

APPENDIX A

Troubleshooting Test

If you're still not sure of your metabolic type for some reason, or you tried the diet recommended for your type and the fine-tuning guidelines but still did poorly, you can use this troubleshooting test either to confirm or to determine your metabolic type. But before you proceed, make sure that you have followed your diet to the letter, eating only your recommended foods, and that you have exhausted the fine-tuning methods.

This troubleshooting test will take four days to complete. Here's a brief synopsis of what you need to do:

OVERVIEW OF TROUBLESHOOTING TEST	
DAYS 1 & 2	DAYS 3 & 4
<i>Follow Diet Plan #1</i> <ul style="list-style-type: none">• Fill out a dietary intake record• Record before and after meal symptoms• Indicate if your symptoms were made better or worse	<i>Follow Diet Plan #2</i> <ul style="list-style-type: none">• Fill out a dietary intake record• Record before and after meal symptoms• Indicate if your symptoms were made better or worse

During the four days of the test, you should:

- Eat only the recommended foods specified on the Daily Record Sheets
- Record the way you feel *both* before each meal and after each meal

The following provides a real-world example to illustrate how to use your Daily Record Sheet for Days 1 to 4:

EXAMPLE OF HOW TO COMPLETE A DIETARY RECORD SHEET						
FOOD INTAKE		REACTIONS				
consume only the listed foods		record any reactions you may have to your food and beverage intake				
		Before	Two Hours After	Better	Worse	Overall
BREAKFAST 1 cup coffee, toast and jam, orange juice	Appetite	<i>strong</i>	<i>already hungry</i>	not hungry	<i>still hungry</i>	<input type="checkbox"/> Better <input checked="" type="checkbox"/> Worse
	Cravings	<i>sweets</i>	<i>still want sweets</i>	less craving/none	<i>still cravings</i>	
	Physical	<i>tired</i>	<i>jittery</i>	better, improved	<i>same or worse</i>	
	Energy	<i>low</i>	<i>hyper but exhausted</i>	better, improved	<i>same or worse</i>	
	Mind	<i>slow, spacy</i>	<i>nervous</i>	better/improved	<i>same or worse</i>	
	Emotions	<i>ok</i>	<i>anxious</i>	better/improved	<i>same or worse</i>	

Clearly, the effect of this meal on this person was not very good. Within two hours after eating, hunger was present once again. The desire for sweets did not go away. Tiredness was replaced with jitteriness. Low energy changed into a hyper sensation, with exhaustion underneath. Mentally, the slow, spacey quality had transformed into a nervous quality. And emotional stability prior to breakfast turned into anxiety after breakfast. As a result of these reactions, the overall effect of the meal was negative, so “Worse” was checked in the far right column.

Days 1 and 2

On Days 1 and 2, you'll follow a very precise diet of allowable foods, listed for you on your Day 1 and Day 2 charts. You can eat as much as you'd like to of those foods. But it's critical that you eat those foods and those foods only. No cheating. If you do cheat, you won't get reliable results and you may not be able to determine your metabolic type.

You will also complete daily symptom records, just like the one described in the example above. If you should feel poorly on the diet recommended, then you're “lucky” because you won't have to follow it for the whole two days. If it really makes you feel much worse, stop it at that point. Skip this test diet for the rest of the day and eat the way you want to eat. The next day, start the Days 3 and 4 diet.

Days 3 and 4

On Days 3 and 4, you'll follow a very precise diet of allowable foods, but one very different from the one on Days 1 and 2. You can eat as much as you'd like to of the allowable foods. But it's critical that you eat those foods, and *those foods only*. No cheating on this diet. If you do cheat, you won't get reliable results and you may not be able to properly determine your metabolic type.

If you should feel poorly on this diet, then you're “lucky” because you won't have to follow it for the rest of the test time. If it really makes you feel much worse, stop it at that point. Eat as usual for the

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rest of the day. The end of Day 4 marks the end of the Troubleshooting Test. You're now ready for final scoring.

Final Scoring

Here's how to score your results:

- If you felt poorly on Days 1 and 2 and well on Days 3 and 4, then consider yourself a *Protein Type*.
- If you felt poorly on Days 3 & 4 and well on Days 1 & 2, then consider yourself a *Carbo Type*.
- If you felt *either* good *or* bad on *both* diets, then consider yourself a *Mixed Type*.

After you determine the *right foods*, don't forget to fine-tune your macronutrient ratio to your individual needs.

Keep in mind that some people have sensitive (quick-to-react) metabolisms. For others, changes take a lot longer to manifest. Give your metabolic type diet adequate time to make changes in your metabolism before you judge its effectiveness. I suggest you monitor effects over a 3 to 4 week period.

Ultimately, if this section is not helpful to you, there is no need to give up. Your next step may be to work with a professional who is trained in helping people implement the metabolic typing program. (See Metabolic Typing Education Center in Appendix E.)

On the following pages are the complete charts for Days 1 to 4. Good luck. And have fun as a metabolic detective!

DIETARY RECORD SHEET FOR DAYS 1 & 2						
FOOD INTAKE		REACTIONS				
consume only the listed foods		record any reactions you may have to your food and beverage intake				
		Before	Two Hours After	Better	Worse	Overall
BREAKFAST 1 cup coffee, toast and jam, orange juice	Appetite			not hungry	still hungry	<input type="checkbox"/> Better <input type="checkbox"/> Worse
	Cravings			less craving/none	still cravings	
	Physical			better/improved	same or worse	
	Energy			better/improved	same or worse	
	Mind			better/improved	same or worse	
	Emotions			better/improved	same or worse	
LUNCH 1 cup coffee (optional), chicken breast, rice, salad: lettuce, tomato, onion, steamed broccoli, half tablespoon olive oil, lemon juice to taste	Appetite			not hungry	still hungry	<input type="checkbox"/> Better <input type="checkbox"/> Worse
	Cravings			less craving/none	still cravings	
	Physical			better/improved	same or worse	
	Energy			better/improved	same or worse	
	Mind			better/improved	same or worse	
	Emotions			better/improved	same or worse	
SNACK fruit, low-fat yogurt (optional)	Appetite			not hungry	still hungry	<input type="checkbox"/> Better <input type="checkbox"/> Worse
	Cravings			less craving/none	still cravings	
	Physical			better/improved	same or worse	
	Energy			better/improved	same or worse	
	Mind			better/improved	same or worse	
	Emotions			better/improved	same or worse	

DIETARY RECORD SHEET FOR DAYS 1 & 2 (cont.)						
FOOD INTAKE		REACTIONS				
consume only the listed foods		record any reactions you may have to your food and beverage intake				
		Before	Two Hours After	Better	Worse	Overall
DINNER turkey breast or Cornish game hen or chicken breast or ham or cod or halibut, millet or rice, steamed zucchini, salad: lettuce, cabbage, cucumber, tomato, half tablespoon olive oil, lemon juice to taste	Appetite			not hungry	still hungry	<input type="checkbox"/> Better <input type="checkbox"/> Worse
	Cravings			less craving/none	still cravings	
	Physical			better/improved	same or worse	
	Energy			better/improved	same or worse	
	Mind			better/improved	same or worse	
	Emotions			better/improved	same or worse	
SNACK fruit, low-fat yogurt (optional)	Appetite			not hungry	still hungry	<input type="checkbox"/> Better <input type="checkbox"/> Worse
	Cravings			less craving/none	still cravings	
	Physical			better/improved	same or worse	
	Energy			better/improved	same or worse	
	Mind			better/improved	same or worse	
	Emotions			better/improved	same or worse	

DIETARY RECORD SHEET FOR DAYS 3 & 4						
FOOD INTAKE		REACTIONS				
consume only the listed foods		record any reactions you may have to your food and beverage intake				
		Before	Two Hours After	Better	Worse	Overall
BREAKFAST bacon, eggs (2-3), sausagels), half slice toast, butter	Appetite			not hungry	still hungry	<input type="checkbox"/> Better <input type="checkbox"/> Worse
	Cravings			less craving/none	still cravings	
	Physical			better/improved	same or worse	
	Energy			better/improved	same or worse	
	Mind			better/improved	same or worse	
	Emotions			better/improved	same or worse	
LUNCH steak, steamed cauliflower, butter, half cup rice	Appetite			not hungry	still hungry	<input type="checkbox"/> Better <input type="checkbox"/> Worse
	Cravings			less craving/none	still cravings	
	Physical			better/improved	same or worse	
	Energy			better/improved	same or worse	
	Mind			better/improved	same or worse	
	Emotions			better/improved	same or worse	
SNACK hard boiled egg or nut butter and half slice bread or nuts	Appetite			not hungry	still hungry	<input type="checkbox"/> Better <input type="checkbox"/> Worse
	Cravings			less craving/none	still cravings	
	Physical			better/improved	same or worse	
	Energy			better/improved	same or worse	
	Mind			better/improved	same or worse	
	Emotions			better/improved	same or worse	

DIETARY RECORD SHEET FOR DAYS 3 & 4 (cont.)						
FOOD INTAKE		REACTIONS				
consume only the listed foods		record any reactions you may have to your food and beverage intake				
		Before	Two Hours After	Better	Worse	Overall
DINNER lamb or salmon, steamed spinach, butter, half cup rice	Appetite			not hungry	still hungry	<input type="checkbox"/> Better <input type="checkbox"/> Worse
	Cravings			less craving / none	still cravings	
	Physical			better / improved	same or worse	
	Energy			better / improved	same or worse	
	Mind			better / improved	same or worse	
	Emotions			better / improved	same or worse	
SNACK hard-boiled egg or nut butter and half slice bread or nuts	Appetite			not hungry	still hungry	<input type="checkbox"/> Better <input type="checkbox"/> Worse
	Cravings			less craving / none	still cravings	
	Physical			better / improved	same or worse	
	Energy			better / improved	same or worse	
	Mind			better / improved	same or worse	
	Emotions			better / improved	same or worse	