

Part I

The questions that you pick here reveal your original metabolic type. Answer these questions not as you are now but as you were when you were young 18 years old and less.

Write a 1 next to the answer that best describes you. At the end count all the 1's and write the totals.

Frame:		Small & thin, tall and thin, underdeveloped		Medium build, moderate physique, balanced & proportional		Thick, tall or short, well developed
Head:		Small, thin		Medium		Large
Forehead:		Small		Medium, receding hairline		Large
Eyes:		Gray sclera, brown or black, small unsteady, jumpy		Red sclera, green, amber, gray, blue, sharp, penetrating, medium		Clear, white sclera, blue-black, liquid, large
Eyebrows & Lashes:		Thin, small		Medium		Thick, bushy
Nose:		Crooked, thin, small		Medium, reddish		Large, wide, thick
Lips:		Thin, small, irregular		Medium, red, pink		Large, full
Teeth:		Irregular, crooked		Even, medium		Gleaming, large
Hair:		Dry, thin, coarse, curly, split ends, black or brown		Thin, soft, fine straight, red, light brown or blond		Thick, wavy, lustrous, dark brown
Chin & Jaw		Receding, small, pointed		Medium		Thick, large
Neck:		Unsteady, small, thin		Medium, sturdy		Thick, large
Shoulders:		Narrow, thin		Medium, balanced		Thick, road, firm
Chest:		Narrow, twisted, pigeon or concave		Medium, balanced		Large, broad
Hips:		Narrow		Medium		Large

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Hand & Feet:		Small & thin or long & thin		Medium		Large fingers, square/thick toes
Joints:		Irregular, protruding		Medium, regular		Large, fleshy
Nails:		Cracked, brittle, hand nails		Red nail beds, nails bend		Thick nails, don't break
Body hair:		Dark, coarse, scanty, or over-abundant		Fine, light texture		Moderate, wavy
Skin:		Dark complexion relative to your family, tans easily		Fair skin, sunburns easily, freckles, moles, pink or yellowish		Tans evenly, pale, white
Skin thickness		Thin, less than ¼" on forearm		Medium, ¼ - ½" on forearm		Thick, ½" + on forearm
Childhood:		Thin as a child, difficulty gaining weight		Medium build, periods of gaining and losing weight		Large build, gained weight easily
TOTALS						