

# BioChemical Individualism

Thank you for your interest in our Biochemical Individualism program. Please complete the enclosed questionnaire to help us identify your biochemical type as well as develop an enzyme protocol and nutrition plan to help you achieve a healthy balance.

It is very important that you take the time to fill out the forms completely. If necessary you may also include additional information you feel is pertinent on the last page of the questionnaire or on a separate sheet of paper.

The information is usually processed within one week's time. You will receive an explanation about your designated biochemical type, nutritional recommendations, and an individualized enzyme protocol. Please call us with any questions or comments about the products recommended for your unique biochemical body type.

When you have completed the questionnaire, please mail, fax, or email it to us. Also please let us know the best way for you to receive your response (phone, fax, or email).

Thank you, looking forward to working with you!

# BIOCHEMICAL INDIVIDUALISM QUESTIONNAIRE

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_ E-mail \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Date of Birth \_\_\_\_\_ Male / Female (circle one)

What do you consider your ideal weight? \_\_\_\_\_ Any recent changes in weight? \_\_\_\_\_

What are your major nutritional / health goals? \_\_\_\_\_

Are you a Vegetarian? \_\_\_\_\_ If yes, for how long? \_\_\_\_\_

Do you consider your lifestyle stressful? \_\_\_\_\_

Do you now or have you ever consumed alcohol regularly? \_\_\_\_\_

If yes, how many drinks per week? \_\_\_\_\_

Have you ever used tobacco? \_\_\_\_\_ # of years \_\_\_\_\_ Amount per day \_\_\_\_\_ Year quit \_\_\_\_\_

Are you now or were you ever regularly exposed to second hand smoke? \_\_\_\_\_

If yes, when? \_\_\_\_\_

Have you ever used recreational drugs? If yes, please specify: \_\_\_\_\_

Do you typically eat breakfast, lunch, and dinner? \_\_\_\_\_ If no, please explain: \_\_\_\_\_

\_\_\_\_\_

**This information is provided for nutritional purposes only.** The information I am seeking is of an educational and nutritional nature and not a medical diagnosis. It is considered confidential information, and any results received will be documented for research and development reasons only.

***\*Must be signed***

Signature \_\_\_\_\_ Date \_\_\_\_\_

# DIET SECTION

**PLEASE CIRCLE THE FOODS  
YOU ARE NOW OR HAVE BEEN IN THE PAST DRAWN TO**

**PARA**

Snacks / Crackers / Chips  
Sweets / Candy  
Coffee / Tea  
Bread  
Cakes / Pies / Desserts  
Toast / Jam  
Pasta  
Potatoes  
Rice  
Fruit  
Honey  
Vegetarian meals

**ESTRO**

Rich or Heavily seasoned Foods  
Spicy Foods  
Fried Foods  
Mexican or Chinese Foods  
Pizza  
French Fries  
Creamy Dips  
Sauces / Gravies / Toppings  
Whipped Cream  
Ice Cream  
Butter  
Chocolate

**SUPRA**

Alcohol  
Chicken  
Pork Chops / Ham / Bacon  
Steak / Hamburger  
Seafood  
Hot Dogs / Salami  
Pickles  
Olives  
Garlic  
Nuts / Peanuts  
Eggs  
Salt / Salty Foods

**NEURO**

Dairy Products  
Milk  
Cheese (hard / cream)  
Ice Cream  
Yogurt  
Frozen Yogurt  
Cottage Cheese  
Fruit  
Cereal  
Whipped Cream  
Routine Meals  
Sweets

What foods do you like that cause digestive problems (gas, rash, allergies, belching)?

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Pretend you have no health concerns and can have any meal or food. What would it be?

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# PAST HISTORY

**PLEASE CIRCLE ANY OF THE FOLLOWING PROBLEMS  
WHICH YOU HAVE NOW OR HAVE EXPERIENCED IN THE PAST**

<b>PARA</b>	
PMS	Mood Swings
Cold hands/ feet	Neck/ Shoulder aches
Depression	Pancreatitis
Eczema	Skin eruptions
Fatigue	Sprue/ Wheat intolerance
Brain Fog	Thyroid
Headaches	Low Blood Pressure
Hypoglycemia	

<b>ESTRO</b>	
Aching feet	Hepatitis/Jaundice
Arthritis	High Cholesterol
Diabetes	Gallbladder problems
Cirrhosis	Hysterectomy
Cataracts	Breast lumps/tumors
Psoriasis	Menstrual problems
Cystitis	Urinary problems
Hay Fever	Prostate problems

<b>SUPRA</b>	
Alcohol addiction	Arteriosclerosis
Sciatica	High Blood Pressure
Back problems	Gingivitis/Bleeding gums
Belching	Kidney Disease (stones)
Gout	Cardio vascular disease
Loss of hearing	Acid Reflux
Ear infections	Heartburn/indigestion

<b>NEURO</b>	
Aching knees	Crohn's Disease
Diverticulosis	Frequent Infections
Hives	Irritable Bowel
Colds	Milk intolerance
Colitis	Asthma
Weak Constitution	
Chronic Allergies (seasonal/food)	
Chemical/Environmental Sensitivity	

- |                          |                   |                   |                 |
|--------------------------|-------------------|-------------------|-----------------|
| Abscesses                | Diarrhea          | HIV/ AIDS         | Night blindness |
| Allergies                | Dizziness         | Insomnia          | Osteoporosis    |
| Anemia                   | Emphysema         | Lupus             | Pneumonia       |
| Bronchitis               | Fainting spells   | Malaria           | Polio           |
| Cancer (type: _____ )    | Fungal Infections | Measles           | Rheumatic Fever |
| Candidiasis              | Goiter            | Mononucleosis     | Scarlet Fever   |
| Chicken Pox              | Gonorrhea         | Mumps             | Sinus Infection |
| Chronic Viral Infections | Hemorrhoids       | Nervous Breakdown | Stroke          |
| Constipation             | Hiatal Hernia     | Neuralgia         | Ulcers          |

Other health concerns not listed: \_\_\_\_\_

\_\_\_\_\_

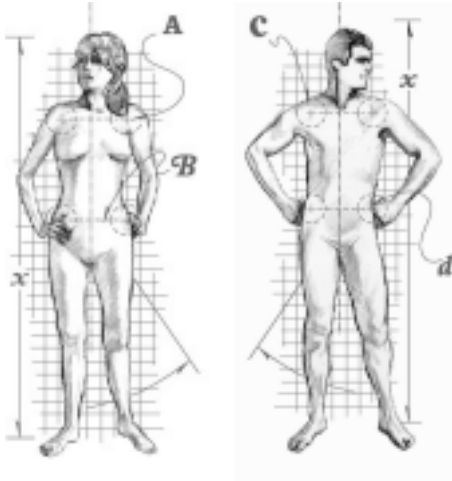
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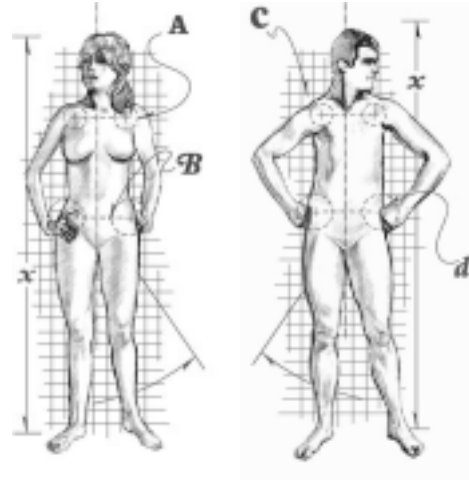
# WHICH ONE BEST DESCRIBES YOUR BODY?

PARA \_\_\_\_\_



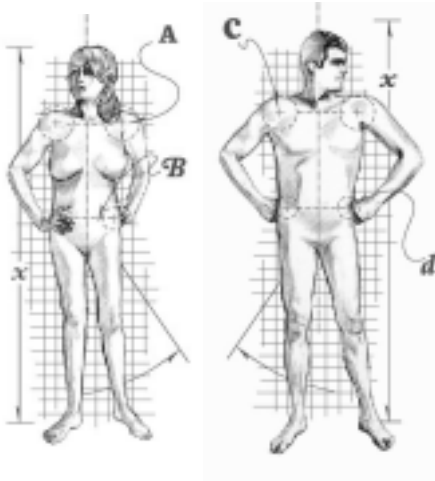
- ◆ Carries weight evenly, but can be held in the waist / stomach area
- ◆ Buttocks are high and round
- ◆ Width of clavicle and hips is equal

ESTRO/ TESTRO \_\_\_\_\_



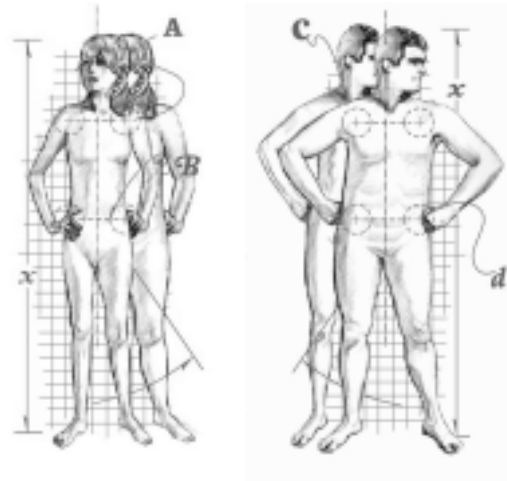
- ◆ Carries weight in the hips and thighs
- ◆ Buttocks are low and flat
- ◆ Width of clavicle is narrower than distance between the hip points

- ◆ Carry weight in upper body, especially the stomach
- ◆ No buttocks
- ◆ Width of clavicle is wider than distance between the hip points



SUPRA \_\_\_\_\_

- ◆ Carry weight fairly evenly and body is soft
- ◆ Remained similar since teens
- ◆ No real distinction between width of clavicle, waist, and hip points



NEURO \_\_\_\_\_