

Metabolic Profile Self Testby Bill Wolcott

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.
- Consider letting a close friend or family member check your answers for accuracy.
- Be as honest and accurate as you can. After all, you want to be sure to obtain the right product for your kind of metabolism. Click on the appropriate link below the test, after you have determined your type.
- Some choices in some columns are purposefully left blank.

Top of Form

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

	emotional type, tend to hold feelings inside	always know how I feel	
eye moisture	tend toward dry eyes	tend toward moist or tearing eyes	
facial coloring	tend toward pale, chalky	tend toward ruddy, rosy, flushed	
facial complexion	tend toward dull, unclear	tend toward bright, clear	
fatty food (if you like or dislike, not what you think is good for you)	don't care for it	love it, crave it, would like it often	take it or leave it
fatty food reaction	decreases energy and well-being	increases well-being	average reaction
fingernails	tend to be thick, hard, strong	tend to be thin, soft, weak	
4 hours without eating	doesn't bother	makes irritable, jittery, weak, farnished or depressed	feel normal hunger
gooseflesh	tend to form easily		
gum bleeding		tend to get after brushing	
gum color	light, pale	dark, pink, red	
hunger feelings	rarely get, passes quickly, can go long periods without eating easily	often hunger, need to eat regularly and often	when late for meals only, not between meals usually
insect bite/sting	weak reaction, disappears fast	strong, lasting reaction	
itching eyes		tend to get	
itching skin		tend to get	average reaction
juice or water fasting	can handle very well, feels good	fasting makes me feel awful	react O.K., can fast if necessary
meal portions	prefer small	prefer large, or if not large, need it often	average
orange juice alone	energizes, satisfies me	can make me light-headed, hungry, jittery, shaky, or nauseated	no ill effects
potatoes	not real fond of them	could eat them almost every day, love them	take them or leave them
red meat, like a steak or roast beef meal	decreases energy and well-being	increases well-being, energy	average reaction
saliva amount	tend toward dry mouth	excessive saliva	
saliva texture	tends to be thick, ropy	tends to be thin, watery	
salty foods	foods often taste too salty	really love or crave salt on foods	average like for
skin healing	cuts heal slowly	cuts heal quickly	average healing time
skin moisture	tend toward dry skin	tend toward oily/moist skin	average skin moisture
skipping meals	can skip with no ill effects	must eat regularly (or often)	can get by w/o eating but really feel best eating 3 meals per day
snacking	rarely or never want to snack	want to eat between meals	
sneezing (any time)		tend to sneeze every day	
sour foods (vinegar or pickles or lemons or sauerkraut or yogurt)	don't care for, want or crave	really like	sometimes like

sweets	can do fairly well on	don't do well on, sweet foods can seem too sweet	no noticeable bad effect
vegetarian meal	is satisfying	not satisfying, or bad result, become hungry soon after or feel unsatisfied	O.K., but not really satisfied
wheezing		tend to get	
if I eat MEAT for BREAKFAST like ham, bacon, sausage, steak, or salmon ...	I get tired, sleepy, lethargic and/or very thirsty by midmorning	I feel great, energetic, have good stamina, keeps me going without getting hungry before lunch	It's O.K., but not in large proportions
If I eat MEAT for LUNCH like hamburger, steak, roast beef or salmon...	I get tired, sleepy, lethargic and/or lose my energy in the afternoon	I feel great, energetic, have good stamina, keeps me going without getting hungry before dinner	It's O.K., but not in large proportions
if I feel low on energy...	fruit, pastry, or candy restores and gives me lasting energy; meat or fatty food makes me more tired	meat or fatty food restores my energy, fruit, pastry or candy makes me worse... quick lift followed by a crash	pretty much any food restores my energy
in a social setting I'm	introverted, shy, quiet, non-talkative	extroverted, social, expressive, easily make conversation	
TOTALS:			

Bottom of Form

After you have determined your type, you can refer to the appropriate product guide for your type:

[Product Guide for Profile #1](#)

[Product Guide for Profile #2](#)

[Product Guide for Profile #3](#)

Metabolic Type Product Guide: Recommended Foods - Profile #1, Carbo Type

by Bill Wolcott

MEAT/FOWL	SEAFOOD	VEGETABLE	FRUIT	DAIRY
Chicken, breast	(Light Fish)	Bean Sprouts	Apple	Low-fat Only
Turkey, breast	Cod	Beets	Apricot	Cheese
Pork, lean	Flounder	Broccoli	Berries	Cottage cheese
Ham	Perch	Brussels Sprouts	Cherry	Milk
Eggs	Scrod	Cabbage	Grape	Yogurt
	Sole	Celery	Grapefruit	
	Tuna, white	Cucumber	Lemon	
	Turbot	Eggplant	Lim	
		Garlic	Melon	

Horseradish
Kale
Leek
Lettuce
Mustard greens
Onion
Pepper
Potato
Scallion
Spaghetti
squash
Sweet Potato
Tomato
Yam
Zucchini

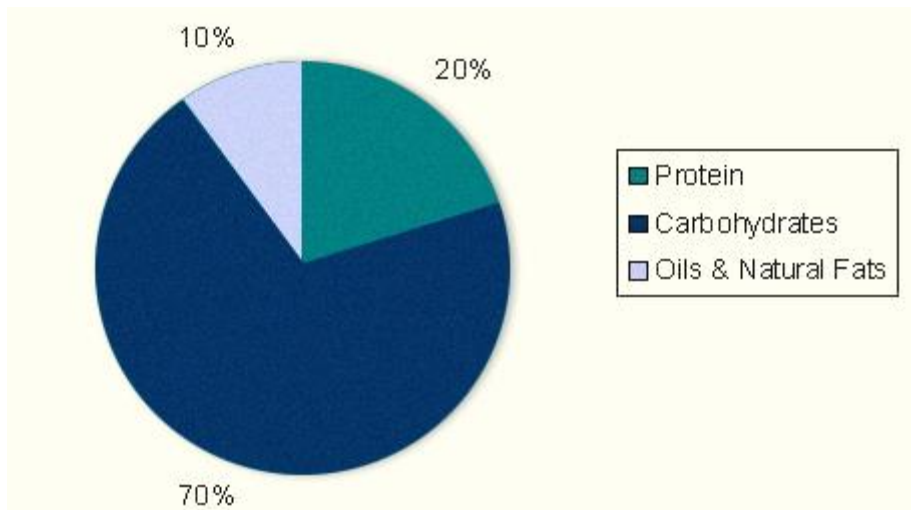
NUT/SEED	GRAIN	FAT/OIL	DESSERT	BEVERAGE	MISC
Sparingly	All ok	Minimize	Low-fat	Fruit Juice Vegetable Juice	Chicken Broth Horseradish Catsup Mustard Tomato Sauce

Using your recommended foods listed above, try to eat according to the following ratios:

- 15%-20% Protein (Proteins = Meat, Fowl, Seafood, Dairy)
- 70%-80% Carbohydrates (Carbohydrates = Fruits, Vegetables, Grains)
- 5%-10% Oils/Natural Fats (Fats = Butter, Oils, Fatty Foods - ex. nuts, seeds, cheese, other fatty foods)

You don't have to be exact. Just think in terms of proportions of the foods on your plate. Your metabolic type should do better with an overall higher percentage of carbohydrates relative to proteins and fats/oils. So, no matter how much food you put on your plate, whether it's a lot or a little, your plate should look something like this:

Profile #1, Carbo Type Graph:



Metabolic Type Product Guide: Recommended Foods - Profile #2, Protein Type

by Bill Wolcott

MEAT/FOWL	SEAFOOD	VEGETABLE	FRUIT	DAIRY
Bacon	Abalone	Artichoke	Avocado	(Whole)
Beef	Caviar	Asparagus	Banana	Cheese
Brains	Clam	Beans	Olive	Cottage Cheese
Duck	Crab	Carrot (some)	Apple (some)	Cream
Goose	Crayfish	Cauliflower	Pear (some)	Eggs
Kidney	Herring	Celery		Milk
Lamb	Lobster	Corn		Yogurt
Liver	Mackerel	Lentils		
Pork Rib	Mussel	Mushroom		
Fowl, drumstick	Octopus	Peas		(Dairy is not
Fowl, thigh	Oyster	Potato (some)		a substitute for
Fowl, wing	Salmon	Spinach		meat/fish/
Red meat	Sardine	Squash		poultry)
Sweetbread	Scallop	Peanuts		
Veal	Shrimp			
Venison	Squid			
Heart	Tuna, dark			
	Anchovy			

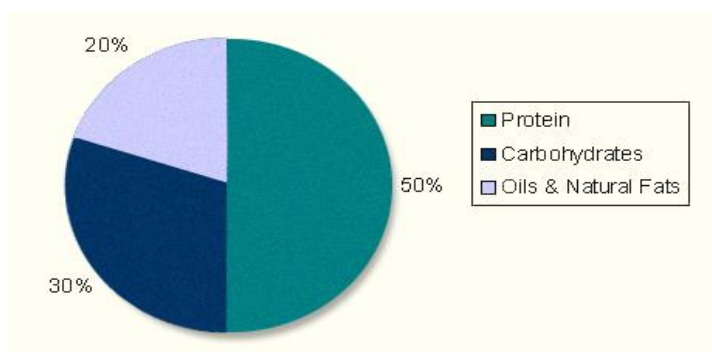
NUT/SEED	GRAIN	FAT/OIL	DESSERT	BEVERAGE	MISC
All Ok	All ok	All ok	Butter-based pastries	Diluted Fruit Juice	Cream Soup
			Cheesecake	Vegetable Juice	Sauces
			Ice Cream		Gravies
					Meat stock
					Salt, miso
					Soy sauce
					Tamari
					Yeast

Using your recommended foods listed above, try to eat according to the following ratios:

- 45%-50% Protein (Proteins = Meat, Fowl, Seafood, Dairy)
- 30%-35% Carbohydrates (Carbohydrates = Fruits, Vegetables, Grains)
- 20% Oils/Natural Fats (Fats = Butter, Oils, Fatty Foods - ex. nuts, seeds, cheese, other fatty foods)

You don't have to be exact. Just think in terms of proportions of the foods on your plate. Your metabolic type should do better with an overall higher percentage of proteins relative to carbohydrates and fats/oils. So, no matter how much food you put on your plate, whether it's a lot or a little, your plate should look something like this:

Profile #2, Protein Type Graph:



Metabolic Type Product Guide: Recommended Foods - Profile #3, Mixed Type

by Bill Wolcott

MEAT/FOWL	SEAFOOD	VEGETABLE	FRUIT	DAIRY
All ok	All ok	All ok	All ok	All ok

NUT/SEED	GRAIN	FAT/OIL	DESSERT	BEVERAGE	MISC
All ok	All ok	All ok	All ok	All ok	All ok

Eat as much variety as possible from day to day.

Using your recommended foods listed above, try to eat according to the following ratios:

- 40%-45% Protein (Proteins = Meat, Fowl, Seafood, Dairy)
- 50%-55% Carbohydrates (Carbohydrates = Fruits, Vegetables, Grains)
- 10%-15% Oils/Natural Fats (Fats = Butter, Oils, Fatty Foods - ex. nuts, seeds, cheese, other fatty foods)

You don't have to be exact. Just think in terms of proportions of the foods on your plate. Your metabolic type should do better with an overall higher percentage of carbohydrates relative to proteins and fats/oils. So, no matter how much food you put on your plate, whether it's a lot or a little, your plate should look something like this:

Profile #3, Mixed Type Graph:

