

## Part II

The questions that you pick here reveal your metabolic imbalance. Answer these questions as you are now.

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

<b>1</b>	Difficulty gaining weight	Can gain or lose weight if puts mind to it	Gains weight easily, hard time losing unless exercise
<b>2</b>	Gains around the belly	Gains evenly, especially chest	More weight in the hips and bust
<b>3</b>	Cold hands and feet	Skin warm to touch	Skin cool but not cold
<b>4</b>	Dry skin, chaps easily, prone to corns and calluses	Oily skin, prone to pimples and rashes	Thick skin will lubricated
<b>5</b>	Suffers from cracked chapped lips	Lips: tendency toward cold sores, fever blisters	Full, moist lips
<b>6</b>	Dry hair, lusterless, split ends	Oily or early gray hair, early thinning or baldness possible	Thick slightly wavy hair a little oily, lustrous
<b>7</b>	Dislikes dryness and cold and wind (craves warmth)	Dislikes heat and sun craves cool	Dislikes humidity, craves dryness
<b>8</b>	Tongue dry with thin, grayish coating	Tongue coating yellowish, orange or reddish	Tongue swollen with thick, curdy, white coating
<b>9</b>	Eyes often dry and scratchy	Sclera has reddish or yellow tinged (sclera is the whites of the eye). Sties	Tendency toward eye puffiness
<b>10</b>	Bowel movement can be irregular, hard, dry or constipated	Bowels loose – more than twice a day/diarrhea	Tendency toward eye puffiness
<b>11</b>	If ill: Nervous disorders, sharp pain likely	If ill: Fevers, rashes or inflammation likely	If ill: Swelling, fluid retention, mucous, congestion
<b>12</b>	Sexual interest variable, fantasy life active	Over-sexed, arouses easily	Steady sex, slow to arouse

(Part 2 continued...)

<b>13</b>		Menses irregular, scanty flow, severe painful cramps		May bleed heavily and long loose stool accompanies periods		Prone to water weight during menses, slight cramps if any
<b>14</b>		Either indulge in rich food or on strict diet		Loves proteins, caffeine, hot spice and salty foods		Loves sweets, dairy, bread and pastry
<b>15</b>		Receding gums		Inflamed bleeding gums		Thick gums
<b>16</b>		Joints – painful, unsteady, cracking or stiff		Joints – hot, swollen, burning		Joints – loose, aching, watery, swollen
<b>17</b>		Thirst: irregular		Thirst: strong, excessive		Thirst: slight
<b>18</b>		Appetite: variable		Appetite: strong, excessive		Appetite: steady, slow
<b>19</b>		Sweat: lack of odor: astringent		Sweat: profuse odor: sour, sharp		Sweat: moderate odor: sweet, pleasant
<b>20</b>		Urine: scanty, cloudy, colorless		Urine: profuse, yellow		Urine: moderate
<b>21</b>		Endurance: poor		Endurance: medium		Endurance: strong
<b>22</b>		Resistance: poor, tendency to acute allergies		Resistance: medium prone to infections		Resistance: strong tendency to chronic respiratory problems
<b>23</b>		Tongue: grey, coated, cracked		Tongue: red, yellow coated		Tongue: white coated, scalloped edges
<b>TOTALS</b>						