hard.
B. Seem average in thickness.
C. I definitely tend to have thin and/or weak nails.

33. **Fruit Salad Lunch** *(How would you tend to feel after eating a (large) fruit salad with a little cottage cheese or yogurt for lunch?)
A. It satisfies me. I do well on it and don’t get hungry until evening meal.
B. I do pretty well but usually need a snack before evening meal.
C. Pretty bad result. I usually get sleepy, tired, spacey, depressed, anxious, irritable, and / or hungry as a result and definitely need to eat something else before evening meal.

34. **Gaining Weight** *(When you eat the wrong foods for your Metabolic type, the food does not get fully converted to energy but gets stored as fat instead. Which of the following answers best describes your tendency to gain weight?)*
A. Meats and fatty foods cause me to gain weight.
B. No particular foods seem to cause me to gain weight, but I’ll gain weight if I eat too much and don’t get enough exercise.
C. I tend to gain weight eating too many carbs (bread, pasta, other grain products, fruits, and / or vegetables.

35. **Gag Reflex** *(Everyone has a gag reflex, but sensitivity varies greatly. Some gag easily – at the dentist’s, brushing their teeth, or even eating. Others rarely, if ever, gag. How would you describe your gag reflex?)*
A. I rarely, if ever, gag; it's hard to make me gag.
B. I probably have a normal reflex.
C. I easily gag and/or often gag.

36. **Goose Bumps** *(The formation of goose bumps is a reaction produced by the nervous system; they often appear on the arms and legs as a result of fright, sudden chill, or light touching of the skin. Some people form goose bumps very easily and often while others rarely do. Are you prone to goose bumps?)*
   A. I often get goose bumps.
   B. I occasionally get goose bumps.
   C. I rarely, if ever, get goose bumps.

37. **Energy Boosters** *(Different foods have different energy-boosting effects on different Metabolic types. What kinds of foods generally boost your energy – and give you lasting energy?)*
   A. Fruit, sweets, or pastry restores and gives me lasting energy.
   B. Just about any food restores lasting energy.
   C. Meat or fatty food restores my energy and well-being.

38. **Heavy-Fat-Meal Reaction** *(Liking fat is one thing, but how you react to it is another. This question is about how you feel after eating fat, not whether you think fat is good for you. Choose the option that best describes how you would react to a high-fat meal.)*
   A. Decreases my well-being and energy, or makes me sleepy, or too full, or causes indigestion.
   B. Causes no special reaction one way or the other.
   C. Increases my well-being; makes me feel good, energetic, satisfied, like I "had a good meal".

39. **Hunger Feelings** *(What kind of hunger signals do you typically get from your body?)*
   A. I rarely get hungry or feel real hunger, or have weak hunger feelings that pass quickly, or can easily go long periods without eating, or can forget about food altogether.
   B. I have pretty normal hunger around mealtimes or when I'm late for meals.
   C. I often feel hungry; need to eat regularly and often; may get strong hunger sensations.

40. **Energy Drain** *(What kinds of foods take your energy level down a notch or two instead of giving you the boost you are looking for?)*
   A. Meat or fatty food generally makes me more tired, lowers my energy even more.
   B. No foods in particular seem to take me down on a regular basis.
   C. Fruit, pastry, or sweets make me worse, usually giving me a quick lift, then a crash.

41. **Insect Bite or Sting** *(How do insect bites affect you? Some people's reactions can be extremely varied.)*
   A. Reactions tend to be mild or weak and go away quickly.
   B. Average reaction.
   C. Clearly strong reaction, stronger than most (can involve above-average swelling, pain, itching, bruising, redness), and can take a long time to go away, even leaving discoloration afterward.

42. **Insomnia** *(There are many kinds of insomnia, but sometimes people routinely wake up in the middle of the night – not to use the bathroom – but they need to eat something to get to sleep again. Do any of the answers apply to you)*
   A. I rarely or never get this kind of insomnia.
   B. I occasionally wake up and need to eat in order to go back to sleep.
   C. I often wake up and need to eat in order to go back to sleep. Eating something before going to sleep helps this problem or shortens the time that I'm awake.

43. **Itching Eyes** *(This can happen to most people at some times, but with others it is a common occurrence.)*
   C. I tend to get itching eyes often, even though I don't have a cold, allergy, or candida problem.

44. **Itching Skin** *(Everyone's skin itches occasionally, but some people find that their skin itches on a regular daily basis, typically the scalp, arms, or calves. Because they're so used to it, they may not even be conscious of their frequent scratching.)*
   C. My skin tends to itch often.
45. **Meal Portions (When you eat out, do you usually eat less than others, more than others, or about the same as others?)**
   A. I don’t eat that much. Definitely less than average. Doesn’t take much to get me full.
   B. I don’t seem to eat more – or less – than other people.
   C. I generally eat large portions of food, usually more than most people.

46. **Nose Moisture (It’s only when the nose becomes too dry or too moist (runny, watery) that we’re likely to think about it at all. What answer best describes the way you are when you’re not ill or suffering an allergy.)**
   A. My nose often seems too dry.
   B. I don’t notice my nose being too dry or too moist.
   C. My nose often tends to run.

47. **Fruit Juice Between Meals (If you’re hungry between meals, how does drinking a glass of fruit juice affect you? Good or bad?)**
   A. It energizes me, satisfies me, works well to nourish me until my next meal.
   B. It’s okay, but isn’t always the best snack for me.
   C. Overall bad result. Can make me light-headed, hungry soon after, jittery, shaky, nauseated, anxious, depressed, etc.

48. **Personality (Our personalities are related to, or heavily influenced by, our biochemical makeup. Which of the following choices best describes your natural tendency in social gatherings or your preference in day-to-day interactions with other people?)**
   A. I tend to be more aloof, withdrawn, a loner, or introverted.
   B. I’m pretty average, neither introverted nor extroverted.
   C. I tend to be more social, a "people person," or extroverted.

49. **Potatoes (Potatoes may be right for some Metabolic types but not for all. Whether or not you think that potatoes are good for you, how do you feel about potatoes?)**
   A. I don’t really care for them that 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.

50. **Red Meat (Red meat can be a healthy food choice for some Metabolic types. When you eat red meat – steak, roast beef – how do you normally feel afterward? How does your body react?)**
   A. It decreases my energy and well-being. Can make me depressed or irritable.
   B. I don’t notice one way or the other.
   C. I definitely feel good or better when I eat red meat.

51. **Pupil Size (Your pupils are the black, centre portion of your eyes. The iris is the coloured portion that surrounds the pupil. This question concerns the size of the pupil relative to the size of the iris. Look in a mirror in a room where there is neither too much nor too little light.)**
   The size of my pupils tends to be...
   A. ...almost as large as my iris.
   B. ...average, between A and C.
   C. ...much smaller than my iris

52. **Salad For Lunch (If you ate a large vegetarian salad for lunch, what effect would it have on your productivity throughout the afternoon?)**
   A. I do pretty well with that kind of lunch.
   B. I can get by, but it isn’t the best type of food for me.
   C. Bad result. Makes me feel either sleepy, tired, lethargic, or hyper, nervous, irritable.

53. **Saliva Quantity (Many people experience their mouth being dry when they are nervous or their mouth "watering" when they smell food. But, for some people, these conditions tend to occur for no apparent reason. Which option below most accurately characterizes your saliva?)**
   A. My mouth tends to be dry a lot of the time.

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B. I don't notice that I have too little or too much saliva.
C. I tend to have a lot of saliva, or I have a tendency toward drooling.

54. **Salty Foods** *(Some people salt their food heavily and crave salt; others don't like the taste of salt and find many prepared foods too salty. Whether or not you feel salt is good for you, how do you feel about salt?)*
   A. Foods often taste too salty, or I like my food salted only slightly.
   B. I don't really notice salt one way or the other. Rarely seems like too much or too little. Just use an average amount on foods.
   C. I really love salt, or crave it. I like a lot of salt on foods, to the point that others think my food is too salty.

55. **Snacking** *(Assuming you eat 3 meals a day, do you typically need to snack, or eat something between meals? Or are those 3 meals all the food you need for peak performance?)*
   A. I never or rarely want or need snacks.
   B. I occasionally want or need to snack between meals.
   C. I often want or need to snack between meals.

56. **Snack Preference** *(A good snack should give you energy and improve emotional well-being, as well as satisfying hunger. It should not produce a negative effect, such as a craving for sweets. Which of the following choices best describes your preference for snacks?)*
   A. I generally don't need snacks, but if I do have one, I usually prefer and do well on something sweet.
   B. I sometimes need snacks and do well on pretty much anything.
   C. I definitely want and need snacks in order to be at my best. I do poorly on sweets, but do well on protein and fat (meat, chicken, cheese, hardboiled egg, nuts).

57. **Sneezing** *(Some people sneeze daily as a matter of course, even though they do not have a cold or allergy. And some sneeze routinely after eating, just a brief sneezing attack of 1 or 2 sneezes, not continuous, prolonged sneezing attacks. Which option best describes you?)*
   A. I almost never sneeze unless I'm sick or have allergies.
   B. I do sneeze from time to time when not sick or allergic, but not regularly.
   C. I often tend to sneeze regularly and/or usually sneeze a little after eating.

58. **Sociability** *(How would you describe your natural, innate tendency toward sociability, apart from the way your family or friends may have influenced you in this regard?)*
   A. I tend to be a little "anti-social" in that I enjoy being alone, feel awkward at social gatherings or parties, and usually prefer to leave quickly or not go at all.
   B. I'm in the middle – not really anti-social, but also not particularly compelled to be with others.
   C. I tend to be very social, a "people person", and love company and to be with others, prefer not to be alone.

59. **Sour Foods** *(Some people love or even crave sour foods, others don't like them all that much. Which of the following best describes your reaction to sour foods?)*
   A. I generally don't care for sour foods.
   B. I don't feel one way or the other, particularly. I neither like nor dislike them much more than any other food.
   C. I definitely like (some) sour foods or crave them.

60. **Physical And Mental Stamina** *(Some foods optimize physical and mental stamina, while other foods noticeably reduce it. What type of foods best support your stamina?)*
   My stamina is better when I eat...
   A. ...lighter foods like chicken, fish, fruit, vegetables, grains.
   B. ...pretty much any wholesome food.
61. **Consuming Sweets** *(This is not about liking sweets but about how you react when you eat something sweet all by itself.)*
   
   A. Sweets don’t bother me even when I eat them by themselves. Generally sweets satisfy my appetite and don’t produce bad reactions.
   
   B. I’m sometimes bothered when eating sweets by themselves, and often they don’t satisfy my appetite.
   
   C. I usually don’t do well eating sweets by themselves. They usually produce some manner of bad reaction and/or create a desire for more sweets.

62. **Meat For Breakfast** *(Meat here refers to flesh proteins like ham, bacon, sausage, steak, hamburger, and salmon – not substitute proteins like eggs, milk, or cheese. How do you feel after consuming meat for breakfast – as opposed to going without it?)*
   
   A. I don’t feel as well with meat as I do without it. Meat tends to make me feel more tired, sleepy, lethargic, angry, irritable, thirsty, or causes me to lose my energy by midmorning.
   
   B. I can take it or leave it, varies.
   
   C. I feel much better with meat: more energetic, have good stamina, keeps me going without getting hungry before lunch.

63. **Red Meat For Lunch** *(Red meat refers to flesh protein like beef or lamb. How do you feel after consuming some red meat at lunch as opposed to going without it?)*
   
   A. I don’t feel as well with red meat as I do without it. Red meat tends to make me feel more tired, sleepy, lethargic, angry, irritable, thirsty, or causes me to lose my energy by midafternoon.
   
   B. I can take it or leave it, varies.
   
   C. I feel much better with red meat: more energetic, have good stamina, keeps me going without getting hungry before evening meal.

64. **Red Meat For Evening Meal** *(Red meat refers to flesh protein like beef or lamb. How do you feel after consuming some red meat at evening meal as opposed to going without it?)*
   
   A. I don’t feel as well with red meat as I do without it. Red meat tends to make me feel more tired, sleepy, lethargic, angry, irritable, thirsty, or causes me to lose my energy.
   
   B. I can take it or leave it, varies.
   
   C. I feel much better with red meat: more energetic, have good stamina, keeps me going without getting hungry before bedtime.

65. **Evening Meal Preference** *(If you’re on vacation and you have a long drive ahead of you and you need to eat the kind of food that will keep you awake and energised, which one of the 3 following plates would you choose to give you the best stamina, energy, and alertness?)*
   
   A. Plate 1 – skinless chicken breast, rice, salad, followed by apple pie.
   
   B. Plate 2 – a combination plate including a little of everything from Plates 1 and 3.
   
   C. Plate 3 – pot roast cooked with carrots, onions, and potatoes, served with Yorkshire pudding and gravy, followed by cheesecake.

   TOTAL for A_______  TOTAL for B_______  TOTAL for C_______

   Your Metabolic Type is: __________________________ but further clinical tests may need to be done.