

Dr MERCOLA'S Test to Determine Your Basic Metabolic Type

Answer the questions below as well as you can, choosing the number that best represents your answer on the scale provided for each question. There are no right or wrong answers, and it's not "better" to be one type or another. If you don't know the answer to a question because you haven't tried a specific food yet, or don't remember how it affects you, then consume that food first and notice its effects on you, and then answer the question. Numbers can be written on separate paper.

1) Does a high-carbohydrate meal or snack, one that is loaded with plenty of vegetables, bread, toast, cereals, rice, fruits, grains or potatoes, as the main food source satisfy your appetite, or stimulate it further?

1 2 3 4 5 6 7 8 9 10

satisfy stimulate

2) When you eat a lot of red meat does it cause you to lose or gain body fat? Do you look slimmer in the mirror or is it easier for your clothes to fit?

1 2 3 4 5 6 7 8 9 10

gain weight lose weight

3) Do you constantly think about food and frequently look forward with eager anticipation to your next meal or what you want to eat?

1 2 3 4 5 6 7 8 9 10

no yes

4) What is your appetite like at breakfast, lunch and dinner?

breakfast...

1 2 3 4 5 6 7 8 9 10

weaker stronger

lunch...

1 2 3 4 5 6 7 8 9 10

weaker stronger

dinner...

1 2 3 4 5 6 7 8 9 10

weaker stronger

5) Does eating something higher in fat and/or protein such as dark meats, avocados, cream, butter or coconuts within an hour or two of bedtime help you sleep better?

1 2 3 4 5 6 7 8 9 10

no yes

6) If you ate a large salad with some low-fat meat like chicken breast for lunch (versus higher fat meat like a hamburger patty), how would it affect your productivity throughout the rest of the afternoon?

1 2 3 4 5 6 7 8 9 10

I'd have ample energy and feel satisfied. I'd become tired and hungry

7) How often do you typically feel the need to eat on an average day? The extremes here would be feeling good with one meal scored as a 1, while needing 5 or 6 meals a day would place you at a 10. If you felt good on three meals a day that would be a 5.

1 2 3 4 5 6 7 8 9 10

1-2 times including snacks 5-6 times including snacks

8) How much do you enjoy sour foods like pickles, sauerkraut, or vinegar?

1 2 3 4 5 6 7 8 9 10

love them can't stand them

9) At Thanksgiving or a meal where you eat turkey, and assuming all the turkey is moist, if you prefer white meat give yourself a 1, if you only prefer the dark meat give yourself a 10, and if it doesn't matter give yourself a 5.

1 2 3 4 5 6 7 8 9 10

white meat dark meat

Now add up each of the fourteen numbers you circled to get your total score, and your basic metabolic type:

• A score over 60 indicates Protein Type. The higher your score above 60, the more likely you are a Protein Type.

• A score under 60 indicates a Carbohydrate Type. The lower your score under 60, the more likely you are truly a Carb Type.

• A score between 40 and 70 indicates a Mixed Type. If you scored in this range, you can begin fine-tuning your diet as explained below, but it is recommended that you take the more sophisticated test in William Wolcott's book, *The Metabolic Typing Diet*, to provide yourself a more reliable starting point. The quiz above provides a very rough estimate of your metabolic type, which if eaten, will make you feel more comfortable.

Auriel is Carbohydrate - 47, so prefers a Carb meal.

Vaughan is Protein - 71, so prefers a protein meal.

After a week of applying the above and taking things to rid allergies and drain mercury, I felt much better in many ways and slept better. If I conform I don't even feel my tummy. If I eat carbohydrates without protein I become conscious of discomfort and sometimes have a tummy ache. If I eat protein with it I'm OK.

If I were a doctor the first thing I'd do with all patients, would be to have them check their metabolic type.