

YOUR BODY-CHEMISTRY TYPE

1. -1: If I drink tea I prefer lemon with it.

_____ always or very often

_____ sometimes

_____ never or rarely

2. -1: A hamburger sandwich tastes much better with a slice of raw onion on it.

_____ always or very often

_____ sometimes

_____ never or rarely

3. -1: When I feel low I feel better if I eat something sweet such as fruit, pastry or candy.

_____ always or very often

_____ sometimes

_____ never or rarely

4. -2: I could enjoy eating potatoes in some form two or three times a day.

_____ always or very often

_____ sometimes

_____ never or rarely

5. -2: I could eat steak or roast beef every day and frequently more than once a day.

_____ always or very often

_____ sometimes

_____ never or rarely

6. -1: I crave sour-tasting foods.

_____ always or very often

_____ sometimes

_____ never or rarely

7. -1: I like to eat raw salad vegetables such as radishes, green onions, green peppers and lettuce.

_____ always or very often

_____ sometimes

_____ never or rarely

8. -2: Fatty meat such as beef short ribs, spare ribs or roast pork tastes better than lean meat.

_____ always or very often

_____ sometimes

_____ never or rarely

9. -2: When I feel low i feel better if I eat something salty, like nuts, potato chips or popcorn.

_____ always or very often
_____ sometimes
_____ never or rarely

10. -2: Sometimes I drag through the day, but after a good meat dinner in the evening I perk up.

_____ always or very often
_____ sometimes
_____ never or rarely

11. -1: If I don't feel hungry and I eat something sweet, my appetite improves.

_____ always or very often
_____ sometimes
_____ never or rarely

12. -2: Steak for breakfast sounds good to me.

_____ always or very often
_____ sometimes
_____ never or rarely

13. -2: I get hungry between meals and like a snack of peanuts, cheese, crackers or a hot dog.

_____ always or very often
_____ sometimes
_____ never or rarely

14. -2: For lunch I could eat a bacon and avocado sandwich with lots of mayonnaise.

_____ always or very often
_____ sometimes
_____ never or rarely

15. -1: I would like lettuce, cottage cheese and fruit salad for lunch.

_____ always or very often
_____ sometimes
_____ never or rarely

16. -1: I have a craving for something sweet.

_____ always or very often
_____ sometimes
_____ never or rarely

17. -2: I feel better if I have eggs with bacon or other meat for breakfast.

_____ always or very often
_____ sometimes
_____ never or rarely

18. -1: When I'm hot and thirsty I can drink a lot of something like lemonade.

_____ always or very often
_____ sometimes
_____ never or rarely

19. -1: I like to eat raw onions.

_____ always or very often
_____ sometimes
_____ never or rarely

20. -1: I can easily skip breakfast without getting hungry or tired.

_____ always or very often
_____ sometimes
_____ never or rarely

21. -2: I prefer well done roast beef to rare roast beef .

_____ always or very often
_____ sometimes
_____ never or rarely

22. -1: For breakfast I feel good with something like toast and coffee.

_____ always or very often
_____ sometimes
_____ never or rarely

23. -1: I like to drink buttermilk.

_____ always or very often
_____ sometimes
_____ never or rarely

24. -2: Steak and lobster is my idea of a real dinner.

_____ always or very often
_____ sometimes
_____ never or rarely

25. -2: Even after a big steak dinner I could eat a bowl of buttered popcorn.

_____ always or very often
_____ sometimes
_____ never or rarely

26. -1: I get thirsty and drink a lot of water.

_____ always or very often
_____ sometimes
_____ never or rarely

27. -1: I get so hungry that I have to eat something sweet between meals.

_____ always or very often
_____ sometimes
_____ never or rarely

28. -2: When I take the cap off a jar or mustard, the smell is so sharp that it hurts my nose.

_____ always or very often
_____ sometimes
_____ never or rarely

29. -2: I like the taste of olive oil.

_____ always or very often
_____ sometimes
_____ never or rarely

30. -2: If I drink coffee, it seems to make me feel jumpy or jittery.

_____ always or very often
_____ sometimes
_____ never or rarely

31. -2: I like to eat olives.

_____ always or very often
_____ sometimes
_____ never or rarely

32. -2: I like to eat bacon

_____ always or very often
_____ sometimes
_____ never or rarely

33. -1: Avocados taste oily or too fatty to me .

_____ always or very often
_____ sometimes
_____ never or rarely

34. -2: I eat a lot of salt on my food

_____ always or very often
_____ sometimes
_____ never or rarely

35. -2: I like a pat of butter added to my soft-boiled eggs.

_____ always or very often
_____ sometimes
_____ never or rarely

36. -2: I desire something more to eat like cheese or nuts even after I have a regular dinner.

_____ always or very often
_____ sometimes
_____ never or rarely

37. -1: I can eat breakfast only if it contains something sweet.

_____ always or very often
_____ sometimes
_____ never or rarely

38. -2: Sweet foods like candy or cake taste too sweet to me

_____ always or very often
_____ sometimes
_____ never or rarely

39. -2: I like a pat of butter on a steak.

_____ always or very often
_____ sometimes
_____ never or rarely

40. -2: Sweet things taste sweet enough to me.

_____ always or very often
_____ sometimes
_____ never or rarely

41. -1: . I prefer to eat mustard, catsup or steak sauce on a meat patty.

_____ always or very often
_____ sometimes
_____ never or rarely

42. -2: I seem to feel weak if I haven't eaten for two or three hours.

_____ always or very often
_____ sometimes
_____ never or rarely

43. -2: I could eat four to six pieces of bacon for breakfast.

_____ always or very often
_____ sometimes
_____ never or rarely

44. -2: I don't like the smell of cooking food, even though it tastes ok when I eat it.

_____ always or very often
_____ sometimes
_____ never or rarely

45. -2: I'd like broiled lamb chops for dinner.

_____ always or very often
_____ sometimes
_____ never or rarely

46. -2: Grapefruit juice tastes very sour to me.

_____ always or very often
_____ sometimes
_____ never or rarely

47. -2: I like to eat baked beans with a lot of lean salt pork in them.

_____ always or very often
_____ sometimes
_____ never or rarely

48. -2: If I feel a somewhat nauseated, I feel better if I eat something salty.

_____ always or very often
_____ sometimes
_____ never or rarely

49. -1: If I feel a somewhat nauseated, I feel better if I eat something sweet or sour.

_____ always or very often
_____ sometimes
_____ never or rarely

50. -1: I could drink a large glass of grapefruit or orange juice.

_____ always or very often
_____ sometimes
_____ never or rarely

51. -1: If I eat liver, I want onions with it.

_____ always or very often
_____ sometimes
_____ never or rarely

52. -2: I prefer to eat bacon with fried liver.

_____ always or very often
_____ sometimes
_____ never or rarely

TYPE-1: You will answer "always or very often" to 17 or more of the questions numbered with -1.

TYPE-2: You will answer "always or very often" to 25 or more of the questions numbered with -2.

TYPE-3: You will answer "sometimes" to forty or more of the questions or you will answer "always or very often," to 20 + "TYPE-1" questions AND to 20+ "TYPE-2" questions .

TYPE 1 TOTAL

TYPE 2 TOTAL

SOMETIMES TOTAL

BOTH TYPE 1 & 2 TOTAL

Type-1 Foods To AVOID:

1. **Sweets:** pastries high in fat and low in flour, such as cheese cake, tortes, Danish pastries, etc.
2. **Vegetables:** avocado, artichoke hearts, beans, peas, lentils, cauliflower, spinach, asparagus
3. **Proteins:** foods with high purine content such as liver, kidney, caviar, meat concentrates, etc.
4. **Fats:** lard and butter should be replaced by corn oil or safflower oil.
5. **Miscellaneous:** hard alcoholic beverages

Type-1 Supplements: (1x3 Daily)

Each 3 doses contain:

Vitamin B1*	30	mg.
Vitamin B2*	30	mg.
Vitamin B6*	30	mg.
PABA	75	mg.
Niacin	75	mg.
Vitamin C (ascorbic acid)	900	mg.
Vitamin D3 (as cholcalciferol)	7,500	i.u.
Potassium citrate	900	mg.
Magnesium chloride	300	mg.
Copper gluconate	.6	mg.
Manganese sulfate	30	mg.
Ferrous sulfate	200	mg.

* Vitamin B1 (as active benfotiamine)

* Vitamin B2 (as active riboflavin-5-phosphate)

* Vitamin B6 (as active pyridoxal-5-phosphate)

Type-2 Foods To AVOID:

1. *Sweets*: candy, pastries, fruit, jams, jellies, ice cream, gelatin, desserts, etc.
2. *Starches*: potatoes, rice, spaghetti, macaroni, bread, crackers, cereals, etc.
3. *Salads*: lettuce, green peppers, onions, radishes, cabbage, pickles, cucumbers, etc. (celery and carrots excepted)
4. *Proteins*: milk, buttermilk, cottage cheese, eggs, fish (except herring, sardines, anchovies, tuna and salmon)
5. *Miscellaneous*: catsup, spicy sauces, soft drinks, coffee (decaf coffee excepted), tea, beet, wine, or any other alcoholic beverage

Type-2 Supplements (1x3 daily)

Each 3 Doses Contain:

Vitamin A*	50,000	I.U.
Vitamin E*	200	I.U.
Vitamin B12*	20	mcg.
Niacinamide	400	mg.
Calcium pantothenate	100	mg.
Bioflavonoids	100	mg.
Choline	600	mg.
Inositol	180	mg.
Calcium*	660	mg.
Phosphorus*	500	mg.
Iodine*	.45	mg.
Zinc sulfate	20	mg.

* Vitamin A (as a full spectrum carotenoid complex [Alphabeads®])

* Vitamin E (as a full spectrum complex of mixed tocopherols (d-alpha, d-beta, d-delta, d-gamma) & mixed tocotrienols [Tocomax®])

* Vitamin B-12 (as active methylcobalamin)

* Calcium (as DimaCal®) * Phosphorus (as tri-calcium-phosphate) * Iodine (as potassium iodide)