

www.totalweightlosscenter.com

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Weight Loss Forms

Week 1 —

- Neurotransmitter Assessment Form (NTAF)
- Glycemic Index
- Balancing pH
- Blood Test Instructions
- Insulin Resistance Evaluation

Health Questionnaire (NTAF)

Name: _____ Age: _____ Sex: _____ Date: _____

* Please circle the appropriate number "0 - 3" on all questions below. 0 as the least/never to 3 as the most/always.

SECTION A

- Is your memory noticeably declining? 0 1 2 3
- Are you having a hard time remembering names and phone numbers? 0 1 2 3
- Is your ability to focus noticeably declining? 0 1 2 3
- Has it become harder for you to learn things? 0 1 2 3
- How often do you have a hard time remembering your appointments? 0 1 2 3
- Is your temperament getting worse in general? 0 1 2 3
- Are you losing your attention span endurance? 0 1 2 3
- How often do you find yourself down or sad? 0 1 2 3
- How often do you fatigue when driving compared to the past? 0 1 2 3
- How often do you fatigue when reading compared to the past? 0 1 2 3
- How often do you walk into rooms and forget why? 0 1 2 3
- How often do you pick up your cell phone and forget why? 0 1 2 3

SECTION B

- How high is your stress level? 0 1 2 3
- How often do you feel that you have something that must be done? 0 1 2 3
- Do you feel you never have time for yourself? 0 1 2 3
- How often do you feel you are not getting enough sleep or rest? 0 1 2 3
- Are you getting regular exercise? 0 1 2 3
- Do you think people don't care about you? 0 1 2 3
- Do you feel you are not accomplishing your life's purpose? 0 1 2 3
- Do you have no one to share your problems with? 0 1 2 3

SECTION C

SECTION C1

- How often do you get irritable, shaky, or have lightheadedness between meals? 0 1 2 3
- How often do you feel energized after eating? 0 1 2 3
- How often do you have difficulty eating large meals in the morning? 0 1 2 3
- How often does your energy level drop in the afternoon? 0 1 2 3
- How often do you crave sugar and sweets in the afternoon? 0 1 2 3
- How often do you wake up in the middle of the night? 0 1 2 3
- How often do you have difficulty concentrating before eating? 0 1 2 3
- How often do you depend on coffee to keep yourself going? 0 1 2 3
- How often do you feel agitated, easily upset, and nervous between meals? 0 1 2 3

SECTION C2

- Do you get fatigued after meals? 0 1 2 3
- Do you crave sugar and sweets after meals? 0 1 2 3
- Do you feel you need stimulants such as coffee after meals? 0 1 2 3
- Do you have difficulty losing weight? 0 1 2 3
- How much larger is your waist girth compared to your hip girth? 0 1 2 3
- How often do you urinate? 0 1 2 3
- Have your thirst and appetite been increased? 0 1 2 3
- Do you have weight gain when under stress? 0 1 2 3
- Do you have difficulty falling asleep? 0 1 2 3

SECTION 1 - S

- Are you losing your pleasure in hobbies and interests? 0 1 2 3
- How often do you feel overwhelmed with ideas to manage? 0 1 2 3
- How often do you have feelings of inner rage (anger)? 0 1 2 3
- How often do you have feelings of paranoia? 0 1 2 3
- How often do you feel sad or down for no reason? 0 1 2 3
- How often do you feel like you are **not** enjoying life? 0 1 2 3

- How often do you feel you lack artistic appreciation? 0 1 2 3
- How often do you feel depressed in overcast weather? 0 1 2 3
- How much are you losing your enthusiasm for your favorite activities? 0 1 2 3
- How much are you losing enjoyment for your favorite foods? 0 1 2 3
- How much are you losing your enjoyment of friendships and relationships? 0 1 2 3
- How often do you have difficulty falling into deep restful sleep? 0 1 2 3
- How often do you have feelings of dependency on others? 0 1 2 3
- How often do you feel more susceptible to pain? 0 1 2 3
- How often do you have feelings of unprovoked anger? 0 1 2 3
- How much are you losing interest in life? 0 1 2 3

SECTION 2 - D

- How often do you have feelings of hopelessness? 0 1 2 3
- How often do you have self-destructive thoughts? 0 1 2 3
- How often do you have an inability to handle stress? 0 1 2 3
- How often do you have anger and aggression while under stress? 0 1 2 3
- How often do you feel you are not rested even after long hours of sleep? 0 1 2 3
- How often do you prefer to isolate yourself from others? 0 1 2 3
- How often do you have unexplained lack of concern for family and friends? 0 1 2 3
- How easily are you distracted from your tasks? 0 1 2 3
- How often do you have an inability to finish tasks? 0 1 2 3
- How often do you feel the need to consume caffeine to stay alert? 0 1 2 3
- How often do you feel your libido has been decreased? 0 1 2 3
- How often do you lose your temper for minor reasons? 0 1 2 3
- How often do you have feelings of worthlessness? 0 1 2 3

SECTION 3 - G

- How often do you feel anxious or panic for no reason? 0 1 2 3
- How often do you have feelings of dread or impending doom? 0 1 2 3
- How often do you feel knots in your stomach? 0 1 2 3
- How often do you have feelings of being overwhelmed for no reason? 0 1 2 3
- How often do you have feelings of guilt about everyday decisions? 0 1 2 3
- How often does your mind feel restless? 0 1 2 3
- How difficult is it to turn your mind off when you want to relax? 0 1 2 3
- How often do you have disorganized attention? 0 1 2 3
- How often do you worry about things you were not worried about before? 0 1 2 3
- How often do you have feelings of inner tension and inner excitability? 0 1 2 3

SECTION 4 - ACH

- Do you feel your visual memory (shapes & images) is decreased? 0 1 2 3
- Do you feel your verbal memory is decreased? 0 1 2 3
- Do you have memory lapses? 0 1 2 3
- Has your creativity been decreased? 0 1 2 3
- Has your comprehension been diminished? 0 1 2 3
- Do you have difficulty calculating numbers? 0 1 2 3
- Do you have difficulty recognizing objects & faces? 0 1 2 3
- Do you feel like your opinion about yourself has changed? 0 1 2 3
- Are you experiencing excessive urination? 0 1 2 3
- Are you experiencing slower mental response? 0 1 2 3

Symptom groups listed in this flyer are not intended to be used as a diagnosis of any disease condition.
For nutritional purposes only.

Medication History

Please circle any of the following medication you have been or are currently taking.

Acetylcholine Receptor Antagonist – Antimuscarinic Agents

Atropine, Ipratropium, Scopolamine, Tiotropium

Acetylcholine Receptor Antagonist - Ganglionic Blockers

Mecamylamine, Hexamethonium, Nicotine (high doses), Trimethaphan

Acetylcholinesterase Reactivators

Pralidoxime

Acetylcholine Receptor Antagonist - Neuromuscular Blockers

Atracurium, Cisatracurium, Doxacurium, Metocurine, Mivacurium, Pancuronium, Rocuronium, Uccinylcholine, Tubocurarine, Vecuronium, Hemicholine

Agonist Modulator of GABA Receptor (benzodiazepines)

Xanax, Lexotanil, Lexotan, Librium, Klonopin, Valium, ProSom, Rohypnol, Dalmane, Ativan, Loramet, Sedoxil, Dormicum, Megadon, Serax, Restoril, Halcion

Agonist Modulator of GABA Receptors (nonbenzodiazepines)

Ambien, Sonata, Lunesta, Imovane

Cholinesterase Inhibitors (irreversible)

Echotiophate, Isoflurophate, Organophosphate Insecticides, Organophosphate-containing nerve agents

Cholinesterase Inhibitors (reversible)

Donepezil, Galatamine, Rivastigmine, Tacrine, THC, Erophonium, Neostigmine, Phystigimine, Pyridostigmine, Carbamate Insecticides

Dopamine Reuptake Inhibitors

Wellbutrin (Bupropion)

Dopamine Receptor Agonists

Mirapex, Sifrol, Requip

D2 Dopamine Receptor Blockers (antipsychotics)

Thorazine, Prolixin, Trilafon, Compazine, Mellaril, Stelazine, Vesprin, Nozinan, Depixol, Navane, Iuanxol, Clopixol, Acuphase, Haldol, Orap, Clozaril, Zyprexa, Zydis, Seroquel, Geodon, Solian, Invega, Abilify

GABA Antagonist Competitive binder

Flumazenil

Monoamine Oxidase Inhibitor (MAOI)

Marplan, Aurorix, Maneric, Moclodura, Nardil, Adlegiine, Elepryl, Azilect, Marsilid, Iprozid, Ipronid, Rivivol, Popilniazida, Zyvox, Zyvoxid

Noradrenergic and Specific Serotonergic Antidepressants (NaSSa)

Remeron, Zispin, Avanza, Norset, Remergil, Axit

Selective Serotonin Reuptake Inhibitor

Paxil, Zoloft, Prozac, Celexa, Lexapro, Luvox, Cipramil, Emocal, Serpam, Seropram, Ciprallex, Esteria, Fontex, Seromex, Seronil, Sarafem, Fluctin, Faverin, Seroxat, Aropax, Deroxat, Rexetin, Xentor, Paroxat, Lustral, Serlain, Dapoxetine

Selective Serotonin Reuptake Enhancers

Stablon, Coaxil, Tatinol

Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs)

Effexor, Pristiq, Meridia, Serzone, Dalcipran, Despramine, Duloxetine

Tricyclic Antidepressants (TCAs)

Elavil, Endep, Tryptanol, Trepiline, Asendin, Asendis, Defanyl, Demolox, Moxadil, Anafranil, Norpramin, Pertofrane, Prothiadin, Thanden, Adapin, Sinequan, Trofranil, Janamine, Gamanil, Aventyl, Pamelor, Opipramol, Vivactil, Rhotrimine, Surmontil

Glycemic (Blood Sugar) Index-Choose foods in the 70's or lower.

I. Grains

1. Barley-36
2. Brown Rice-79
3. Buckwheat-78
4. Millet-101
5. Rye-48
6. White Rice-83
7. Whole Wheat Bread-99
8. White Bread-136

II. Starchy Vegetables

1. Beets-91
2. Carrots-70
3. Cauliflower
4. Corn-78
5. Green Peas-68
6. Potatoes-80
7. French Fries-107
8. Pumpkin-107
9. Sweet Potatoes-77
10. Yams-73

III. Fruit

1. Apple-54
2. Apple Juice-58
3. Apricot, fresh-82
4. Banana-77
5. Cherries-32
6. Grapes-66
7. Grapefruit-36
8. Kiwi-75
9. Mango-80
10. Orange Juice-74
11. Peach-60
12. Pear-53
13. Pineapple-94
14. Plum-55
15. Raisins-91
16. Watermelon-103

17.IV. Bakery Products

1. Cake, pound-77
2. Cheese pizza-86
3. Croissant-96
4. Donut-108
5. Muffin-93
6. Waffle-109

V. Breads

1. Bagel, white-104
2. French baguette-136
3. Hamburger bun-92
4. Pumpnickel-71
5. Pita bread, white-87
6. Wonder bread-112
7. Rice Cakes-110

VI. Breakfast Cereals

1. All Bran-60
2. Cheerios-106
3. Cornflakes-119
4. Cream of Wheat-100
5. Grapenuts-96
6. Muesli-81
7. Oatmeal-70
8. Puffed Wheat-105
9. Rice Crispies-117
10. Special K-78
11. Shredded Wheat-99
12. Total-109

VII. Dairy Products

1. Ice Cream-87
2. Yogurt, low fat artificially sweet-20
3. Yogurt, low fat fruit sugar sweet-47

VIII. Legumes

1. Chick peas (garbanzo beans)-47
2. Lentils, red-36
3. Pinto beans-55
4. Soy beans-25
5. Split peas-45

IX. Snack Foods

1. Corn chips-114

2. Dates-146

X. Sugars

1. Fructose-32

2. Glucose-146

3. High fructose corn syrup-89

4. Honey-83

Balancing pH

I. pH and weight

The latest information on weight challenges is that the body holds onto fat to protect itself from an acid condition. The reason low carb diets work in the beginning is that carbohydrates such as wheat and sugar are extremely acid forming. Cutting them out will cause the body to produce less fat because less fat is needed to neutralize less acid.

Since fat is a buffer produced by your body to neutralize acid, it makes sense to turn to a healthy alkalizing diet to eliminate the need for fat.

Show me a person who has tried every diet out there with little or no success and I will show you a person who has had an acid pH their whole life.

Some factors influencing pH levels are an out of balance mineral ratio or a person's diet, lack of sleep and stress levels. Gaining a better understanding, through the latest research about pH, will make this journey to health a much easier task.

II. Maintaining alkalinity

It is very empowering for people to realize they can dramatically change the state of their own health. Simple and logical dietary corrections, self monitored, using a small piece of pH-paper as the guide, make it easy for patients to help themselves between visits.

Maintaining alkalinity is essential for life, health and vitality. Our blood must always be kept at a pH of 7.35 to 7.45, anything above or below that would endanger the functioning of your body. In order to maintain this ideal pH for the blood, your body will leach the calcium (that is alkaline) right out of your bones and magnesium from your muscles to correct a too acid condition. An acid condition, if left unchecked over a long period of time, will block your body's absorption of much needed vitamins and minerals. This may lead to osteoporosis, kidney stones, and tooth decay.

As long as we are acid, our body is in a state of degeneration. What we strive for is to build up and regenerate, at the same time, reducing as many stressors as possible.

III. Symptoms of acidosis and alkalosis:

A. **Symptoms of acidosis** are frequent sighing, changes in heartbeat, restlessness, cold sweat, dry skin and mouth, hard stools, diminished urination, perspiration, a sticky, sour taste in the mouth, halitosis (bad breath) and adrenal fatigue. Problems such as acid reflux, fat, cholesterol, bone spurs, osteoporosis, gallbladder and kidney stones have also been linked to overly acid fluids in our body.

B. **Symptoms of alkalosis** may include: Muscle soreness and cramps, stiff or creaking joints, bursitis, bone spurs, edema (especially swollen hands), allergies, menstrual problems, hyperventilation, restlessness, excitability, numbness, prickling sensations, increased respiration, circulatory problems, discomfort after eating (due to lack of HCl in the stomach) and lowered resistance (bacteria, viruses, fungi, parasites and other microorganisms tend to thrive in an alkaline environment).

IV. Testing Urine: It is best to check the first urine of the day, after 4:00 a.m., every morning to set a baseline. This reading shows your true state. Metabolic functions will be reflected in this first reading of the day. Place the 1 or 2" piece of test paper into urine stream, shake off any excess fluid and match to the color chart immediately. Urine pH is in balance when it's between 6.8 and 7.2. Then you may want to check yourself throughout the day to learn what foods, stressors or toxic thoughts affect the pH of your body.

Excess protein may make you feel tired and sluggish and is a cause of increased blood pressure. Urine that foams a lot may be an indicator of too much protein. Urine that is dark yellow may be an indicator of too much sugar in the diet.

Testing Saliva: Do not eat or drink before you test. Bring up fresh saliva and drip the saliva from under your tongue onto the test strip. If you take your saliva pH within a few minutes of eating or drinking, you will get the acid-forming or alkaline-forming quality of the foods or beverage right there on the spot. You then see how it has affected your body pH. If your pH is 7.2 or higher, the food you ate was alkaline forming. Your pH should then drop down to 6.8 to 7.2 within 3 hours of eating. If your first reading of the morning is 6.0 and the second reading is within the 6.8 to 7.2 range, a few diet and lifestyle changes should show changes quickly and bring the first reading into the proper range. On the other hand, if all of your readings are below 6.0 or above 7.6, then more work may be required to turn things around. Until both readings are within the balance range, you still have some work to do.

V. Proper Food Combining:

It is helpful when eating a meal not to mix protein and starches. It is best to eat them separately. Proteins neutralize the alkaline medium required for starch digestion and the result is fermentation, which can result in indigestion. Examples of proteins are: nuts, most dairy foods, eggs, chicken, and fish. Examples of starches: bread, cake, cookies, pasta, rice, potatoes and cereals. Undigested protein putrefies in bacterial decomposition and produces some potent poisons.

VI. Cancer's relation to pH:

Professor Otto Warburg won the Nobel Prize in 1931 for proving that cancer cannot live in a cell rich in oxygen and with a balanced pH. He also found that cancer cells contain high fermentation values that come very close to the fermentation values of wildly proliferating *Torula* yeasts. A stressed lifestyle and a diet high in sugar and processed foods feed yeast. A lifestyle with a reduction of stress and a diet with enough pure water and rich in fresh raw vegetables places a body in a state of balance.

VII. Foods and Ph.:

Start out your morning with one of the most alkalizing drinks around, a squeeze of fresh lemon juice in pure source water. Have a cucumber or an avocado for a snack. Top your salad with olive oil, lemon juice, fresh herbs and sea salt. Try replacing milk with soothing coconut milk in recipes.

It is best to follow the 80:20 rule, 80 percent alkalizing vegetables and 20 percent healthy acid forming foods. Healthy acid-forming foods should be decreased to 20% of the total diet. Examples: Fresh water fish such as salmon, mackerel, range fed chicken, brown rice, and beans. Alkalizing foods such as leafy greens vegetables and avocados should be increased to 80 of your total diet.

Highly Alkaline-Forming Foods

Wheatgrass juice, sprouted seeds, grains and beans, fresh cucumber, spinach, celery, watercress, garlic, sorrel, lettuce, cabbage, fresh peas, carrot, red beets, cilantro, fresh lemon, tomato, green pepper, avocado, jicama, sea salt and mineral water.

Moderately Alkaline-Forming Foods

Romaine lettuce, cauliflower, hazelnuts, pumpkin seeds, sunflower seeds, flax seeds, sesame seeds, fennel seeds.

Low Alkaline-forming Foods

Cherries, cantaloupe, strawberries, cranberries, mango, cold-pressed oils, evening primrose oil, fish oil, olive oil, flax seed oil.

Very Low Alkaline-Forming Foods

Quinoa, brown rice, walnuts, pecans

Neutral (near/neutral) Ash Foods

Lentils, goat cheese and agave nectar

Low Acid Forming Foods

Vanilla, tapioca, pistachios

Moderately Acid Forming Foods

Ocean fish, turkey, chicken and eggs.

Highly Acid Forming Foods

Artificial sweeteners, high fructose corn syrup, popcorn, ketchup, fried foods, apple cider vinegar. Most prescription medications and over-the-counter drugs are highly acid.

VIII. Summary: The body's main purpose is to keep your blood and organs functioning to stay alive. When all of your energy is spent correcting an acid pH there is less time to correct other body systems. The result is a host of illnesses. In order to prevent illness, it is best to eat 80 percent alkalizing vegetables and 20 percent healthy acid forming foods. It is equally important to reduce stress levels, exercise and eliminate toxic thoughts and environments, both internal and external. Just as toxic thoughts are acid, so are overwork, lack of sleep, anger, fear, jealousy and stress. To become more alkaline instead try positive thinking, meditation, peace, love and kindness. When friends ask you what you are doing because you look years younger, then you'll begin to understand the importance of pH.

If your pH stays acid between 5.5 and 6.2 it is best to take ¼ tsp. of Coral Legend, (a coral calcium and magnesium powder), and 2 tablespoons of Quantum Aloe Drink with water before bed. This should balance your pH by the next morning. If it doesn't, gradually increase the amount of Coral Legend, from 1 tsp. up to a maximum of 1 tablespoon twice a day.

I. Blood Test Instructions:

1. Call 1-800-908-0000
2. Request a comprehensive wellness test.
3. Give the operator your credit card number. You will be charged \$89.
4. Request that they e-mail or fax you a requisition for the test.
5. Give them your zip code and ask for the lab closest to you.
6. In Marin there is a lab at 1321 S. Eliseo in Greenbrae. Their phone is 415-464-9531.
7. In Berkeley there is a lab at 2500 Milvia, suite 230 between Blake and Dwight. Their phone is 510-549-0164.
8. My account code is RETT.
9. The comprehensive wellness test consists of:
 - a. SMA 24
 - b. CBC with differential
 - c. Lipid panel
 - d. T3, T4 and TSH

II. ASI (ADRENAL STRESS INDEX) Saliva Test Instructions:

1. Take no supplements for 3 days.
2. Eat no food after midnight
3. Don't eat any chocolate, onions, garlic, cabbage, cauliflower or broccoli on the day of collection.
4. Don't drink any coffee, tea or caffeinated drinks on the day of collection.
5. Ship via UPS guaranteed delivery 2 days.
6. Refrigerate all samples until ready to ship.
7. It's most convenient to do the test on a Sunday. If you can't do it on a Sunday, finish no later than Tuesday night.
8. Allow 5-7 days for results.

Insulin Resistance Diagnosis

1. **Waist circumference:**
 - a. More than **40 inches** for **men**.
 - b. More than **35 inches** for **women**
2. **BMI** greater than **25**
3. **Blood Pressure** greater than **130/85**
4. Blood Work:
 - a. **Triglyceride** levels higher than **150 mg/dl**
 - b. **HDL** less than **40 mg/dl** for men and less than **50 mg/dl** for women
 - c. **Fasting glucose** levels between **110** and **126 mg/dl** or A fasting glucose greater than 90 mg/dL is suspicious for insulin resistance while levels greater than 103 are definitive for significant insulin resistance and likely eventual Type II Diabetes.
 - d. Two hour glucose challenge greater than 140 mg/dl
 - e. **LDL/HDL ratio greater than 3.5.**
 - f. **Cholesterol/HDL ratio greater than 5.0.**
 - g. Uric Acid greater than 5.5
 - h. **HDL 25% of Total Cholesterol**
 - i. **Triglyceride levels=or exceeding Cholesterol levels.**
5. Other risk factors including:
 - a. Family history of Type II diabetes, hypertension or coronary vascular disease
 - b. Polycystic ovary syndrome
 - c. Sedentary lifestyle
 - d. Advancing age
 - e. Ethnic groups having high risk for Type II diabetes or coronary vascular disease. These include African American, Native American, Asian and Hispanic ancestry.
6. A combination of high triglycerides, low HDL, hypertension, obesity, and a fasting glucose greater than 90 mg/dL is suspicious for insulin resistance. Levels greater than 103 are definitive for significant insulin resistance and likely eventual Type II Diabetes.

Insulin resistance involves high cholesterol, high blood insulin levels, excess body fat around the waist, high blood pressure and glucose intolerance or insulin resistance. Insulin resistance places a person at a significantly greater risk for having a heart attack, stroke or diabetes.

Recent studies have shown that even though blood pressure medication lowers blood pressure, damage is still occurring. The actual risk of having a heart attack remains high. This is because the underlying source of the problem, insulin resistance, is still untreated.

High insulin levels can also cause blood to clump more easily and block an artery to the brain causing a stroke.

Insulin resistance can be considered prediabetes because insulin resistance often leads to Type II diabetes. The insulin supply from the pancreas eventually wears out from all the years of compensating for high carbohydrate foods. Studies reveal that diabetes is in the making seven years before it can be clinically diagnosed. This means that if insulin resistance symptoms were recognized early enough, most Type II diabetes could be prevented. How many of you think that it's better not to wait till you have diabetes to do something about it? Diabetes can lead to heart attack, blindness and loss of limbs.

NAME _____

DATE _____

Are You at Risk for Insulin Resistance?

This questionnaire will help identify your risks of Insulin Resistance and the metabolic health complications associated with it. It is based on the 2001 National Institutes of Health Guidelines for screening for Insulin Resistant Syndrome, a condition also known as Syndrome X, Dysmetabolic Syndrome, or Metabolic Syndrome.

Directions: For each YES answer, circle the assigned points and total for the score for each section

(A, B & C). Then add up all 3 sections to get your **Insulin Resistance Total Risk Score**.

SECTION A – Family History

Has anyone in your close family (parents, siblings, grandparents, blood aunts/uncles) had:

<i>Point Score</i>	
10	Type II diabetes or adult-onset diabetes?
10	Heart attack?
10	Stroke?
10	Atherosclerosis (clogging or hardening of the arteries)?
10	High blood pressure?
10	Are of Native American, Hispanic, Asian or African American descent?
10	Significant overweight problems? (more than 50 pounds overweight)
8	Moderate overweight problems? (30 - 50 pounds overweight)
10	Gout?
2	Blood clots in legs or lungs?
2	Breast, uterine or ovarian cancer?
1	Osteoarthritis (arthritis of aging)?

Section A
TOTAL ____

SECTION B – Nutritional Factors

DO YOU:

Point Score

- 8 Have a sedentary life style and do little or no exercise?
- 8 Find you cannot lose weight even on a low fat diet?
- 10 Have to eat frequently, graze or nibble all day to keep up your energy?
- 10 Notice that sugary and starchy foods make you tired or irritable?
- 6 Use caffeine to pep up your energy?
- 8 Find that you *initially* feel better after eating carbohydrates?
- 10 Get up in the middle of the night to eat (especially carbohydrate foods)?
- 20 Become shaky, irritable or have problems thinking, that go away when you eat?
- 10 Feel better when you don't eat?

Section B

TOTAL ___

SECTION C – Your Health Profile

DO YOU:

Point Score

- 190** Have type II diabetes or borderline diabetes?
- 10** Gain weight around your abdomen (apple shaped)?
- 5** Have a BMI (Body Mass Index) between 25 and 27? (See BMI chart)?
- 8** Have a BMI (Body Mass Index) between 28 and 30? (See BMI chart)?
- 60** Have a BMI over 30? (See BMI chart)?
- 10** Have now or ever had high blood pressure?
- 20** Have now or ever had high total cholesterol levels (more than 230)?
- 20** Have now or ever had high triglyceride levels (more than 150)?
- 10** Have a history of having a stroke or heart attack?
- 20** Have fleshy little “skin tags” on your neck or face, underarms, inner thighs, under your breasts or on your eyelids?
- 20** Have a history of gout?
- 20** Have an abnormal glucose tolerance test or felt poorly *during* the test?
- 20** Have problems with low blood sugar (hypoglycemia)?
- 5** Have problems with poor circulation of your feet or hands?
- 5** Have a history of blood clots in your lungs or legs?
- 4** Have osteoarthritis (arthritis of aging)?
- 4** Do you smoke more than 10 cigarettes a day?
- 20** Have extreme fatigue after eating, especially in the afternoon or evening?
- 5** Are you between 45 and 60 years of age?
- 10** Are you older than 60 years?

The following questions apply only to women:

- 20** Have a history of gestational diabetes during pregnancy?
- 20** Have a history of having a baby that weighed more than 9 pounds?
- 10** Have a history of toxemia or pre-eclampsia during pregnancy?
- 8** Have a history of high blood pressure during pregnancy?
- 20** Have now or a history of polycystic ovaries (called PCOS)?

Section C TOTAL ___

Section A _____ + Section B _____ + Section C _____ = _____
TOTAL

RISK SCORE

TOTAL Insulin Resistance Risk Score Interpretation:

60 – 90 Stage I. This *early stage* suggests that you may be at risk for developing Insulin Resistance.

91 – 120 Stage II. You have an *above average risk* of developing Insulin Resistance.

121 – 150 Stage III. You are already *showing definite signs* of Insulin Resistance.

151 – 180 Stage IV. You have signs of *moderate degree* Insulin Resistance.

Greater than 180 Stage V. This value is very concerning for *severe Insulin Resistance*.

Type II diabetes and cardiovascular diseases are definite health risks for you.

Aggressive management of Insulin Resistance is encouraged.

How to Figure Out Your Body Mass Index (BMI)

Find your current weight (in pounds) in the left column. Then find your height (in total inches) across the top column. Intersect the two inside the graph. The number where these meet is your **BMI (Body Mass Index)**.

What Does Your BMI Level Mean?

Normal BMI is considered 22-26. BMI levels greater than 30 are associated with high levels of severe, life threatening health problems due to being overweight. **A BMI level between 27-29,** along with having high blood pressure, high cholesterol, Type 2 diabetes, heart disease, or a stroke increases your health risks just as if your BMI was above 30.

	60"	61"	62"	63"	64"	65"	66"	67"	68"	69"	70"	71"	72"	73"	74"	75"	76"
100	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	12	12
105	21	20	19	19	18	17	17	16	16	16	15	15	14	14	13	13	13
110	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14	14	13
115	22	22	21	20	20	19	19	18	17	17	17	16	16	15	15	14	14
120	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15
125	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	16	15
130	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16
135	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	17	16
140	27	26	26	25	24	23	23	22	21	21	20	20	19	18	18	17	17
145	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18
150	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	19	18
155	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19
160	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	19
165	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20
170	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
175	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21
180	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22
185	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23
190	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24	23
195	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24	24
200	39	38	37	35	34	33	32	31	30	30	29	28	27	26	26	25	24
205	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	26	25
210	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26
215	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26
220	43	42	40	39	38	37	36	34	33	32	32	31	30	29	28	27	27
225	44	43	41	40	39	37	36	34	33	32	32	31	30	29	28	27	27
230	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29	28
235	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29
240	47	45	44	43	41	40	39	38	36	35	34	33	33	32	31	30	29
245	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30
250	49	47	46	44	43	42	40	39	38	37	36	36	34	33	32	31	30

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Dr. Raphael Rettner

Weight Loss Forms

Week 2 —

- Eight Physical Causes of Weight Problems
- Liver Enhancement Program

RECOVERY SYSTEMS

Name _____

Date _____

Which of the Eight Physical Causes of Eating and Weight Problems Do You Have?

Our goal is to stop your food cravings, eating and weight problems, mood swings, and negative obsessions about your body. But first we have to determine what is causing these problems.

We have found that there are eight possible physical causes. This questionnaire has eight key sections to help you identify your particular physical imbalances. Circle the number next to any symptom that applies to you. If you are uncertain about whether you might have a particular imbalance, please turn to the more complete symptom lists found in the corresponding chapters of *The Diet Cure*.

1. Is depleted brain chemistry the problem?

- 4 Sensitivity to emotional (or physical) pain; cry easily
- 4 Eat as a reward or for pleasure, comfort, or numbness
- 4 Worry, anxiety, phobia, or panic
- 4 Difficulty getting to sleep or staying asleep
- 3 Difficulty with focus, attention deficits
- 2 Low energy, drive, and arousal
- 4 Obsessive thinking or behavior
- 4 Inability to relax after tension, stress
- 3 Depression, negativity
- 4 Low self-esteem, lack of confidence
- 4 More mood and eating problems in winter or at the end of the day
- 3 Irritability, anger
- 4 Use alcohol or drugs to improve mood

Total Score _____

10/47

2. Are you suffering because of low-calorie dieting?

- 4 Increased cravings for and focus on food; overeating
- 4 Regain weight after dieting, more than was lost
- 3 Increased moodiness, irritability, anxiety, or depression
- 3 Less energy and endurance
- 3 Usually eat less than 2,100 calories a day
- 3 Skip meals, especially breakfast
- 3 Eat mostly low-fat carbohydrates (bagels, pasta, frozen yogurt, and others)
- 2 Constantly think about weight
- 2 Use aspartame (NutraSweet) daily
- 2 Take Prozac or similar serotonin-boosting drugs
- 2 Have become vegetarian
- 3 Have decreased self-esteem
- 4 Have become bulimic or anorectic

Total Score _____

12/38

3. Are you struggling with blood sugar instability and stress?

- 4 Crave a lift from sweets or alcohol, but later experience a drop in energy and mood after ingesting them
- 3 Dizzy, weak, or headachy, especially if meals are delayed
- 4 Family history of diabetes, hypoglycemia, or alcoholism
- 3 Nervous, jittery, irritable on and off throughout the day; calmer after meals
- 3 Crying spells
- 3 Mental confusion, decreased memory
- 3 Heart palpitations, rapid pulse
- 4 Frequent thirst
- 3 Night sweats (not menopausal)
- 5 Sores on legs that take a long time to heal
- 4 Crave salty foods
- 4 Often feel stressed, overwhelmed
- 4 Dark circles under eyes
- 4 More awake at night

Total Score _____

12/51

4. Do you have unrecognized low thyroid function?

- 4 Low energy
- 4 Easily chilled (especially hands and feet)
- 4 Other family members have thyroid problems
- 4 Can gain weight without overeating; hard to lose excess weight
- 3 Have to force yourself to do even moderate exercise
- 4 Find it hard to get going in the morning
- 3 High cholesterol
- 3 Low blood pressure
- 4 Weight gain began near the start of menses, a pregnancy, or menopause
- 3 Chronic headaches
- 3 Use food, caffeine, tobacco, and/or other stimulants to get going

Total Score _____

15/39

5. Are you addicted to foods you are actually allergic to?

- 3 Crave milk, ice cream, yogurt, cheese, or doughy foods (pasta, bread, cookies, among others) and eat them frequently
- 3 Experience bloating after meals
- 4 Gas, frequent belching
- 3 Digestive discomfort of any kind
- 3 Chronic constipation and/or diarrhea
- 4 Respiratory problems, such as asthma, postnasal drip, congestion
- 3 Low energy or drowsiness, especially after meals
- 4 Allergic to milk products or other common foods
- 3 Undereat or often prefer beverages to solid food
- 3 Avoid food or throw up food because bloating after eating makes you feel fat or tired
- 4 Can't gain weight
- 3 Hyperactivity or manic-depression
- 3 Severe headaches, migraines
- 4 Food allergies in family

Total Score _____

6. Are your hormones unbalanced?

- 4 Premenstrual mood swings
- 4 Premenstrual or menopausal food cravings
- 4 Irregular periods
- 3 Experienced a miscarriage, an abortion, or infertility
- 4 Use(d) birth control pills or other hormone medication
- 3 Uncomfortable periods—cramps, lengthy or heavy bleeding, or sore breasts
- 4 Peri- or postmenopausal discomfort (e.g., hot flashes, sweats, insomnia, or mental dullness)
- 3 Skin eruptions with period

Total Score _____

6/29

7. Do you have yeast overgrowth triggered by anti-biotics, cortisone, or birth control pills?

- 4 Often bloated, abdominal distention
- 3 Foggy-headed
- 2 Depressed
- 4 Yeast infections
- 4 Used antibiotics extensively (at any time in life)
- 4 Used cortisone or birth control pills for more than one year
- 4 Have chronic fungus on nails or skin or athlete's foot
- 3 Recurring sinus or ear infections as an adult or child
- 3 Achy muscles and joints
- 3 Chronically fatigued
- 4 Rashes
- 3 Stool unusual in color, shape, or consistency

Total Score _____

13/41

8. Do you have fatty acid deficiency?

- 4 Crave chips, cheese, and other rich foods more than, or in addition to, sweets and starches
- 4 Have ancestry that includes Irish, Scottish, Welsh, Scandinavian, or coastal Native American
- 3 Alcoholism and depression in the family history
- 3 High cholesterol, low HDL levels
- 4 Feel heavy, uncomfortable, and "clogged up" after eating fatty foods
- 4 History of hepatitis or other liver or gallbladder problems
- 4 Light-colored stool
- 4 Hard or foul-smelling stool
- 4 Pain on right side under your rib cage

Total Score _____

12/34

Amino Acid Therapy Chart: Nourishing Your Depleted Brain

Name _____

Date _____

(1) In Column A, put a number from 1 to 10 by each symptom you feel, with 1 being slightly felt or hardly ever felt and 10 being strongly felt or felt all the time.

(2) Check the Column B substances that you use to reduce the symptoms in the same section of A.

Date	Column A	Redo	Column B	Column C	Column D
Now	Deficiency Symptoms	Date	Substances Used	Amino Acid Solutions*	Neurotransmitters Promote
___	TYPE 1	___	<input type="checkbox"/> sweets	5-HTP	Serotonin:
___	negativity, depression	___	<input type="checkbox"/> starch	50-150 mg MA,	emotional stability
___	worry, anxiety	___	<input type="checkbox"/> tobacco	Eve by 10:00 pm	self-confidence
___	low self-esteem	___	<input type="checkbox"/> chocolate	L-tryptophan	positive outlook
___	obsessive thoughts	___	<input type="checkbox"/> Ecstasy	500-1000 mg MA,	flexibility
___	or behaviors	___	<input type="checkbox"/> marijuana	Eve by 10:00 pm	
___	winter blues	___	<input type="checkbox"/> alcohol	(Eve doses needed	
___	PMS	___	<input type="checkbox"/> Prozac	only if sleep is a	
___	irritability, rage	___	<input type="checkbox"/> Zoloft	problem or PAW	
___	dislike hot weather	___	<input type="checkbox"/> Paxil	symptoms persist	
___	panic attacks; phobias	___	<input type="checkbox"/> Effexor	into the evening.)	
___	(fear of heights, small	___	<input type="checkbox"/> Celexa		
___	spaces, snakes, etc)	___	<input type="checkbox"/> _____		
___	afternoon or evening	___	<input type="checkbox"/> _____		
___	cravings	___	<input type="checkbox"/> _____		
___	fibromyalgia, TMJ	___	<input type="checkbox"/> _____		
___	suicidal thoughts,	___	<input type="checkbox"/> _____		
___	feelings	___			
___	night owl, hard to get to	___		Melatonin 1 wk or	Melatonin:
___	sleep	___		less for sleep at	(made from serotonin)
___	insomnia, disturbed	___		bedtime; 5 mg, if 5-	8 hours of deep,
___	sleep	___		HTP does not work	restful sleep
___		___		alone	
___	TYPE 2	___	<input type="checkbox"/> sweets	L-tyrosine	Catecholamines:
___	depression	___	<input type="checkbox"/> starch	500-2000 mg	alertness
___	lack of energy	___	<input type="checkbox"/> chocolate	AM, MM, MA by	energy
___	lack of drive	___	<input type="checkbox"/> aspartame	3:00 pm	mental focus
___	lack of focus,	___	<input type="checkbox"/> alcohol		drive
___	concentration	___	<input type="checkbox"/> marijuana		
___	ADD	___	<input type="checkbox"/> caffeine		
			<input type="checkbox"/> cocaine		
			<input type="checkbox"/> speed		
			<input type="checkbox"/> tobacco		
			<input type="checkbox"/> Wellbutrin		
			<input type="checkbox"/> Ritalyn		
			<input type="checkbox"/> Adderol		
___	TYPE 3	___	<input type="checkbox"/> sweets	GABA	GABA:
___	stiff and tense muscles	___	<input type="checkbox"/> starch	100-500 mg	calmness
___	stressed and burned out	___	<input type="checkbox"/> tobacco	1-3x per day at	relaxation
___	unable to relax/loosen	___	<input type="checkbox"/> marijuana	stressful times	stress tolerance
___	up	___	<input type="checkbox"/> alcohol		
			<input type="checkbox"/> Valium		
			<input type="checkbox"/> Ativan		
			<input type="checkbox"/> Neurontin		
			<input type="checkbox"/> _____		
___	TYPE 4	___	<input type="checkbox"/> sweets	DL-phenylalanine	Endorphin:
___	very sensitive to	___	<input type="checkbox"/> starch	[D-phenylalanine]	psychological and
___	emotional or physical	___	<input type="checkbox"/> chocolate	500-1500 mg, AM,	physical pain relief
___	pain	___	<input type="checkbox"/> tobacco	MM, MA by 3:00	pleasure
___	cry (tear up) easily	___	<input type="checkbox"/> marijuana	pm	reward
___	crave comfort, reward, or	___	<input type="checkbox"/> alcohol		loving feelings
___	numbing treats	___	<input type="checkbox"/> caffeine		numbness
___	"Love" certain foods,	___	<input type="checkbox"/> Vicoden		
___	behaviors, drugs or	___	<input type="checkbox"/> heroin		
___	alcohol	___	<input type="checkbox"/> _____		
___	ALL TYPES	___	<input type="checkbox"/> sweets	L-glutamine	Fuel source for brain
___	cravings for sugar,	___	<input type="checkbox"/> starches	500-1500 mg	cells:
___	starch, or alcohol	___	<input type="checkbox"/> alcohol	AM, MM, MA	sense of stability and
___	irritable, shaky,	___			groundedness,
___	especially if it's too	___			blood sugar balance
___	long between meals	___			

*AM=on arising; B=with breakfast; MM=midmorning; L=with lunch; MA=mid-afternoon; D=with dinner; BT=at bedtime.

THE MOOD PROBLEM QUESTIONNAIRE

Circle the number next to each symptom that you identify with. Total your score in each section.

Part I. Are You Under a Dark Cloud?

3 - Do you have a tendency to be negative, to see the glass as half-empty rather than half-full? Do you have dark, pessimistic thoughts?

3 - Are you often worried and anxious?

3 - Do you have feelings of low self-esteem and lack confidence? Do you easily get to feeling self-critical and guilty?

3 - Do you have obsessive, repetitive, angry, or useless thoughts that you just can't turn off-for instance, when you're trying to get to sleep?

3 - Does your behavior often get a bit, or a lot, obsessive? Is it hard for you to make transitions, to be flexible? Are you a perfectionist, a neatnik, or a control freak? A computer, TV, or work addict?

3 - Do you really dislike the dark weather or have a clear-cut fall/winter depression (SAD)?

2 - Are you apt to be irritable, impatient, edgy, or angry?

3 - Do you tend to be shy or fearful? Do you get nervous or panicky about heights, flying, enclosed spaces, public performance, spiders, snakes, bridges, crowds, leaving them house, or anything else?

2 - Have you had anxiety attacks or panic attacks (your heart races, it's hard to breathe)?

2 - Do you get PMS or menopausal moodiness (tears, anger, depression)?

3 - Do you hate hot weather?

2 - Are you a night owl, or do you often find it hard to get to sleep even though you want to?

2 - Do you wake up in the night, have restless or light sleep, or wake up too early in the morning?

3 - Do you routinely like to have sweet or starchy snacks, wine, or marijuana in the afternoons, evenings, or in the middle of the night (but not earlier in the day)?

2 - Do you find relief from any of the above symptoms through exercise?

3 - Have you had fibromyalgia (unexplained muscle pain) or TMJ (pain, tension, and grinding associated with your jaw)?

2 - Have you had suicidal thoughts or plans?

Total _____

Part 2. Are You Suffering from the Blahs?

- 3 - Do you often feel depressed-the flat, bored, apathetic kind?
- 2 - Are you low on physical or mental energy? Do you feel tired a lot, have to push yourself to exercise?
- 2 - Is your drive, enthusiasm, and motivation quota on the low side?
- 3 - Do you have difficulty focusing or concentrating?
- 3 - Do you need a lot of sleep? Are you slow to wake up in the morning?
- 3 - Are you easily chilled? Do you have cold hands or feet?
- 2 Do you tend to put on weight too easily?
- 3 - Do you feel the need to get more alert and motivated by consuming a lot of coffee or other "uppers" like sugar, diet soda, ephedra, or cocaine?

Total _____

Part 3. Is Stress Your Problem?

- 3 - Do you often feel overworked, pressured, or dead lined?
- 1 Do you have trouble relaxing or loosening up?
 - 1 - Does your body tend to be stiff, uptight, tense?
- 2 - Are you easily upset, frustrated, or snappy under stress?
- 3 - Do you often feel overwhelmed or as though you just can't get it all done?
- 2 - Do you feel weak or shaky at times?
- 3 - Are you sensitive to bright light, noise, or chemical fumes? Do you need to wear dark glasses a lot?
- 3 - Do you feel significantly worse if you skip meals or go too long without eating?
- 2 - Do you use tobacco, alcohol, food, or drugs to relax and calm down?

Total _____

Part 4. Are You Too Sensitive to Life's Pain?

- 3 - Do you consider yourself or do others consider you to be very sensitive? Does emotional pain or perhaps physical pain really get to you?
- 2 - Do you tear up or cry easily-for instance, even during TV commercials?
- 2 - Do you tend to avoid dealing with painful issues?
- 3 - Do you find it hard to get over losses or get through grieving?
- 2 - Have you been through a great deal of physical or emotional pain?
- 3 - Do you crave pleasure, comfort, reward, enjoyment, or numbing from treats like chocolate, bread, wine, romance novels, marijuana, tobacco, or lattes?

Total _____

Chapter 8

The Ultimate Weight Loss Weapon

Would You Like to Speed up Your Weight Loss by as Much as 10 Times?

You probably wouldn't be reading this book unless you had a stubborn weight problem. And whether you're 10 pounds overweight or 210, know that this defiance from your body to give up its excess fat is related to the relative condition of the body's organs and hormonal system. These glands, like the liver for instance, directly control body-fat content and distribution. In fact, the liver is a key factor in weight loss - whether it is easy or almost impossible to lose body weight by fat.

There is a special diet for sluggish livers and, even if your body type quiz did not result in your being a liver body type, you may want to strongly consider doing this program. Why? Because if your metabolism is sluggish, your liver is damaged despite any other glandular problem you may have. And in some cases this will prevent you from losing weight big time. It is the hidden barrier to weight loss.

The chemicals in our foods, growth hormones in our meats and milk, alcohol, caffeine, refined sugars, refined carbohydrates, refined and artificial fats, past infections, cigarette smoke and toxins in our water supply have altered your liver.



FIRST TIME EVALUATION

Please complete the following questions carefully. This information will help us to build a specialized Nutritional Program, personally designed for you.

Today's Date: _____ Referred by: _____

Name: _____ M F Birthdate: ___/___/___ Age: ___

Mailing Address: _____

City: _____ State: _____ Zip: _____ Occupation: _____

Height: _____ Weight: _____ Marital Status: S M D W No. of children: _____

Daytime phone: (_____) _____ Evening phone: (_____) _____

Do not take any supplements for 2 meals before evaluation.

1. Complaints Please rank your current complaints and rate their severity (on a scale of 1 to 10, 10 being the most severe):

2. Other Information Please tell us any additional information or concerns about your health:

3. Medications Please list any medications you are currently taking and how long you have taken them (including birth control pills, aspirin, pain medications, etc.):

4. Smoking Do you currently smoke? _____ If yes, how much? _____ How long have you smoked? _____

5. Surgeries What surgeries, operations, traumas, car accidents, etc. have you had?

- a.) Have you ever had full-body anesthesia (i.e., to remove tonsils, wisdom teeth, etc.)? _____
- b.) Do you have breast implants? _____ Other surgical implants or prostheses? _____
- c.) Have you had elective surgery (tummy tuck, face-lift, burned off moles, liposuction, etc.)? _____
- d.) Do you have any metal or plastic inside your body (such as pins, clamps, plates, etc.)? _____
- e.) Do you have pierced ears or other body piercings? _____ Tatoos? _____

6. Scars Describe any scars on your body (major and minor ones): _____

7. Drugs This is strictly confidential information. Do you currently use recreational drugs? _____ [Circle: marijuana, cocaine, heroin, uppers, downers] Others: _____ How often? _____

Have you used recreational drugs in the past? _____ If yes, for how long? _____

8. Stress Please rate your current stress level (on a scale of 1 to 10, 10 being the highest stress): _____
 What is the main reason(s) for your stress? _____
 If over level 5, what step(s) are you taking to reduce your stress level? _____

9. Dental work Indicate how many of the following you have:

Silver fillings _____	Gold crowns or inlays _____	Root canals _____	Braces _____
Composites (tooth-colored) _____	Stainless steel crowns or inlays _____	Root canals with EndoCal _____	Bleeding Gums _____
Extractions _____	Porcelain crowns or inlays _____	Posts _____	Sensitive teeth _____
Bridgework _____	DeGussa Porcelain crowns or inlays _____	Implants _____	Bad Bite _____
Partial or full dentures _____	Veneers _____	Temporaries _____	New cavities _____

Have you had any teeth extracted (wisdom teeth, four bicuspid extraction etc.)? _____
 Have you had dental surgery (gum surgery, jaw surgery, etc.)? _____
 Do you need further dental work? _____ If so, what? _____

Health Overview For the following questions, circle the phrases that apply to you.

1. Sleep How is your sleep? [**Circle:** *restful, restless, hard to get to sleep, wake up often, get up during the night, bad dreams*]
 Other complaints? _____
 What time do you usually go to sleep? _____ Number of hours of sleep per night? _____

2. Digestion How is your digestion? [**Circle:** *adequate, poor, acid reflux, burp often, bloating, burning/pain in stomach*]
 Other complaints? _____

3. Urination How are your daily urinations? [**Circle:** *every 2 to 3 hours, too frequent, sense of urgency, too small amount, too large amount, burning, dribbling, up at night several times*]
 Other complaints? _____

4. Bowels How are your bowel eliminations? [**How often?** *3 times daily, once per day, skip days* **Amount:** *normal, too little, too large* **Consistency:** *normal, too hard, very soft, diarrhea* **Color:** *brown, black, whitish* **Other:** *lots of mucus, lots of gas, foul smell*]
 Other complaints? _____

5. Women Only: Are you pregnant? _____ Are you breast-feeding? _____ Do you have monthly periods? _____
 Date of last menstrual period? _____ Are you going through menopause? _____ Have your periods stopped? _____
 Had a hysterectomy? _____ (If so, when? _____)

Menstrual Cycle. Are your monthly periods regular (28 day cycles)? _____
 Number of days of your menstrual flow? _____
 Circle any of the following symptoms you experience associated with your period: cramping, bloating, feeling weak, mood swings, cravings, heavy bleeding, back pain, headaches, bright red blood, dark clotty blood.
 Other menstrual complaints? _____

6. Exercise What kind of exercise do you do? _____
 How often? _____ For how long at a time? _____

7. Sunlight Amount of natural sunlight you receive daily outside? _____ Amount of sunlight you receive daily through windows? _____ Hours spent daily under fluorescent lights? _____ Do you use Chromalux light bulbs at home? _____ At work? _____

8. Eyewear Do you wear contact lenses? _____ Glasses? _____ If so, how many hours per day? _____
 Do your lenses have tints? _____ An anti-glare coating? _____ A scratch-resistant coating? _____

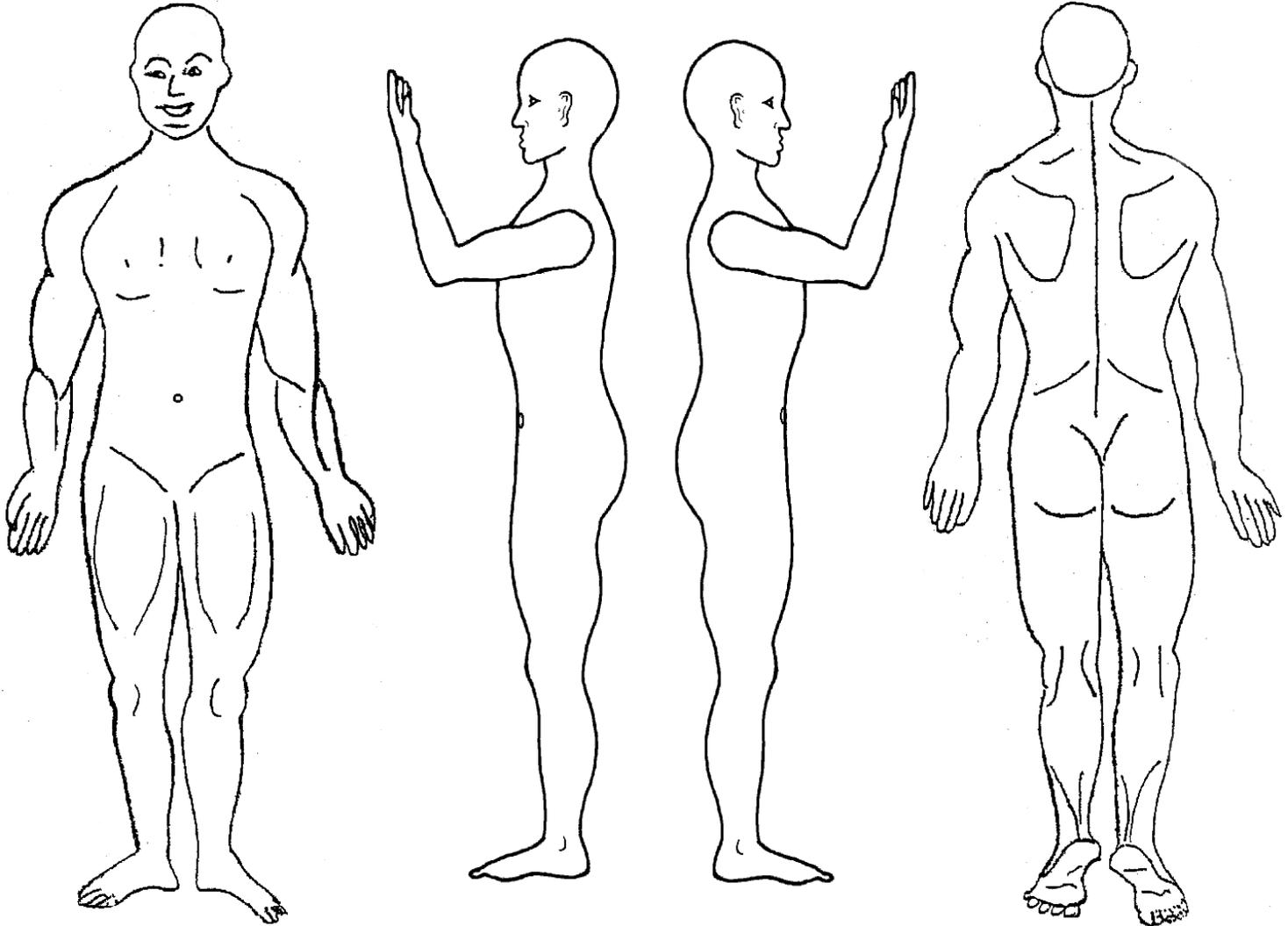
9. Electromagnetic Exposure How many hours do you spend daily:
 Watching TV? _____ Working on a computer? _____ Talking on a phone? _____ Talking on a cellular phone? _____
 Wearing a pager? _____ Wearing a headset? _____ Wearing a wrist-watch (with battery)? _____ Wearing a hearing aid? _____
 Riding in a car/truck/vehicle? _____ Near electrical equipment for long periods of time (such as copy machines, high power lines, computers, etc.)? _____ When you sleep, is your head within 10 feet of a plug-in clock (such as on a nite stand)? _____

10. Clothing How often do you wear 100% natural clothing (cotton, ramie, wool, silk, or linen)? _____
 Synthetic clothing (polyester, acrylic, nylon, rayon, etc.)? _____ Blends (natural fabric combined with synthetic)? _____

Scar/Trauma Chart

Name: _____

Date: _____



Directions

All Scars. Please draw a red line on the drawing where you have scars, even if they are very old. Don't forget C-sections, vaccination scars, episiotomies, surgeries, earring puncture holes, tattoos, facelift scars, vasectomies, all injection sites, old burn areas, etc.

All Trauma Areas. Please put a red X where you have had trauma even if it is very old. Don't forget previous sprains, burns, falls, whiplash (from auto accidents), radiation, etc.

Internal Metal: Please draw a circle on the drawing if you have any type of internal metal objects, such as a surgical steel pin, metal plate, hip replacement, surgical wire mesh, etc.

Date of injury and type of injury. Draw a line from each of the above injury areas and print the type of injury and approximate date of injury. (For example, draw a line from a shoulder trauma area and print "car accident, 1988.")

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Dr. Raphael Rettner

Weight Loss Forms

Week 4 —

- Metabolic Type I
- Diet Diary
- The Blood Sugar Diet

Metabolic Type I Questionnaire

For each of the following questions circle the response A, B or C that best applies to you. Don't answer based on what you think you "should" be eating; instead be honest about your preferences, tendencies and habits.

1. In the and morning you:
 - A. Don't eat breakfast
 - B. Have something light like fruit, toast or cereal.
 - C. Have something heavy like eggs, bacon, steak or hash browns.
2. At a buffet, foods you choose are:
 - A. light meats like fish and chicken, vegetables and salad, a sampling of different desserts.
 - B. A mixture of A and C
 - C. Heavy, fatty foods like steak, ribs, pork chops, cheeses and cream sauces
3. Your appetite at lunch is:
 - A. Low
 - B. Normal
 - C. Strong
4. Your appetite and dinner in is:
 - A. Low
 - B. Normal
 - C. Strong
5. Caffeine makes you feel:
 - A. Great--it helps me focus
 - B. Take it or leave it
 - C. makes me jittery or nauseous.
6. The types of foods you crave are:
 - A. fruits, bread and crackers
 - B. Both A and C
 - C. Salty foods, cheeses and meats
7. At dinner you prefer to eat:
 - A. chicken or fish, salad, rice
 - B. No preferences choice varies daily
 - C. Heavier fatty foods-pastas, steak, potatoes
8. After dinner you:
 - A. Need to have something sweet
 - B. Could take desert or leave it

C. Don't care for sweets and would rather have something salty like popcorn

9. The types of sweets you like are:
 - A. Sugary candies like Skittles or Hot Tamales
 - B. No preference
 - C. Ice cream or cheesecake
10. Eating fatty foods like meat and cheese before bed:
 - A. Prevents me from sleeping
 - B. Doesn't bother me
 - C. improves my sleep
11. Eating carbs like bread and crackers before bed:
 - A. Disturbs my sleep; I sleep better on lighter foods
 - B. Doesn't affect me
 - C. Is better than nothing, but I sleep better on heavier foods
12. Eating sweets before bed:
 - A. Doesn't keep me from sleeping at all
 - B. Sometimes makes me feel restless in bed
 - C. Keeps me up all night
13. How often do you eat each day?
 - A. Two or three meals with no snacks
 - B. Three meals with maybe one light snack
 - C. Three meals with constant snacking
14. Your attitude towards food is:
 - A. I often forget to eat
 - B. I enjoy food and rarely miss a meal
 - C. I love food--it's a central part of my life
15. A. When you skip meals, you feel:
 - A. Fine
 - B. I don't function of my best, but it doesn't bother me
 - C. I feel shaky, irritable, weak and tired
16. How much do you like fatty foods?
 - A. Not at all
 - B. Moderately
 - C. I crave them regularly
17. When you eat fruit salad for breakfast or lunch you feel:
 - A. Satisfied
 - B. Okay, but I usually need a snack between meals.
 - C. Unsatisfied and still hungry

18. What kind of foods drain your energy?
- A. Fatty foods make me feel lethargic
 - B. No food affects me in this way
 - C. Fruit, candy, or confections give me a quick boost and then a sugar crash
19. Your food portions are:
- A. small--less than average
 - B. Average--not more or less than other people
 - C. I eat large portions of food, usually more than most people
20. How do you feel about potatoes?
- A. Don't care for them
 - B. Take them or leave them
 - C. Love them
21. Red meat makes you feel:
- A. Tired
 - B. No particular feeling one way or the other
 - C. Strong
22. A salad for lunch makes you:
- A. Feel energized and healthy
 - B. Fine, but it isn't the best type of food for me
 - C. Sleepy
23. How do you feel about salt?
- A. Foods often taste too salty to me
 - B. Don't notice one way or the other
 - C. I crave salt and salt my food regularly
24. Your snack of choice is:
- A. I don't really snack, but if I do, I like something sweet
 - B. I can snack on anything
 - C. I need snacks but prefer meats, cheeses, eggs or nuts
25. How would do you feel about sour foods like pickles, lemon juice or vinegar?
- A. Strongly dislike them
 - B. They don't bother me, but I don't particularly like them
 - C. I like sour foods
26. When you eat just sweets, you feel:
- A. Sweets alone can satisfy my appetite
 - B. They don't bother me, but don't totally satisfy me
 - C. I don't feel satisfied and often crave more sweets

27. When you just eat meat (bacon, sausage and salmon) for breakfast, you feel:
- A. Sleepy, lethargic or irritable
 - B. It varies day to day
 - C. Satisfied and I don't get hungry until lunch
28. Out of the three following dinner choices you'd prefer:
- A. grilled fish, salad and rice
 - B. A mixture of plates A and C
 - C. Lamb chops, cooked carrots and baked potatoes
29. When you eat heavy or fatty foods you feel:
- A. Irritable
 - B. Doesn't affect me
 - C. Often alleviates my anger or irritability
30. When you feel anxious:
- A. Fruits or vegetables calm me down
 - B. Eating anything calms me down
 - C. Fatty foods calm me down
31. You concentrate best when you eat:
- A. Fruits and grains
 - B. Nothing in particular affects my concentration
 - C. Meat and fatty food
32. You feel more depressed when you eat:
- A. Fatty or heavy foods
 - B. Food doesn't affect me in this way
 - C. Fruits, breads or sweets
33. You notice you gain weight when you:
- A. Eat fatty foods
 - B. No particular food makes me gain; I gain whenever I overeat
 - C. Eat fruits or carbs
34. What type of insomnia, if any, applies to you?
- A. I rarely get insomnia from hunger
 - B. I rarely get insomnia, but if I do, I often need to eat something to go back to sleep
 - C. I often wake up during the night and need to eat. If I eat right before bed, it alleviates the insomnia
35. Your personality type is:
- A. Aloof, withdrawn or introverted

- B. Neither introverted nor extroverted
 - C. I am an extrovert
36. Your mental and physical stamina are better when you eat:
- A. Light proteins like egg whites, chicken, or fish
 - B. Any wholesome food
 - C. Fatty foods
37. Your climate preference is:
- A. Warm or hot weather
 - B. Doesn't matter to me
 - C. Cold climates
38. You have problems with coughing or chest pressure (if no, skip question): C. Yes
39. You have a tendency to get cracked skin or dandruff (if no skip question) C. Yes
40. You have a tendency to get lightheaded or dizzy (if no skip question) C. Yes
41. Your eyes tend to be:
- A. Dry
 - B. Don't notice one way or the other
 - C. My eyes tear often
42. Your complexion is:
- A. Noticeably pale
 - B. Average color
 - C. Pink or often flushed
43. Your fingernails are:
- A. Thick
 - B. Average
 - C. Thin
44. Do you have a gag reflex
- A. Very hard to make me gag
 - B. Normal
 - C. I gag easily
45. You often get goosebumps:
- A. Often
 - B. Occasionally
 - C. Very rarely
46. Is your body more prone to:
- A. Constipation

B. No stomach problems

C. Diarrhea

47. When insects bite you, your reaction is:

A. Mild

B. Average

C. Strong

48. Your body type is:

A. Short and stocky

B. Average

C. Tall and thin

49. Your nose is:

A. Dry

B. Normal

C. Runny

Scoring Your Metabolic Type Test

When you have finished the test, add up the number of A answers, B answers, and C answers you have circled.

_ If your number of A answers is 5 or more higher than your number of B or C answers, you are a slow oxidizer.

_ If your number of B answers is 5 or more higher than your number of A or C answers, or if neither A's, B's nor C's are 5 or more higher than the other two, you are a balanced oxidizer.

_ If your number of C answers is five or more higher than your number of A or B answers, you are a fast oxidizer

1. The Blood Sugar Diet:

I. Fast oxidizers the ideal ratio for fast oxidizers is 30% carbohydrates, 40% protein and 30% fat. People who have had success on Atkins-type diets are often fast oxidizers.

The best proteins for fast oxidizers are high purine proteins. (Purines are natural substances already present in our bodies that aid in cellular regeneration. We all metabolize purines differently.) High purine proteins are found in fattier meats. You can eat chicken and fish but your type performs better on high-purine proteins. The heavier, fattier proteins help to slow down the oxidative rates of fast oxidizers. The following is a list of foods that you can choose from when deciding on a meal or a snack.

Ideal Choices *High purine:* Anchovies, herring, liver and sardines.

Moderate purine: Beef, dark meat chicken, duck, lamb, dark meat turkey, salmon and dark tuna.

Carbs Fast oxidizers do best when they limit carbohydrate intake and avoid carbohydrates high glycemic index. Your best source of carbohydrates are non-starchy vegetables.

Ideal choices: Vegetables asparagus, broccoli, cabbage, celery, dark leafy greens, eggplants, leeks, lettuce, shitake mushrooms, peppers, spinach and zucchini.

Fruits One apple or pear before dinner, avocados and olives,

Breads Black or brown rice bread

Legumes Edamame, tempeh and tofu

Fats and oils olive oil and coconut oil

Nuts and seeds almonds, Brazil nuts, chestnuts, coconuts, filberts, macadamia nuts, peanuts, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds and walnuts.

What not to eat Never eat a meal that's predominantly carbohydrates. Avoid all hydrogenated vegetable oils found in baked goods and package foods. Don't drink any alcohol. Steer clear of carbohydrates that are high on the glycemic index. Limit your caffeine consumption. When eating animal proteins cook them rare to medium. Overcooking destroys essential amino acids and valuable enzymes.

II. **Slow oxidizers** The ideal ratio for the slow oxidizer is 60% carbohydrates, 25% protein and 15% fat.

Proteins The best proteins for slow oxidizers are *low-purine proteins*. (Purines are natural substances already present in our bodies that aid in cellular regeneration. We all metabolize purines differently.) Low-purine proteins tend to be low in fat. High purine and high-fat proteins slow down your oxidation rate, which is the worst thing for people who are already slow oxidizers.

Ideal Choices Catfish, cod, eggs, flounder, perch, sole, swordfish, tempeh, tofu, trout, turkey breast, white meat chicken and white tuna.

Carbs Slow oxidizers do best with a higher concentration of complex carbohydrates in their diet while avoiding the simple carbohydrates which are high on the glycemic index. Simple carbs convert into sugar quickly in the bloodstream.

Ideal Choices: Vegetables *Low starch:* asparagus, broccoli, cabbage, collard greens, celery, cucumbers, dark leafy greens, garlic, kale, shitake mushrooms, onions, peppers, scallions, spinach, sprouts, tomatoes and watercress.

Moderate starch: Beets, eggplant, jicama, okra, yellow squash and zucchini.

Fruits Apples, apricots, berries, cherries, citrus, olives, peaches, pears, plums and tropical fruits.

Grains Brown rice, millet, quinoa

Legumes Have legumes such as beans, peas and lentils sparingly-twice a week at most-because they are high in purines.

Fats and oils Slow oxidizers should follow a low-fat diet. Low fat does not mean no fat.

Ideal choices: Organic and unsalted nuts, olive oil, butter and coconut oil.

What not to eat: Avoid fatty or high purine proteins and limit fats and oils that will slow down your ability to metabolize food for fuel. Examples would be red meat and dark meats. Stay away from high-fat dairy, nut butters and avocado. Don't drink any alcohol. Alcohol depletes glycogen storage in the liver, causing an increase in blood sugar and fat storage. Avoid caffeine as well.

III. Balanced oxidizers The ideal ratio for the balanced oxidizers is 40% carbohydrates, 30% protein and 30% fat. These are the metabolic types that do well on diets like The Zone.

Not all proteins are created equal. It is important for balanced oxidizers to get a good mix of high fat, high purine proteins and low fat low purine proteins. (Purines are natural substances already present in our bodies that aid in cellular regeneration. We all metabolize purines differently.)

The following is a list of foods that you should choose from when deciding on a meal or a snack

Ideal Choices *High purine:* anchovies, herring, liver and sardines.

Moderate purine: Beef, dark meat chicken, dark tuna, dark meat turkey, duck, eggs, lamb and salmon.

Low purine: catfish, cod, eggs, flounder, perch, sole, swordfish, tempeh, tofu, trout, turkey breast, white meat chicken and white chunk tuna.

Carbs Balanced oxidizers do best with a mix of fruit and vegetables. Steer clear of carbohydrates that have a high glycemic index. You should shun refined carbohydrates, refined sugars and processed grains whenever possible, especially if you are trying to lose weight.

Ideal choices: Vegetables *low starch:* asparagus, broccoli, cabbage, cauliflower, celery, collard greens, cucumber, dark leafy greens, garlic, kale, shitake mushrooms, onions, peppers, scallions, spinach, sprouts, tomatoes and watercress.

Moderate starch: beets, eggplant, jicama, okra, yellow squash and zucchini.

Fruit Apples, apricots, berries, cherries, citrus, peach, pear, plum and tropical fruit.

Grains Brown rice, millet and quinoa.

Legumes Beans, lentils, peas and chickpeas should be fresh or packed in liquid not dried.

Fats and oils Balanced oxidizers need to support the metabolism by sustaining 30% of their diet being fats and oils.

Ideal choice: Nuts and seeds Brazil nuts, chestnuts, coconut, filberts, macadamia nuts, peanuts, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds and walnuts.

Oils Organic extra virgin olive oil and organic, raw, extra virgin coconut oil.

What not to eat: Avoid drinking alcohol. Alcohol depletes glycogen storage in the liver, causing an increase in blood sugar and fat storage. Limit your caffeine consumption and avoid overcooking animal products.

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Weight Loss Forms

Week 5 —

- Metabolic Type II
- Neurotransmitters — Hunger is in Your Head

BLOOD TYPE CHECKLISTA B O AB

Enter your blood type above. Women can obtain their blood types from their obstetricians. Men can get theirs from their military dog tags. Or you can get them from any laboratory -- but beware of 20% lab error.

There are several sub-groups of A, which are more difficult to obtain. Those who are blood type A or AB, check the description below which best fits you. Or you can be tested at a hospital or blood bank for these.

BLOOD TYPE A1

This type usually has ancestors of Caucasian background from northern Europe, including: England, Scandinavia, Germany, Switzerland, France, Greece, Armenia, Bulgaria and Turkey. They are usually slender, small-boned people with delicate features and light skin and hair. They prefer a lacto-vegan diet, and can digest fresh milk.

BLOOD TYPE A2

This type usually has ancestors from Scandinavia, eastern Europe, India, Pakistan, Burma or Algeria. Many are descended from the Lapps of Scandinavia or the Nagas of Asia. Both are short, medium-slender people with black eyes, strait black hair and brown skin. They can eat yogurt but not fresh milk -- the same pattern is used for Ashkenazai Jews.

OTHER "A" SUB-GROUPS

This type has ancestors of Negro, Aborigines, Veddoid, Indonesian, Malaysian, or Pacific Islander background. Most are dark skinned with dark kinky or curly hair. Other groups include Orientals and Eskimos. These groups prefer a pesca-vegan diet, without milk or yogurt. (These groups are easily confused with A1 in the laboratory.)

BODY TYPE CHECKLIST

Check the descriptions which best fit you.

THYROID Thyroxin makes the body chronically slender. Calcitonin makes small hard bones and teeth and delicate features. Women have larger thyroid glands, making them very slender. Men are only medium slender.

PINEAL The back of the head may be larger, with a pronounced ridge on the occipital bone (mid-back). The body type is usually thin or fat, not muscular. (Our observations only.)

ADRENAL Adrenalin and cortisone produce a strong body without extra fat. The bones are thick; the muscles, medium to large, are hard without flexing. Men have larger adrenal glands, making them more muscular than women.

BALANCED Medium frame, neither thin, fat nor very muscular. Five or more strong gland characteristics.

PANCREAS Insulin causes blood sugar to be deposited in fat cells, creating chronic obesity with soft round features since childhood, puberty or pregnancy. These types are 20-30% or more overweight.

FEMALE GONAD Estrogen creates feminine sexual characteristics: large breasts and/or hips, making a curvy hourglass figure since teens. It deposits extra fat in the skin, making it soft and smooth.

MALE GONAD Testosterone creates male sexual characteristics: big shoulders, a barrel chest, and thick body hair on Caucasians. It is excreted onto the scalp, causing early male pattern baldness.

PITUITARY Pituitary hormones control the other glands. The forehead around the pituitary is larger and wider. (Our observation only).

THYMUS The thymus affects bone growth, making the frame grow tall and lanky, with long arms, legs, fingers and face. The joints are large and knobby, the chest often wide. Men are over 6', women over 5'7".

PERSONALITY TYPE CHECKLIST

Check the descriptions which best fit you.

THYROID Thyroxin stimulates the nerves and metabolism, making these persons high-strung, nervous and very mental, technical or meticulous. They are restless and impatient, and are easily excited or irritated.

PINEAL The pineal links the senses to the mind. This type is sensitive, aware and intuitive—a "receiver", very psychic or intuitive as a child.

ADRENAL Adrenalin gives this type enormous energy and endurance. But cortisone keeps them calm. They love sports, outdoor activities, travel, and manual labor. They are rarely anxious, never hysterical.

BALANCED This type is flexible mentally and emotionally. Some are balanced. But others will vary between 4 or 5 personality patterns.

PANCREAS Due to extra digestive juices and insulin lowering their blood sugar, they are always hungry and eat compulsively. Hence they are food oriented and always concerned about dieting or the next meal. They often have food-centered families or jobs.

GONAD The sex hormones increase one's interest in the opposite sex. These types are more sensual and flirtatious, their body language erotic. They may enjoy sensual music, erotic dancing or risqué jokes. They have strong opinions on sexual topics: morality, pornography, nudity, prostitution, abortion, family planning and parenting -- for or against.

PITUITARY These types are charismatic and transmittive. Vasopressin makes them chronically obsessive, fixated and inflexible with extreme addictive tendencies. This type uses sheer will power and the pituitary to drive the other glands for long periods of time to their limit.

THYMUS Thymosin is concerned with immunity and defense, and hence the will to survive -- to live -- based on happiness or love. These types are very sensitive and concerned about love, and can be either very loving or very depressed. They are often extremely artistic or creative.

METABOLISM TYPE CHECKLIST

Check the descriptions which best fit you.
These are healthy long-term adult patterns.

THYROID Thyroxin accelerates metabolism. This raises the waking pulse to 74-85 and leads to low-normal blood pressure of 90/60 - 110/70. It can cause a high voice and insomnia. These types can eat a lot without gaining weight. Energy is limited to brief intense spurts followed by fatigue.

PINEAL The pineal is half nerve tissue and a sensory organ. This type is sensitive to people and the environment and easily stressed. They tend to vivid dreams and low blood pressure (90/60 - 115/75).

ADRENAL Adrenalin and cortisone control the artery muscles, keeping the blood pressure always at 120/80 or above. Waking pulse is 64-72. These hormones control energy, creating great endurance, a hearty appetite, stable weight, deep restful sleep and a lack of illness.

BALANCED This type has a balanced metabolism: waking pulse of 64-72, blood pressure of 115/75--125/80. They have average appetites and energy, stable weight, and can maintain health and poise under stress.

PANCREAS These types develop super carbohydrate metabolism, high insulin and low blood sugar. They often eat compulsively and easily become obese. They even gain weight on the wrong low-calorie diets. Their waking pulse is 64-72 and pressure is 110/70 - 125/80.

GONAD The sex hormones lower voice pitch, cause water retention on the waist or thigh and bring on early puberty. These types have deep sleep patterns. The waking pulse is 40-60, pressure 110/70 -125/80.

PITUITARY Vasopressin causes water retention around the kidneys and addictive tendencies. A lack of sunlight makes them depressed and listless. Their waking pulse is 40-60, pressure is 110/70 - 125/80.

THYMUS Thymosin contributes to superimmunity, sometimes auto-immunity and multiple allergies. The thymus stimulates growth, delaying puberty. Their weight is stable, waking pulse 50-72, and pressure 100/60--120/80.

TOXEMIA TYPE CHECKLIST

Check the descriptions which best fit you.

THYROID Thyroxin increases toxic elimination thru the skin. This appears as chronic frequent pimples on the face, neck and upper back.

PINEAL Melatonin increases toxic elimination to the brain and spinal fluid, appearing as pimples or inflammation on the ears or back of the neck. Toxins may cause sensory distortion.

ADRENALS Adrenalin increases circulation and oxidation of toxins in the liver. This warms the hands and feet and elevates blood pressure. Cortisone reduces toxic inflammation, while aldosterone increases toxic output thru the urine. The bowel muscles are also stimulated by adrenalin.

PANCREAS Insulin increases the storage of toxins with fat in fat-cells, appearing as thick solid fat and cellulite on the limbs & torso.

FEMALE GONAD Estrogen increases toxic elimination thru the sex organs. This appears as chronic vaginitis, severe Pre-Menstrual Syndrome, heavy menstruation, pimples on the buttocks, and pelvic or breast cysts.

MALE GONAD Testosterone increases toxic elimination thru the sex organs. This appears as chronic prostate enlargement, pimples on the buttocks or thighs, or profuse yellow semen. It also increases toxic elimination onto the scalp, causing male pattern baldness.

PITUITARY Vasopressin stores toxins in the water between the tissues. This appears as "jello"-like swelling around the abdomen, waist and kidneys and mid-elevated blood pressure. Pimples also appear on the forehead.

THYMUS Thymosin increases the immune response to toxins. This appears as chronic multiple allergies, frequent swelling of the lymph nodes (throat, groin, armpit), or small cysts—even in normal health.

LIVER The liver excretes toxins in the bile, causing nausea, vomiting, ulcers, abdominal cramps, and diarrhea or constipation.

TOTAL GLAND TYPE CHECKLIST

Enter the scores from the 4 previous checklists. Each box is worth one point, unless otherwise noted. Total the points for each line and enter them in the Total Column. The line that scores 4-6 points will be your dominant type. The line that scores 2-4 points will be your secondary type.

	BODY SHAPE	PERSONALITY	METABOLISM	TOXEMIA PATTERN	TOTAL
<u>THYROID</u>	3 points				
<u>PINEAL</u>		2 points			
<u>ADRENAL</u>	3 points				
<u>BALANCED</u> or 5 mixed patterns	3 points			X	
<u>PANCREAS</u>	3 points				
<u>GONAD</u>	3 points				
<u>PITUITARY</u>	3 points				
<u>THYMUS</u>	3 points				
<u>LIVER</u>				See chapter 17	

DOMINANT TYPE IS:

SECONDARY TYPE IS:

Hunger Is All In Your Head

All of your hunger signals come from the brain and are under the control of strong messengers called *neurotransmitters*. Some neurotransmitters help you with energy while others help you to relax or sleep. Dopamine and serotonin are the most important neurotransmitters for appetite control. High levels of these messengers satisfy your appetite, while low levels cause you to become hungry or to overeat.

Cravings for caffeine, chocolate, sweets, fried food or salty food indicate low or depleted dopamine levels. Cravings for bread or pasta signal low serotonin levels. Lack of sleep, restricting important nutrients in your diet, environmental toxins, and taking certain medications can also deplete the amount of neurotransmitters in your system.

Lack of willpower is actually a biochemical deficiency of neurotransmitters in the hunger center of the brain. The deficiency occurs especially when you are under a lot of stress.

Dopamine and serotonin also control the emotional center of the brain. This is the center that helps us to cope with conflict, stress and other feelings. When we are low in these neurotransmitters we may feel depressed, lethargic, angry or anxious.

Your levels of dopamine and serotonin are changing all the time. A good example of this flux is experienced by women with P.M.S. As the hormone cycles shift, the neurotransmitter balance also shifts and symptoms of irritability, lethargy, food cravings and anxiety may occur.

Commonly prescribed antidepressant medications, such as Prozac, Paxil, Lexapro, Zoloft, Effexor and Wellbutrin, work by using the dopamine or serotonin already in the brain. These medications do not work very well if you are depleted of neurotransmitters.

1. I. Symptoms of low levels of dopamine can include the following:

1. Depression
2. Fatigue
3. Decreased sex drive
4. Increased appetite: feeling hungry often
5. Cravings for chocolate, caffeine, sweets, fatty foods and salty foods.
6. Chronic allergies, headaches and muscle aches
7. Premenstrual breast tenderness

The amino acid tyrosine is needed for the production of dopamine. L-Tyrosine is found mostly in meat. Almonds, peanuts, bananas, avocados, lima beans, pickled herring, pumpkin seeds and sesame seeds also provide some.

The right amount of serotonin helps you to feel calm and secure.

II. Symptoms of low levels of serotonin can include the following:

1. Anxiety
2. Irritability
3. Anger
4. Restlessness
5. Difficulty knowing when you are full
6. Cravings for bread, bagels and pasta
7. Cravings for alcohol and nicotine
8. Premenstrual syndrome symptoms of mood and appetite changes
9. Psoriasis

The amino acid tryptophan is needed to make serotonin. The food highest in tryptophan is turkey. Foods high in tryptophan include: chicken, beef, brown rice, nuts, fish, eggs, bananas, dried dates, fruit, and vegetables.

Small amounts of carbohydrates are necessary to make serotonin, which helps the body relax and sleep. Having adequate amounts of dopamine and serotonin will enable you to have a normal appetite response. A warm, relaxing bath can cause a rise in serotonin, so we recommend you try this before your evening meal. The rise in serotonin will make you feel more full, causing you to eat less. Prayer or meditation also raises serotonin. Rhythmic music with lots of drums and bass increase dopamine release, while mellow mood music raises serotonin. Dancing to the beat of music helps dopamine to surge. The morning is a great time to put on some music and dance.

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Weight Loss Forms

Week 6 —

- Metabolic Type III — Chinese 5 Elements Questionnaire
- Chinese Five Elements Diet

Chinese Five Elements

QUESTIONNAIRE

NAME _____	DATE _____
Directions: For each question, circle the number that best describes your symptoms. 0 = No or Rarely - You have never experienced the symptom or the symptom is familiar to you but perceive it as insignificant (monthly or less) 1 = Occasionally - Symptom comes and goes and is linked in your mind to stress, diet, fatigue or some identifiable trigger 4 = Often - Symptom occurs 2-3 times per week and/or with a frequency that bothers you enough that you would like to do something about it 8 = Frequently - Symptom occurs 4 or more times per week and/or you are aware of the symptom every day, or it occurs with regularity on a monthly or cyclical basis	

PART 1		No/Rarely	Occasionally	Often	Frequently			No/Rarely	Occasionally	Often	Frequently
Section A											
Physical Signs						Emotional Signs					
1. nervous system disorders		0	1	4	8	17. emotional repression		0	1	4	8
2. allergies		0	1	4	8	18. anger		0	1	4	8
3. lumps, swellings, mastitis		0	1	4	8	19. frustration		0	1	4	8
4. distended abdomen, chest or breasts		0	1	4	8	20. resentment		0	1	4	8
5. chronic indigestion		0	1	4	8	21. impatience		0	1	4	8
6. menstrual problems		0	1	4	8	22. edginess		0	1	4	8
7. stress, neck and back tension		0	1	4	8	23. depression		0	1	4	8
8. fatigue		0	1	4	8	24. moodiness		0	1	4	8
9. rigid inflexible body		0	1	4	8	25. impulsiveness		0	1	4	8
10. eye problems		0	1	4	8	26. emotional attachments		0	1	4	8
11. impure blood and skin disorders		0	1	4	8	27. poor judgment		0	1	4	8
12. fingure and toe nail problems		0	1	4	8	28. difficulty in making decisions		0	1	4	8
13. slow rising in the morning		0	1	4	8	29. mental rigidity		0	1	4	8
14. muscular pain		0	1	4	8	30. negativity		0	1	4	8
15. tendon problems		0	1	4	8						
16. wiry, tight radial pulse		0	1	4	8						
Total Points						Total Points					

Section B											
Physical Signs						Emotional Signs					
1. red face		0	1	4	8	11. frequent impatience and anger		0	1	4	8
2. red, dry eyes		0	1	4	8	12. irritability		0	1	4	8
3. red tongue		0	1	4	8	13. explosive personality		0	1	4	8
4. splitting headaches		0	1	4	8	14. shouting		0	1	4	8
5. insomnia		0	1	4	8	15. willfullness		0	1	4	8
6. menopausal disorders		0	1	4	8	16. arrogance		0	1	4	8
7. low backache, weak legs		0	1	4	8	17. rudeness		0	1	4	8
8. high blood pressure		0	1	4	8	18. aggression		0	1	4	8
9. indigestion, constipation		0	1	4	8	19. violence		0	1	4	8
10. fast pulse and other heat signs											
Total Points						Total Points					

Section C											
Physical Signs						Emotional Signs					
1. dizziness		0	1	4	8	7. depression		0	1	4	8
2. dry, eyes and weak vision		0	1	4	8	8. nervous tension		0	1	4	8
3. night blindness		0	1	4	8	9. irritability		0	1	4	8
4. ringing in the ears		0	1	4	8						
5. menopausal discomfort		0	1	4	8						
6. dry, brittle nails		0	1	4	8						
7. fresh red cheeks and tongue		0	1	4	8						
8. hot palms and soles		0	1	4	8						
9. night sweats and afternoon fevers		0	1	4	8						
10. frequent but small thirst		0	1	4	8						
Total Points						Total Points					

Chinese Five Elements

QUESTIONNAIRE

PART 1 (contd)	No/Rarely	Occasionally	Often	Frequently		No/Rarely	Occasionally	Often	Frequently
Section C (contd)									
Physical Signs					Emotional Signs				
11. weak tendons and sinews	0	1	4	8	20. depression	0	1	4	8
12. muscle spasms and palpitations	0	1	4	8	21. nervous tension	0	1	4	8
13. spots in visual field	0	1	4	8	22. irritability	0	1	4	8
14. dry eyes and unclear vision	0	1	4	8					
15. pale fingernail beds	0	1	4	8					
16. ringing in the ears	0	1	4	8					
17. irregular menses	0	1	4	8					
18. scanty or absent menstruation	0	1	4	8					
19. numbness, dizziness, pale tongue and face, dry skin, insomnia and memory loss	0	1	4	8					
Total Points					Total Points				

Section D									
Physical Signs					Emotional Signs				
1. pain that comes and goes, or moves	0	1	4	8	9. manic-depression	0	1	4	8
2. spasms, cramps	0	1	4	8	10. nervousness	0	1	4	8
3. dizziness, vertigo	0	1	4	8	11. fits	0	1	4	8
4. tremors, palsy, twitching	0	1	4	8	12. unstable personality	0	1	4	8
5. pulsating headache	0	1	4	8	13. "the perpetual traveler"	0	1	4	8
6. ringing in ears	0	1	4	8	14. agitation	0	1	4	8
7. paralysis	0	1	4	8	15. emotional turmoil	0	1	4	8
8. dryness in upper body	0	1	4	8	16. inability to keep commitments	0	1	4	8
					17. uneasiness	0	1	4	8
Total Points					Total Points				

PART 2									
Section A									
Physical Signs									
1. scattered and confused mind	0	1	4	8					
2. excess or no laughter	0	1	4	8					
3. a ruddy or very pale face	0	1	4	8					
4. speech problems (stuttering or excess verbiage)	0	1	4	8					
5. depression	0	1	4	8					
6. mental illness	0	1	4	8					
7. loss of memory	0	1	4	8					
8. poor circulation	0	1	4	8					
9. weak spirit	0	1	4	8					
10. aversion to heat	0	1	4	8					
Total Points									

Chinese Five Elements

QUESTIONNAIRE

PART 2 (contd)	No/Rarely	Occasionally	Often	Frequently		No/Rarely	Occasionally	Often	Frequently
Section B									
Physical Signs					Physical Signs				
12. irregular or racing heartbeat	0	1	4	8	24. purple face or tongue	0	1	4	8
13. excessive dreaming	0	1	4	8	25. palpitations or shortness of breath	0	1	4	8
14. irrational behavior or insanity	0	1	4	8	26. coronary artery disease	0	1	4	8
15. fresh red-tongue and cheeks	0	1	4	8	27. heart inflammation and angina	0	1	4	8
16. hot palms and soles	0	1	4	8	28. coating on the tongue	0	1	4	8
17. abrupt or nervous manner	0	1	4	8	29. epilepsy	0	1	4	8
18. pale tongue, face or nail beds	0	1	4	8	30. encephalitis	0	1	4	8
19. thin pulse and sluggishness	0	1	4	8	Emotional Signs				
20. hypertension	0	1	4	8	31. passivity	0	1	4	8
21. hyperthyroidism	0	1	4	8	32. self-obsession	0	1	4	8
22. stabbing pains	0	1	4	8	33. lack of good sense	0	1	4	8
23. talking to oneself	0	1	4	8	34. a slow stuck manner	0	1	4	8
Total Points					Total Points				

PART 3									
Section A					Section B				
Physical Signs					Physical Signs				
1. chronic tiredness	0	1	4	8	15. prolapses such as hemorrhoids prolapsed uterus, kidneys, stomach	0	1	4	8
2. physical and mental stagnation	0	1	4	8	16. aversion to cold weather, cold hands feet	0	1	4	8
3. compulsive stuck behavior	0	1	4	8	17. clear urine	0	1	4	8
4. weak digestion accompanied by nausea, poor appetite	0	1	4	8	18. edema	0	1	4	8
5. abdominal bloating	0	1	4	8	19. cyst, tumors and cancers	0	1	4	8
6. hard lumps in the abdomen	0	1	4	8	20. overgrowth of yeasts, viruses, putrefactive bacteria	0	1	4	8
7. loose stools, chronic diarrhea, dysentery	0	1	4	8	21. parasites	0	1	4	8
8. overweight without overeating, thin unable to gain weight	0	1	4	8	22. numbness in joints and acupuncture channels	0	1	4	8
9. sallow complexion	0	1	4	8	23. mucus in lungs and heart	0	1	4	8
10. sloppy in appearance	0	1	4	8	24. feelings of heaviness particularly in the head	0	1	4	8
11. accumulate useless positions	0	1	4	8	25. lack of appetite	0	1	4	8
12. thin white coating on pale tongue	0	1	4	8	26. coating on tongue is thick and possibly dirty or greasy	0	1	4	8
13. food sensitivities	0	1	4	8	27. cancer, multiple sclerosis, AIDS, rheumatoid arthritis	0	1	4	8
14. ulcers and pain in the upper abdomen	0	1	4	8	Total Points				
Total Points					Total Points				

PART 4									
Section A					Section B				
Physical Signs					Physical Signs				
1. sedentary lifestyle	0	1	4	8	7. colds, allergies and sinus	0	1	4	8
2. fevers	0	1	4	8	8. weakness, fatigue	0	1	4	8
3. red tongue with a dry, yellow coating	0	1	4	8	9. weak voice	0	1	4	8
4. dry cough	0	1	4	8	10. shortness of breath	0	1	4	8
5. shortness of breath	0	1	4	8	11. spontaneous sweating	0	1	4	8
6. a painful sore throat, also may have pus	0	1	4	8	12. poor immunity	0	1	4	8
Total Points					Total Points				

Chinese Five Elements

QUESTIONNAIRE

Part 5	No/Rarely	Occasionally	Often	Frequently		No/Rarely	Occasionally	Often	Frequently
Section A									
Physical Signs					Emotional Signs				
1.all bone problems, especially knees, lower back and teeth	0	1	4	8	6 excessive fear and insecurity	0	1	4	8
2.hearing loss and ear infections and diseases	0	1	4	8					
3.head-hair problems-hair loss, split ends, premature greying	0	1	4	8					
4.any urinary, sexual and reproductive imbalances	0	1	4	8					
5.poor growth and development of the mind and body, premature aging	0	1	4	8					
Total Points					Total Points				
Section B									
Physical Signs					Emotional Signs				
___ 7.dizziness	0	1	4	8	___ 16.agitation	0	1	4	8
___ 8.ringing in the ears	0	1	4	8	___ 17.nervousness	0	1	4	8
___ 9.dry throat or mouth	0	1	4	8	___ 18.insecurity and fear	0	1	4	8
___ 10.fever	0	1	4	8					
___ 11.low backache, weak legs	0	1	4	8					
___ 12.involuntary seminal emission	0	1	4	8					
___ 13.spontaneous sweating	0	1	4	8					
___ 14.thin, fast radial pulse	0	1	4	8					
___ 15.distinctly red tongue	0	1	4	8					
Total Points					Total Points				

Chinese Five Elements

PART 1 (Wood Element and the Liver)	
<p>Section A - Foods which stimulate the liver out of stagnancy</p> <ol style="list-style-type: none"> 1. moderate pungent foods, spices and herbs 2. watercress and all members of the onion family 3. mustard greens, tumeric, basil, bayleaf, cardamom, marjoram 4. cumin, fennel, dill, ginger, black pepper, horseradish, rosemary 5. various mints and lemon balm 6. angelica root, prickly ash bark, cabbage 7. non-pungent foods = beets, taro root, sweet rice 8. amasake, strawberry, peach, cherry 8. chestnut, pine nuts 9. cabbage, turniproot, kohlrabi, cauliflower, broccoli, brussel sprouts 10. raw foods = sprouted grains, beans, and seeds, fresh vegetables and fruits also stimulate energy flow 11. spring time foods, grains, vegetables, legumes and other complex carbohydrates sweet foods for liver harmony 12. honey used sparingly or mixed with apple cider vinegar 13. brown rice, rice wine 14. minimal sweeteners - honey, stevia powder, unrefined cane juice granules, whole cane sugar and licorice root 15. barley malt, date sugar, molasses and rice syrup 16. romaine lettuce, asparagus, amaranth, quinoa, alfalfa 17. citrus 18. bitter herbs-dandelion, chaparral, milk thistle seeds, licorice root <p><i>Note: too much extremely pungent foods, such as fiery hot peppers damage those with liver stagnation.</i></p>	<p>Section B - Foods for cooling the liver heat</p> <ol style="list-style-type: none"> 1. mung beans, mung sprouts, celery, seaweeds, cucumber 2. seaweed, watercress, tofu, millet, plum, chlorophyll-rich foods 3. mushrooms, rhubarb root, radish and daikon radish <p>Section C - Foods for building liver yin and blood</p> <ol style="list-style-type: none"> 1. mung beans, mung sprouts, chlorophyll-rich foods 2. cucumber, tofu and millet 3. seaweed, watercress and plum 4. borage and evening of primrose oil 5. aloe vera gel, wild blue green algae, spirulina <p>Section D - Foods and spices which reduce liver wind symptoms</p> <ol style="list-style-type: none"> 1. celery, basil, sage, fennel, dried and fresh ginger, anise, oats, 2. black soybean, black sesame seeds, kuzu, pine nut, coconut 3. fresh cold-pressed flax oil 4. herbs, chamomile, peony root, lobelia, scullcap, valerian 5. foods that worsen with wind conditions are eggs, and buckwheat
PART 2 - (Fire Element and the Heart-Mind)	
<p>Section A & B - (Dietary suggestions for calming and focusing the mind)</p> <ol style="list-style-type: none"> 1. chamomile, scullcap, dill, catnip and basil, valerian 2. calcium 3. grain: whole wheat, brown rice, and oats 4. mushrooms, oat straw tea, barley gruel, oat gruel tea 5. cucumber, celery lettuce and celery 6. fruit, mulberries and lemons 7. seeds, jujube seeds 8. animal products, quality goat milk, clarified butter 	<p>Section A & B - (Dietary suggestions for calming and focusing the mind contd)</p> <p>Calming effect of whole Foods</p> <ol style="list-style-type: none"> 9. brown rice, cucumber, apples 10. cabbage, fresh wheat germ 11. kuzu root, wild blue-green micro algae 12. apple cider vinegar

Chinese Five Elements

PART 3 - (EARTH ELEMENT AND THE SPLEEN-PANCREAS)	
Section A - (Dietary suggestions for deficient spleen-pancreas)	Section A - (Dietary suggestions for deficient spleen-pancreas contd)
<p>1. well cooked sweet rice, oats, spelt</p> <p>2. carbohydrate-rich vegetables, winter squash, carrot, rutabaga, parsnip</p> <p>3. turnip, garbanzo beans, black beans, peas, sweet potato, yam</p> <p>4. pumpkin, cinnamon, fennel, garlic, nutmeg</p> <p>5. small amounts of certain sweeteners and cooked fruits, rice syrup, barley malt</p> <p>6. rye, amaranth, corn, aduki beans, celery, lettuce,</p> <p>7. scallion, alfalfa, turnip, kohlrabi, white pepper, raw honey, micro-algae</p>	<p>8. molasses, cherry and dates</p> <p>9. small amounts of animal products prepared in soup or congee if deficiency is severe, mackerel, tuna, halibut, anchovy, beef, beef liver or kidney, chicken, turkey or lamb</p> <p>10. foods must be well chewed</p>
	Section B - (Foods which dry Dampness, Mucus and Microbes)
	<p>11. amaranth, corn, aduki beans, celery, lettuce, pumpkin</p> <p>12. scallions, alfalfa, turnip, kohlrabi, white pepper</p> <p>13. raw honey, all bitter herbs chaparral, chamomile</p> <p>14. micro algae, wild blue green algae, raw goats milk</p>
PART 4 - (METAL ELEMENT AND THE LUNG)	
Section A (Protective and Purifying Foods for harmonizing Lungs)	Section A (Protective and Purifying Foods for harmonizing Lungs contd)
<p>1. Pungent foods, such as hot peppers, chilies</p> <p>2. members of onion family, especially garlic</p> <p>3. turnip, ginger, horserdich, cabbage, radish, daikon radish</p> <p>4. white peppercorns, carrot, pumpkin, kuzu, cabbage,</p> <p>5. mucilaginous foods = seaweeds, herbs = kombu, marshmallow root, flaxseed and fenugreek</p> <p>6. beta-carotene foods, carrot, winter squash, pumpkin, broccoli, parsley</p>	<p>6. kale, turnip, mustard greens, watercress, wheat or barley grass</p> <p>7. common green, blue-green and golden micro-algae</p> <p>8. herbs, such as santa leaf, mullein leaf and nettles</p> <p>9. fennel, fenugreek, flaxseed, cayenne, garlic and members of the onion family</p> <p>10. cleansing the lungs and colon with sufficient fiber in the diet</p>
PART 5 - (WATER ELEMENT AND THE KIDNEYS)	
Section A (Foods which nurture kidneys yin)	Section B (Foods which nurture kidneys yang)
<p>1. millet, barley, tofu, string bean, black bean, black soybean, mung bean</p> <p>2. kidney bean and most other beans</p> <p>3. kuzu root, watermelon and other melons</p> <p>4. blackberry, mulberry, blueberry, huckleberry, water chestnut</p> <p>5. seaweeds, spirulina, chlorella, black sesame seed</p> <p>6. sardine, eggs and cheese</p> <p>7. herbs = marshmallow root, rehmannia root, asparagus root, aloe vera gel</p> <p>8. cloves, fenugreek seeds, fennel seeds, anise seeds</p> <p>9. black peppercorn, ginger, cinnamon bark, walnuts, black beans</p>	<p>8. cloves, fenugreek seeds, fennel seeds, anise seeds</p> <p>9. black peppercorn, ginger, cinnamon bark, walnuts</p> <p>10. dried ginger, onions and fennel seeds</p> <p>11. black-bean seaweed soup</p> <p>12. black sesame seeds, wheatberry</p> <p>13. onion family, quinoa, chicken, lamb, trout and salmon</p> <p>14. walnuts, parsley, wheat berry, sweet rice</p> <p>15. rose hips, oyster shell, clam shell, schisandra fruit</p> <p>16. damp heat in bladder diet should be vegetables</p>

Chinese Five Elements

PART 1 (Wood Element and the Liver)-Season-Spring

Section A-foods which stimulate the liver out of stagnancy:

Salad vegetables:Watercress, alfalfa sprouts, raw sauerkraut, romaine lettuce and sprouted grains, beans and seeds.

Cooked vegetables: asparagus, beets, broccoli, brussels sprouts, cabbage, cauliflower, mustard greens and onions.

Fruit:Strawberries, peaches, cherries and lemon juice.

Grains:Brown rice, quinoa and sweet rice

Nuts: Chestnut, pine nut,

Herbs and Spices: Agave, basil, bay leaf, cardamom, cumin, dill, fennel, ginger, horseradish, licorice root, marjoram, mint, rosemary, stevia and turmeric.

Section B-Foods for cooling liver heat:

Salad vegetables: mung bean sprouts, celery, cucumber, seaweed watercress, radish and daikon radish

Grains:Millet and legumes: tofu

Fruit:plum

Section C-Foods for building liver yin:

Salad vegetables:Cucumber, mung bean sprouts and watercress,

Grains: Millet and legumes:tofu

Misc.:Blue-green algae, cold pressed flax oil, drinkable aloe vera juice and seaweed

Section D-Foods and spices which reduce liver wind symptoms:

Salad vegetables: celery and fennel

Grains: Oats and legumes:black soybeans

Fruit:lemon

Herbs and Spices: Anise, basil, ginger and sage.

Nuts:Black sesame seeds, coconut and flax seed oil, oats and pine nuts.

Foods that worsen with wind conditions are:Eggs, crab meat and buckwheat.

Spring Green Soup:Asparagus, beets, broccoli, dandelion greens, fennel, kale, mustard greens and garlic, onions (or leeks), olive oil and sea salt.

PART 2 (Fire Element and the Heart-Mind)-Season -Summer

Section A-(Dietary suggestions for calming and focusing the mind)

Silicon vegetables:Celery, cucumber, romaine lettuce

Cooked vegetables:Cabbage, corn and mushrooms

Fruit:Apples, lemons, mulberries and schizandra berries

Grain:Barley gruel, brown rice and oats

Herbs and Spices:Chamomile, dill, basil and rose hips.

Misc.:Chia seeds, clarified butter (ghee) and goat milk.

Avoid:Coffee, alcohol, refined sugar, very spicy or rich foods and late-night eating and large evening meals. These can cause insomnia.

PART 3 (Earth Element and Spleen-Pancreas)-Season-Late summer

Section A-(Dietary suggestions for deficient spleen pancreas)

Cooked vegetables:Pumpkin, scallions, sweet potato, turnip, winter squash and yam

Fruit:Cherries

Grains:Oats, millet, rye, sweet rice and legumes:Garbanzo beans and black beans

Cooked vegetables:Carrots, parsnips, pumpkin, scallions, sweet potato, turnips, winter squash and yams

Herbs and Spices: Cinnamon, fennel, garlic, ginger and nutmeg

Fish, chicken and meat: Beef, beef liver, beef liver, chicken, halibut, lamb, mackerel and turkey

Section B (Foods which dry dampness, mucus and microbes)

Salad vegetables:Celery and lettuce

Cooked vegetables:Onions, pumpkin and turnips

Grains:Barley and legumes:Aduki beans

Herbs:Chamomile

Soup:Carrot ginger soup

Avoid:Raw, cold, mucus forming or sweet foods.

Part 4-(Metal Element and the Lungs)-Season-Autumn

Section A. Heat congesting the lungs

Salad vegetables:Carrots, radishes, daikon radish, olives and watercress

Cooked vegetables:Bok choy, cabbage, carrots, cauliflower, chard and shiitake mushrooms.

Fruit:Apples, cantaloupe, grapefruit, citrus, papaya, pears, peaches and persimmons.

Grains:Rice, barley and millet

Soup:Barley, millet or rice soup

Avoid:Alcohol, anchovy, beef, chicken, cinnamon, coffee, fennel, garlic, ginger, onion, salmon and trout.

Section B. Phlegm in the lungs

Salad vegetables:Daikon radish, seaweed and watercress.

Cooked vegetables:Seaweed and shiitake mushrooms

Herbs and Spices: Cayenne, fennel, flax seed, garlic, ginger and onion.
Avoid: Dairy, meat, miso, peanuts, soy sauce, soy milk, tofu and tempeh.

Section C. Deficient yin of the lungs

Salad vegetables: Seaweed

Cooked vegetables: Seaweed and string beans

Fruit: Apples, banana, orange, pears, peaches and watermelon.

Legumes: Soy milk, tofu and tempeh.

Misc.: Butter and eggs.

Section D. Deficient chi of the lungs

Cooked vegetables: Carrots, mustard greens, potato, sweet potato and yams

Grains: Oats, rice and sweet rice.

Herbs and spices: Garlic, ginger and licorice root.

Misc. Herring

Restrict: Chard, citrus fruits, dairy products, salt, seaweed and spinach.

Part 5 (Water Element and the Kidneys)-Season-Winter

Section A. Foods that nurture kidney yin:

Salad vegetables: Mung bean sprouts and seaweed.

Cooked vegetables: Potato, seaweed, string beans and water chestnuts.

Fruit: Blackberries, blueberries, watermelon and other melons.

Grains: Millet and barley and Legumes: Black beans, kidney beans, mung beans and tofu

Herbs and Spices: Aloe vera and asparagus root

Nuts and seeds: black sesame seeds and walnuts

Fish etc.: Eggs and sardines

Avoid: Alcohol, cayenne, cinnamon, cloves, coffee, ginger and lamb.

Section B. Foods which warm kidney yang

Cooked vegetables: Leeks, onions and scallions

Grains: Quinoa and Legumes: Black beans

Nuts and seeds: Walnuts

Herbs and Spices: Anise seeds, chives, cinnamon, cloves, fennel seeds, garlic, dried ginger, rose hips, scallions and schisandra.

Fish etc.: Chicken, lamb, salmon and trout.

Soup: Black bean seaweed soup with garlic, ginger and onion.

Avoid: Cold drinks, fruit, ice cream, salad, raw food and salt.

Section C. Deficient kidney chi

Herbs: Parsley tea, rose hips and schisandra

Grains: Sweet rice,

Fruit: Blackberry and raspberry

Section D. Damp-Heat in the bladder (Bladder Infection)

Avoid: Refined sugar, too many fatty foods and too much starch.

Soup ingredients: Aduki beans, asparagus, beets, carrots, celery, shiitake mushrooms, peas, potatoes with skins, seaweed, spinach, string beans, swiss chard or winter squash.

Fruit: Lemon, cranberry juice and huckleberries

Herbal teas: Uva ursi, dandelion leaf and plantain leaf

Soups for Each Season: Wood Element-Spring Green Soup

6 cups vegetable stock
1 cup green peas
1 medium onion and or leek, chopped
6 cups spring green vegetables, chopped
2 cloves garlic
1-2 teaspoons sea salt
4 tablespoons olive oil
2 tablespoons of chopped, fresh basil, dill, tarragon or thyme

Chop 2 cloves garlic, 1 medium onion and/or 1 leek. Saute the garlic, leeks and onions in 4 T of olive oil on medium heat in a large soup pot for 5 minutes, until soft. Chop 6 cups total, of any combination of three of the following vegetables: Arugula, asparagus, broccoli, dandelion greens, fennel, kale, mustard greens or rapini. Add the vegetables and stir for 10 minutes until soft. Add 6 cups of chicken stock or vegetable stock. Bring to a boil, turn to simmer for 45 minutes, until everything is soft. Add frozen green peas. Puree until smooth in a blender or food processor. Add 2 tablespoons chopped fresh herbs. Add sea salt to taste and 2 tablespoons of lemon juice (optional).

Earth Element-Late Summer Carrot and Ginger Soup

1 pound carrots
1 medium onion
2 tablespoons unsalted butter
4 cups chicken stock
1 bay leaf
2 teaspoons ground cinnamon
2 teaspoons grated fresh ginger
1 teaspoon sea salt
2 tablespoons lemon juice
dash of ground cloves

Trim, peel, and cut the carrots into 1-inch lengths. Trim, peel, and chop the onion. In a heavy pot, saute the onion in the butter over low heat, stirring, until translucent. Juice 2 teaspoons grated fresh ginger. Add the stock, bay leaf, carrots, cinnamon, ginger, and sea salt and cover and simmer about 45 minutes, until the carrots are soft. Turn off the heat and let the soup cool. When the soup has cooled, puree it in batches in a food processor or blender. Return the puree to the pot and place it over medium-high heat. Reheat and bring the puree to just below a boil. Add lemon juice and a dash of ground cloves.

I.

Roots of the Earth Soup

Preparation time 45 minutes. Cooking time 40-45 minutes.

3T olive oil

2 large onions, chopped

4 garlic cloves, chopped

2 large carrots, sliced in rounds

4 stalks of celery, sliced

3 large asparagus spears, cut into 1 inch pieces

2 large red bell peppers, diced into 1 inch pieces

2 large winter squash or yams, peeled and diced into 1 inch pieces

3-4 red beets, peeled and diced into 1 inch pieces

2 cups arugula

6-8 cups vegetable stock (Chicken stock is o.k. when you're not on the liver enhancement program)

2 tsp. each, cumin and coriander, or to taste

Sea salt and black pepper, to taste

Heat a large stockpot over medium heat and add 3T of olive oil. Add the garlic and onions and sauté for 5 minutes. Do not brown. Add the vegetables except the arugula and stir well for 10 minutes or more. Add chicken broth to cover then add sea salt, black pepper, cumin and coriander to taste. Bring to a boil, then reduce heat. Cover and continue to simmer until vegetables are tender (approximately 10-15 minutes). Taste for seasonings, add arugula and serve. Serves 6-8.

www.totalweightlosscenter.com

Dr. Raphael Rettner

Weight Loss Forms

Week 7 —

- Metabolic Type IV — Ayurvedic Body Type Evaluation
- Ayurvedic Diet

TENDENCIES OF EACH MIND-BODY TYPE			
	VATA	PITTA	KAPHA
WHEN OUT OF BALANCE	Light, interrupted sleep Tendency to worry Poor endurance Mood swings Restlessness	Premature graying Easy to anger Overheats easily Critical	Oversleeps Lethargic Heaviness Procrastination Possessiveness
WHEN IN BALANCE	Imaginative Sensitive Spontaneous Flexible Exhilarated	Intellectual Deeply perceptive Confident Enterprising Joyous	Calm, steady Sympathetic Courageous Forgiving Living
HOW TO RESTORE BALANCE			
DAILY ROUTINE	Regular routines Warmth Drink warm liquids Decreased stress Ample rest Regular nourishment Sesame oil massage	Moderation Coolness Attention to leisure Exposure to natural Beauty Balance of rest & Activity Decreased stimulants Big meal at no	Stimulation Warmth, dryness Weight control Reduced sugar Use honey instead Regular exercise
SEASONAL INFLUENCES	VATA Take extra care from NOV to FEB and when it is COLD, DRY & WINDY	PITTA Take extra care from JUL to OCT and when it is HOT	KAPHA Take extra care from MAR to JUN and when it is COLD & DAMP
SPECIAL PRODUCTS	Use VATA Products: Vata Tea Vata Seasoning Vata Aroma Oil	Use PITTA Products: Pitta Tea Pitta Seasoning Pitta Aroma Oil	Use KAPHA Products: Kapha Tea Kapha Seasoning Kapha Aroma Oil

MIND-BODY TYPE EVALUATION FORM

Instructions: For each subject, check the one answer that describes you best.

SUBJECT	VATA	PITTA	KAPHA
TOTALS			

DIET AND THE DOSHAS

	VATA		PITTA		KAPHA	
	NO	YES	NO	YES	NO	YES
F R U I T S	Dried Fruits Apples Melons	Sweet Fruits Avocado Coconut Banana Grapes Cherry Mango Orange Papaya Pineapple Plums Berries	Sour Fruits Grapefruit Olives Papaya Peach Persimmon Banana Pineapple (Sour)	Sweet Fruits Mango Orange Pears Plums Pineapple (Sweet)	Sweet Fruits Banana Melons Coconut Dates Figs Papaya Orange Plumes Pineapple	Dried Fruits Apple Pomegranate Pear Persimmon Cranberry
V E G E T A B L E S	RAW Potato Tomato Eggplant Cucumber Brussel Sprouts Cabbage Broccoli Cauliflower Green Beans Squash Mushroom Peas Leafy Greens	COOKED Beets Carrots Asparagus Sweet Potato Radish Okra Onion Hot Peppers	PUNGENT Hot Peppers Radish Tomato Carrots Beets Onion Garlic	SWEET & BITTER Asparagus Cabbage Cucumber Potato Sweet Potato Broccoli Cauliflower Mushroom Leafy Greens	SWEET & JUICY Cucumber Okra Sweet Potato Tomato Cauliflower	PUNGENT OR BITTER Hot Peppers Radish Asparagus Beets Broccoli Potato Eggplant Squash Mushroom Leafy Greens
G R A I N S	Oats Barley Millet Corn Rye Buckwheat	Wheat Brown Rice Basmati Rice	Millet Brown Rice Corn Rye Buckwheat	Wheat Basmati Rice Oats Barley	White Rice Wheat Oats Brown Rice	Rye Corn Millet Barley Buckwheat Basmati Rice
A N I M A L S	Beef	Chicken or Turkey (White Meat) Seafood Eggs (Fried or Scrambled)	Beef Seafood Egg Yolk	Chicken or Turkey (White Meat) Egg White	Seafood Beef	Chicken Turkey (Dark Meat) Eggs (Not Fried or Scrambled)

	VATA	PITTA	KAPHA
BEANS	No beans, except kidney beans and tofu	No beans, except kidney beans and tofu	All beans except kidney beans and tofu
NUTS	All nuts in small quantities	No nuts, except coconut	No nuts at all
SEEDS	All seeds	No seeds, except sunflower	No seeds except sunflower
SWEETENERS	All sweeteners except white sugar	All sweeteners, except molasses and honey	No sweeteners, except raw honey
CONDIMENTS	All spices	No spices, except coriander, cinnamon, cardamom, fennel, tumeric and a small amount of black pepper	All spices except salt

	VATA		PITTA		KAPHA	
			NO	YES		
DAIRY	All dairy products		Yogurt Sour Cream Buttermilk Cheese, Salted	Milk Ghee Cheese, Unsalted	No dairy, except ghee and goat milk	
OILS	All oils		Almond	Olive	No oils, except almond and corn	
TASTE	NO	YES	NO	YES	NO	YES
	Bitter Pungent Astringent	Sweet Sour Salty	Sour Salty Pungent	Sweet Bitter Astringent	Sweet Sour Salty	Bitter Pungent Astringent

TASTES OF FOODS

SWEET			ASTRINGENT
<p>Fruits</p> <hr/> <p>Apples Grapes Mango Plums Berries Raisins</p>	<p>Vegetables</p> <hr/> <p>Asparagus Barley Green Bell Pepper Cabbage Cauliflower Cilantro Celery Cucumber Lettuce Green Peas Potatoes Sprouts</p>	<p>Beans, Grains, Seeds & Spices</p> <hr/> <p>Almonds Basmati Rice Chickpeas Cardamom Cinnamon Dill Fennel Ghee (Clarified Butter) Mint Oatmeal (Cooked) Olive Oil Pumpkin Seeds Saffron Sunflower Oil Sunflower Seeds</p>	<p>Fruits</p> <hr/> <p>Pomegranate</p> <p>Vegetables</p> <hr/> <p>Broccoli Cabbage Cauliflower Potato</p> <p>Beans, Grains, Seeds & Spices</p> <hr/> <p>Almonds Black Beans Chicken Cilantro Chickpeas Coriander Pinto Beans Pumpkin Seeds Saffron Sunflower Seeds Tempeh Turmeric Turkey Walnuts</p>
BITTER	SOUR	SALTY	PUNGENT
<p>Vegetables & Seeds</p> <hr/> <p>Broccoli Beet Leaves Dandelion Greens Mustard Greens Pumpkin Seeds Romaine Lettuce Spinach String Beans Turmeric Watercress Zucchini</p>	<p>Cheese Green Grapes Hibiscus Lemon Pomegranates Prunes Ketchup Sauerkraut Vinegar Yogurt</p>	<p>Fish Ketchup Pickles Sauerkraut Sea Vegetables Tortilla Chips Herbamare</p>	<p>Asafoetida Cayenne Cinnamon Garlic Ginger Jalepeño Jack Kim Chi Onions Radish Salsa Tamales Mexican Food Thai Food Szechuan Food</p>

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Dr. Raphael Rettner

Weight Loss Forms

Week 8 —

- Eat and Avoid List

Week 8

Make a complete eat and avoid list from all of the information that you have been given to date. All food allergies take priority over any other food lists. In other words, if you're allergic to it, don't eat it. If you have any contradictions or questions be sure to bring them in with you so we can clear them up.