

The Metabolic Type Self-Test

Adapted from "The Metabolic Typing Diet" by William Wolcott

Instructions:

For each of the following questions, please circle the one response (A, B or C) that best applies to you.

If for any given question you are certain that none of the responses applies to you, simply leave that question unanswered. However, in some cases you may find that none of the responses to a given question describe you exactly. In these instances, don't worry about the fact that a given response may not describe you with absolute precision. Just choose the answer that best describes your general tendencies. Remember, we're looking for your general metabolic patterns or tendencies, so there's no need to get hung up on the exact details or a specific wording of each question or response.

Please answer all questions in terms of how you are now, not how you used to be or would like to be or think you should be. Try to be as thoughtful and honest as you can, but remember that there are no right or wrong answers!

You may be surprised to realize that you really don't know the answers to some of the questions. For example, you may not know off hand how you would react to a specific type of food or combination of foods. If this is the case, what you should do is simply put the self-test aside for a little while until you can test your reaction to the foods in question. Though you should not have to struggle with any question or aspect of this test, accuracy is important, so it's best to take your time and not rush through it.

Note that you can always take the test again at any point in the future. This is something you'll want to do periodically anyway, to see if your body chemistry has shifted, which can occur.

1. ANGER AND IRRITABILITY:(Do not answer if your mood is not affected by food):
 - A. Eating meat or fatty food seems to increase my anger or irritability.
 - 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: (Do not answer if your mood is not affected by food):
 - A. Fruits or vegetables calm me down when I feel anxious.
 - B. Eating almost anything helps alleviate my anxiety.
 - C. Heavy, fatty food improves the way I feel and lessens my anxiety.

3. IDEAL BREAKFAST: What keeps you satisfied, energetic, at peak performance?
 - A. Either no breakfast or something light like fruit, toast, yogurt or cereal with milk.
 - B. Egg(s), toast and fruit.
 - C. Something heavy like eggs with bacon or sausage, or steak and eggs.

4. MEAL PREFERENCE: No holds barred!
 - A. Lighter foods like turkey, chicken, light fish, salads, veggies, and a sample of desserts.
 - B. A combination of foods from A and C.
 - C. Heavy, rich, fatty foods: beef stroganoff, ribs, salmon, potatoes, gravy, few vegetables, or maybe a small salad with vinaigrette or blue cheese dressing, cheesecake or no dessert.

5. CLIMATE: Please select the choice that best describes how temperature affects you.
 - A. I do best in warm or hot weather. I 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: A distinct sensation of pressure in the chest area. It often makes people feel as though a weight is on their chest, and tends to inhibit the ability to breathe.
 - C. I have a tendency to get or have problems with chest pressure.

7. COFFEE: Coffee, when organically grown, properly prepared, and not misused, is an acceptable beverage for some metabolic types. Of course, anything that is

overdone can be bad for you, even water. Nonetheless, coffee affects different people in different ways. Please indicate how coffee affects 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: What is being asked here is your overall tendency. A "normal" appetite is to feel hunger around regular mealtimes (morning, noon, and evening), but not to a noticeable extreme in either direction.

- A. Low, weak or lacking
- B. Normal. Don't notice it being either strong or weak.
- C. Noticeable strong or above average.

9. APPETITE AT LUNCH: Please note the answer that best describes your typical tendency- the way you are most of the time.

- A. Low, weak, or lacking
- B. Normal. Don't notice it being either strong or weak.
- C. Noticeable strong or above average.

10. APPETITE AT DINNER: How does your appetite at dinner compare to your appetite at other times of the day? Choose the answer that best describes your usual appetite around dinnertime.

- A. Low, weak, or lacking
- B. Normal. Don't notice it being either strong or weak.
- C. Noticeable strong or above average.

11. CONCENTRATION: What foods worsen your ability to concentrate? (E.g. make your mind hyper, spacey and sleepy or experience thoughts that seem to dissipate as soon as they arise.)

- 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 naturally cough easily and often, and do so every day, even when they aren't sick. It is typically a "dry" cough and short duration and tends to worsen at night or soon after eating.

- C. I tend to cough every day

13. CRACKING SKIN: Some people do not 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 more often in the winter.

C. I have a tendency to have problems with skin cracking.

14. CRAVINGS: Some people do not have food cravings, so answer this question only if you do. Sugar is intentionally not listed as a choice here because most people, when low on energy, will begin to think of something sweet. Please indicate any other kinds of food cravings you might have besides sugar.

A. Vegetables, fruits, grain based products (bread, cereal, crackers).

C. Salty, fatty foods (peanuts, cheese, potato chips, meats, etc.)

15. DANDRUFF: The exfoliation, or shedding of skin, on the scalp in the form of dry white scales.

C. I tend to have problems with dandruff.

16. DEPRESSION: If you suffer from depression and have noticed a connection to food, select the appropriate choice.

A. I seem to feel more depressed after eating meats and fatty foods (and less depressed after eating fruits and vegetables).

B. I seem to feel more depressed after eating fruits and vegetables (and less depressed after eating meats and fatty foods).

17. DESSERTS: 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, chips, popcorn) for a snack after meals.

18. DESSERT PREFERENCE: What kind of dessert would you choose most often (if forced to choose)?

A. Cakes, cookies fruit pies, candies

B. Truly no preference. I'd choose different kinds each day.

C. heavier fatty types like cheesecakes, creamy French pastries.

19. IDEAL DINNER: The right kind of food at dinner can provide great energy and well-being for the entire evening. Whereas the wrong dinner for your type can leave

you feeling exhausted, and initiate a strong case of couch-potato-itis. What kind of meal works best for you at dinnertime?

- 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: This query is concerned with blood flow to the ears.

- 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 is a problem. This question concerns the latter.

Eating just about anything before got 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: Refers to protein foods or fatty foods like meat, fowl and cheese.

- A. It prevents or disturbs 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: Refers to carbohydrates like bread, toast, cereal, or fruit- perhaps accompanied by small amounts of foods like 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: How do they 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 eat each day? The answer to this question should reflect your need to eat. How often do you need to eat 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 focused on food. They think about it a lot. They imagine what they'll be eating long before mealtimes. These are the "live to eat" types. For others, food is almost the last thing on their minds, even to the point of forgetting to eat. They are more the "eat to live" types. 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: Some people have a noticeable tendency in one direction or the other. Which 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 types hardly notice when they haven't eaten. But other types don't do well at all if they miss a meal. If they miss a meal, their performance drops dramatically. What happens to you when you go four hours or more without eating or skipping 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, tires, low on energy, depressed, or other negative symptoms.

29. FACIAL COLORING: the combination of thickness of the skin along with blood-flow level can produce variability in facial coloring. Increased blood flow can produce a pink, red, flushed, ruddy appearance, while decreased flow can produce a noticeably pale look. How would you characterize your facial coloring?

- A. I'm noticeably on the pale side.
- B. I have average coloring.

C. I'm noticeably darker (not from sun) or pink, flushed, ruddy.

30. FACIAL COMPLEXION: Some people simply have a very bright look on their face. The skin may appear noticeably clear, translucent, and shiny. Others can have the opposite look: noticeably pasty, chalky, unclear and 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 these days, fatty foods are not bad for everyone. They're actually beneficial for certain metabolic types. How do you feel about fatty foods? Remember; don't respond by indicating how you think you're suppose to feel. Value judgments aside, how much do 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, and 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 dinner.
- B. I do pretty well, but usually need a snack before dinner.
- C. Pretty bad results. I usually get sleepy, tired, spacey, depressed, anxious, irritable and/or hungry as a result and definitely need to eat something else before dinner.

34. GAINING WEIGHT: When you eat foods that are wrong for your metabolic type, what usually happens is that the food does not get fully converted to energy but gets stored as fat instead. Which of the following options 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: Some people gag often and very, very easily- at the dentist's while brushing teeth and tongue, even from eating. Others rarely, if ever, gag and it takes a lot for them to gag when they do. 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: Some people form goose bumps very easily and often, while others rarely, if ever, seem to form them. 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: What kinds of foods generally boost your energy- and give you lasting energy?

- A. Fruit, candy, 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: Note that this question concerns how you feel after eating fat, not whether you think fat is good for you. Please 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 fell 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're 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 candy makes me worse, usually giving me a quick lift, then a crash.

41. Insect Bite or Sting: How do insect bites affect you?

A. Reactions tend to be mild or weak and go way 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 a discoloration afterward.

42. INSOMNIA: Typically with this type of insomnia, people need to eat something in order to fall asleep again. With that in mind, do any of the following choices 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: For many people this can be a common occurrence even when colds or hay fever, or Candida overgrowth or allergies are not present. This is the focus of this question.

C. I tend to get itching eyes often. I don't have a cold or allergies.

44. ITCHING SKIN: 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 the average. It 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: Please select the option that best describes the way you are when you're not ill or not suffering from an allergic reaction.

- A. My nose often seems to 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: How does drinking fruit juice between meals affect you? Overall is it a good or bad effect?

- A. It energizes me, satisfies me, and works well to nourish me until my next meal.
- B. It's okay, but it isn't always the best snack for me.
- C. Overall bad result. It can make me light headed, hungry soon after, jittery, shaky, nauseated, anxious, depressed, etc.

48. PERSONALITY: People have distinctly different personality traits, and many of these traits are related to or heavily influenced by, one's biomechanical makeup. Which of the following choices best describes your natural tendency in social gatherings, or your preference with respect to 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: 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: Contrary to conventional wisdom, red meat is a healthy food choice for some metabolic types. When you eat red meat-like steak or roast beef- how do you normally feel afterward? Here we are seeking your reaction to read meat, not your belief as to whether or not you think it's good or bad for you.

- A. It decreases my energy and well-being. It 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: The pupils are the black centers of your eyes. The iris is the colored portion that surrounds the pupil. This question concerns the size of the pupil relative to the size of the iris. Average means the pupil and the iris are basically the same size. Larger means the width of the pupil is clearly larger than the width of the iris. To answer, first look in a mirror, but do so in an average-lighted room-not dark, not bright.

- A. Larger than my iris.
- B. Average. It is the same size as my iris.
- C. Smaller than my iris.

52. SALAD FOR LUNCH: If you eat the wrong foods for lunch, you're likely to tank in the afternoon. Instead of being productive, you may find that you can barely keep your eyes open, or that you need coffee or candy to try to stay alert and focused. If you ate a large vegetarian salad for lunch, what effect would it have on your productivity through 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. It makes me feel sleepy, tired, lethargic, or hyper, nervous, irritable.

53. SALIVIA QUANTITY: Please select the option that most accurately characterizes your saliva (your natural tendency for no apparent reason).

- A. My mouth tends to be dry a lot of the time.
- B. I don't notice that I have to 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 seem to crave salt. Others aren't that interested in it and actually find that many prepared foods taste too salty. Whether or not you feel that salt is good for you, how do you feel about salt?

- A. Foods often taste too salty, or I like my food salted only lightly.
- 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. Like a lot of salt on foods, to the point that others think my food is too salty.

55. Snacking: Assume for this question that you eat three meals a day. If this is the case, do you typically need to snack, or to eat something between meals? Or are those three meals all the food you need for peak performance?

- A. I rarely if ever 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 provide you with lasting energy and improve your emotional well-being, in addition to satisfying your hunger. It should also not produce a negative effect, such as a craving for sweets. With this in mind, 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 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. Do poorly on sweets, but do well on protein and fat (meat, chicken, cheese, hardboiled egg, nuts.)

57. SNEEZING: We usually think of sneezing in connection with colds or allergies. But some people sneeze daily as a matter of course, even when they're not sick or plagued with allergies. For example, some people sneeze routinely after eating. This question pertains to brief sneezing attacks composed of just one or two sneezes- no continuous, prolonged sneezing attacks. With that in mind, please select the option that 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 regularly tend to 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 to 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 really like, love or even crave sour foods like pickles, sauerkraut, vinegar, lemon juice, or yogurt. Others have an aversion to sour foods or just 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. Don’t like or 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 foods.
- C. Heavy foods, fatty foods.

61. CONSUMING SWEETS: This question is not concerned with whether or not you like sweets. Rather, how do you react when you eat something sweet all by itself (e.g. cake, cookies, candy, etc.)?

- 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 produce some manner of bad reaction and/or create a desire for more sweets.

62. MEAT FOR BREAKFAST: In this question, meat refers to flesh proteins like steak, hamburger, and salmon. How do you feel after consuming meat for breakfast- as opposed to going without? Remember, this question does not include eggs, milk or cheese as a substitute for the other animal proteins listed above.

- A. I don't feel as well as I do without it. Tends to make me feel more tired, sleepy, lethargic, angry, irritable, thirsty, or causes me to lose my energy by mid-morning.
- B. I can take it or leave it, varies.
- C. I feel much better with it: more energetic, have good stamina, keeps me going without getting hungry before lunch.

63. RED MEAT FOR LUNCH: In this question, red meat refers to fleshy proteins 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 as I do without it. Tends to make me feel more tired, sleepy, lethargic, angry, irritable, thirsty, or causes me to lose my energy mid-afternoon.
- B. I can take it or leave it, varies.
- C. I feel much better with it: more energetic, have good stamina, keeps me going without getting hungry before dinner.

64. RED MEAT FOR DINNER: In this question red meat refers to flesh proteins 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 as I do without it. 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 it: more energetic, have good stamina, keeps me going without getting hungry before bedtime.

65. DINNER PREFERENCE: Pretend you're on vacation in the American West. It's nighttime and you're driving across the Death Valley Desert. You just spotted a sign that says Diner Ahead. 10 Miles. Next Eating Place 150 Miles. You're hungry, so you decide to pull into the diner. There you find that there are only three choices on the menu- Dinner Plates 1, 2, and 3. Since you have a long drive ahead of you, it's essential for you to eat the kind of food that will keep you awake and energized. Which dinner plate would you choose to give you the best stamina, energy and alertness?

- A. Dinner plate 1- skinless chicken breast, rice, salad and apple pie.
- B. Dinner plate 2- a combination plate including a little of everything from Plates 1 and 3.
- C. Dinner plate 3- Pot roast, cooked carrots, onions and potatoes, served with biscuits and gravy and cheesecake.

Please write the sum of your A, B and C's from each page in the space provided.

Total of A answers = _____

Total of B answers = _____

Total of C answers = _____

Return your answers to:
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