

Create Vibrant Health News – Issue # 7 December 24, 2004

www.createvibranthealth.com

Hi Everyone,

2004 was a year of great change for me personally. I started out the year working in a large holistic medical clinic with a small sideline practice of my own and am ending it with a full-time practice in Oak Park. I have many of you to thank for this change in that you trusted me to guide and support you in one of the most important parts of your life – your health and well being.

I feel truly privileged to be in this field and will continue to strive to provide the very best information and support to you for your nutrition and wellness needs.

Over the years I have come across many philosophies about nutrition and health. My desire to have the best health for myself and to provide the best results to my clients has led me to integrate many of these approaches into a system that takes into account the fact that each person is unique and therefore their nutrition and wellness plan has to be customized to their biochemistry, environment, level of discipline, health challenges and goals.

An **integrative nutrition and wellness program** will have five components:

- **Diet** that is individualized for one's unique biochemistry and nutrient requirements.
- **Supplementation** which is appropriate for one's unique biochemistry and nutrient deficiencies.
- **Exercise program** – which is appropriate for one's level of fitness, stage of healing process, physiological and health requirements.
- **Lifestyle** – includes environmental factors such as purity of air and water, quality sunlight, recreation, rest, satisfying work and relationships.
- **Emotional healing** - We all have emotional trauma. Without addressing underlying chronic and acute stresses and trauma vibrant health and happiness is not possible.

In this issue I will review some important principles and highlights in each of these five areas including:

1. How to adjust your diet for changes in climate and stress level.
2. How to customize your supplement program by identifying mineral deficiencies which can effect your hormonal balance and energy.
3. How to develop an integrative exercise program that balances the need for strength, flexibility and cardiovascular endurance which also is appropriate for your own physiological and energetic constitution.

4. Simple inexpensive lifestyle changes that have a powerful effect on your level of stress and well being.
5. How to process stress and emotional trauma to free up energy and support healing

Also, in this newsletter you'll find my schedule of upcoming events and classes as well as a body type questionnaire at the end which can be useful in adjusting your diet and exercise program.

The Dynamic Diet Plan

People often ask me questions like, what is the best diet plan for me? Or what do you think about vegetarianism or the paleolithic diet or macrobiotics, etc.?

Well they all have their place don't they otherwise no one would follow them. I believe that diet has a function in life which includes pure sensual pleasure, cultural identity and festivity as well as detoxification, regeneration of health and healing. You can choose the ratio of each function in your diet plan. There is nothing wrong with emphasizing pleasure – there are certain benefits and costs for each choice. I have found that most of my clients and myself do very well with 80-90% of the diet emphasizing regeneration and health and the remaining 10-20% allotted to enjoyment as long as the 20% is not junk.

Historically, indigenous people had to make due with foods that they could hunt, catch and grow in their climates at varying times of the year. Because different people lived in different climates and geographical locations those who were more able to regenerate at the cellular level with the foods available were more likely to reach maturity, procreate and pass along their genetic traits (including organ strength, enzyme capacity) to their offspring to be able to utilize those foods. As a result different people build health with different foods, macro-nutrient levels and ratios and have different requirements for minerals, vitamins, etc. This genetic selectivity is part of the rationale of a system of dietary individualization which I incorporate into my client's integrative wellness programs called metabolic typing.

We are living in unique circumstances where we can eat foods from all over the world year round. No one needs advice on what they should eat for pleasure or cultural integration – we know that, but what do we eat for health at different times of year, for my health problems, at my age, for my metabolism, blood type, health goals? You see how in depth one can go.

Ok, so a Blood type O, fast oxidizer (converts food to fuel quickly)from Scandinavian origin who does heavy labor and lives in Chicago is not a good candidate for a raw food vegetarian diet – not for the long run at least. On the other hand, a woman of East Indian origin, blood type AB, slow oxidizer (converts food to fuel slowly) living in South Florida who is a librarian with low levels of hydrochloric acid is not a good candidate for the Atkins diet. These are extreme examples but the point is that we have to find out what

works for you, right now in your current circumstances. So what does this mean for you right now?

Generally speaking as the weather gets colder and the levels of stress increase the diet should shift more towards denser forms of protein (animal products) and more fat – not just Omega 3 but also saturated fat like butter, coconut oil, eggs, etc. Also, one would eat less cold or yin foods (juices, salads, fruits).

As the weather gets warmer one would increase fruits and vegetables and gravitate toward less dense forms of protein including fish, raw dairy, beans, etc.

Now I say generally because there are other factors to consider like whether your body is able to digest or utilize denser forms of protein or whether your pancreas can handle increased fruit. There are no absolute rules. One has to pay attention and learn what works for their body. Don't get locked into **ANY** philosophy of nutrition.

So here are some general tips for winter season adjustments (please contact me if you want more specific suggestions)

- Start with your metabolic type (if you don't know yours call me and I'll get you the questionnaire to fill out).
- For the winter season if you're a mixed oxidizer just eat twice as many meals from the fast oxidizer plan than the slow. If you're a protein type – continue as you are and maybe add a little extra butter and fat. If you're a slow oxidizer and can digest red meat – eat some high quality red meat cooked rare once or twice a week and add a little more butter.
- Find out your body type – at the end of this newsletter is the body type questionnaire you can set up an appointment with me to make recommended adjustments for the winter season.
- Add ginger, cayenne or garlic to your fresh vegetable juices this will add a little yang to your nutritious drinks.
- Eat more warm soups and stews – Cooked foods won't kill you contrary to the raw food philosophy.
- Warm up some sesame oil and rub it on your body several times a week – especially if you are thin or feel overwhelmed by the cold. This is an ancient Ayurvedic remedy that really feels great.

You see **your diet plan must be Dynamic to adjust to circumstances.** You know how we have a summer and winter wardrobe – well the same should go for diet. I recently came to realize that certain foods that were exceptionally good for me during most of the year were particularly aggravating for me during the winter. So I just decrease or drop those foods for that time. For those of you who want to have dietary adjustments for the winter that are more individualized than the general ones I've listed please fill out the body type questionnaire at the end of this newsletter and contact me to set up a

consultation where I can help customize your diet for the winter season and suggest an exercise program for you.

How mineral deficiencies can effect your health

For those of you have read my previous newsletters you know about enzymes and how they are the catalysts for all biochemical activity in the body www.createvibranthealth.com/newsletters.htm issue number six. So if **enzymes are the power, the electricity, of the body then minerals are the switches that turn on the electricity. Without the correct levels and ratios of particular minerals metabolic enzymes in the body will remain dormant.** Glands like the Thyroid and Adrenals will not work properly without the correct levels and ratios of certain minerals. When the body has the correct levels and ratios of both macro-minerals (Calcium/Magnesium, Sodium/Potassium) and micro minerals (the most important being copper/zinc and iron, manganese, chromium, selenium and phosphorus) then the body will produce optimum energy and run at the highest level of efficiency.

Any one who suffers from chronic fatigue or suffers from any hormonal imbalance should find out if they have mineral deficiencies or imbalances This is done by an analysis of your hair by a laboratory to assess mineral and toxic metal levels.

Why a Hair mineral analysis and not a blood test?

Levels of minerals and metals in one's hair are a more accurate indicator of overall metabolic trends in the body than the blood. The components in the blood must remain fairly constant or one would die. Acid/Alkaline balance, nutrient levels all must be within tight ranges or you will go into toxic acidosis and die. For example, even if your blood shows adequate levels of calcium doesn't mean that you are not calcium deficient. Your body could be robbing your bones of calcium to keep the blood within safe range yet your bones are getting more brittle with each passing year. Another example would be if you ingested a toxic level of lead or mercury your blood levels would drop within 30 days yet that would not necessarily mean that your body excreted the metal. What usually happens is that it will store in tissues, organs, glands and fat. In the hair it will still show up and therefore let you know your overall tissue or body level of the toxic metal.

For those who want to get a baseline level for mineral and toxic metal levels please email me at jim@createvibranthealth.com or call my office at 708.848.0254 and I will mail out a hair analysis kit to you. The fee is \$135 which includes the lab report and my consultation.

Customize your Exercise

I've gone through various phases in life regarding exercise – intense, macho, brutal workouts, yin yoga and healing exercises and everything in between . My years as a personal trainer helped me see that often less is better. So I've found that a balanced exercise program will include the following components:

1. **Cardiovascular** – contrary to popular opinion longer is not necessarily better. Studies have shown that as little as 10-12 minutes of intense running or biking 2-3 x per week is sufficient to work the heart muscle. Also, for those not in good condition just a nice brisk walk will do fine. The point is to go fast enough so it is hard to talk in a conversational tone.
2. **Strength** – Any weight bearing exercise that uses the whole body (not just lower body) is great for this. I prefer lifting weights or isometric exercises. The key to get good results is to move the weight very slowly anywhere from 4-10 seconds on the lift portion to 4-10 seconds on the negative or return portion of the exercise. Smooth movements without pausing at the contraction or beginning of the next repetition. The slower you move the weight the fewer the repetitions one needs to do until you reach muscle failure. Usually 4-10 repetitions is all one needs to do for a particular muscle. Six to eight different exercises twice a week is all you need to do to have great results – again here it is intensity of the exercise that brings results. You don't have to spend a lot of time in the gym or do lots of sets, just smooth and slow.
3. **Flexibility** – Without flexibility your body will not feel its best. Until I started doing yoga my body never knew what it was like to feel really good. Just warm up a little before stretching and attend a few yoga classes or get a few tapes to develop your own practice. Make a commitment to stretching for at least 10 minutes a day and see the changes in your energy and the way you feel.

Now with these three components in place you'll start to feel like a new person. Some people however, will benefit by more or less of one form of exercise than another depending on their body type, level of health and health goals. To find out your body type fill out the questionnaire at the end of this newsletter and email me the results and set up a ½ hour consultation with me to help customize your exercise program and modify your diet plan for the winter season. The fee for this consultation is normally \$60, but for those who get their questionnaires in before January 1st **I am offering a special end of year rate of \$40.**

Get Back to Nature

Lifestyle means many things to many people. For me it includes our natural environment, our level of stress, happiness and relaxation. Easier said than done. How about a few tips we can all do to create some purity, nature and rest in our lives:

- ❖ Sunlight – Yes get outdoors even in the winter. For my article on full-spectrum lighting check out Issue Five at www.createvibranthealth.com/newletters.htm
- ❖ Pure air. For those of us in the Chicago area **get an air purifier for your home** – definitely your bedroom. The best I've found are Hepa Filters, I have a Health Pro check out www.allergybuyersclubshopping.com
- ❖ Pure water – Ok this is obvious by now but many people still don't filter their drinking and shower water. www.waterwise.com for shower filters. Get a carbon filter system for the tap. It works and is affordable.

- ❖ Rest – one day off a week with no work – Yes that would be great –my new years resolution is just that for myself how about you?
- ❖ Vacation – Get away every 3-4 months if you can manage for at least a week or two. When I do this I feel rejuvenated.
- ❖ Get a massage, Reiki healing or bodywork every two –four weeks. This one I do.
- ❖ A Hot bath with Sea salt is a great way to relax and detoxify.
- ❖ Keep your home and office full of nice plants and positive energy. A friend of mine, Rich Feingold, does home and office Fung Shui space clearing, which is a process used to raise the energy level of your physical surroundings. This may sound far out to some of you, however, many people, myself included, have found a more peaceful, harmonious and enlivening energy after a Fung Shui Space clearing. If you're interested in finding out whether a Space Clearing could help your home and office energy contact Rich Feingold at 312.263.8410 for a free consultation.

It's true that some lifestyle changes that support health are directly related to your income and free time – which often feels outside of our control, but one thing I like to encourage people to do is to prioritize within your income and free-time constraints some special time for yourself or with a loved one. It can be just a night out or a weekend away. Americans tend to overwork and that can lead to burnout and poor health.

Emotional Trauma and Stress – the number one cause of disease

The bottom line is that emotions such as anger, grief and fear that are not released are major contributors to all health problems. Our endocrine, immune and digestive systems are all affected by our emotions. High levels of cortisol (produced under stress) are linked to increased risk of heart disease, cancer and diabetes, among other degenerative diseases. Grief suppresses the immune system and fear interrupts our digestive process.

That being said how can we manage and get a hold of these negative emotions? **Well the first step is to not suppress them.** Although there is a time for suppression – such as in public there is no need to express your grief. There is also an appropriate time for expression and release. My experience with emotions is that **basically it is impossible to control whether they arise but it's what we do with them that determines how much we suffer.**

What is the difference between emotional pain and suffering?

Emotional pain is natural for sensitive, caring human beings. To not feel grief at the loss of a loved one would indicate a lack of humanity or ability to love. What happens for most of us is that **we want to avoid the pain of feeling the emotion completely so we develop a story about the grief, anger, loss – whatever emotion we feel and fixate our attention on the story.** For example, let's say you are going through a breakup and you feel great loss at losing your partner – it's natural to feel grief for a period of time, but many of us don't feel the grief directly either we try to bury the feelings either with

drugs, alcohol, sex - something to numb the pain or we develop a story in our minds about what this means – i.e. this person was wrong, I was wrong, I'm no good, she's no good, life is cruel, etc. When we bury the emotions it just goes underground and starts to manifest in the body as disease and effect our behavior and ability to feel. For those who deflect the pain into a story this story then becomes the focus of the mind's attention and creates unnecessary suffering and creates ongoing frustration. This emotional deadness and frustrated anxiety is the experience of many people due to the unwillingness to liberate the pain through direct experience. These are coping strategies which we employ out of fear of being overwhelmed with pain. Have you all had this experience?

So the grief is never felt completely – it's more like the grief is so overwhelming that the mind deflects the direct experience of the grief into a story about what the grief means or what caused the grief or any number of stories. The attention to the story prevents one from experiencing the emotion. This is needless suffering. All emotions can be liberated by directly experiencing them. Think of the pain, anger, fear – whatever as a giant wave coming in as you wade in the shallow water. The way to avoid being knocked over is to dive into the wave and come out on the other side – right?

This is what happens when you experience the negative emotions directly – you discover they are not as bad as you feared. Its power only comes from avoidance of direct experience. A teacher of mine told me that direct experience of negative emotions like fear, anger and sadness all reveal the lack of substance of these emotions. They don't exist other than in your mind. On the other hand, direct experience of joy, love and peace reveal that these emotions are deeper and more sustaining than we realize as long as we don't try to hold on to them.

Try this with a subject that is painful for you by thinking about the subject that brings emotional pain then,

1. Welcome the emotions that arise – feel the emotion directly without any commentary in your mind. Ask for Life, God to bring all the pain, anger all of it up to your awareness.
2. If you see a story develop in your mind – i.e. this meansjust let it go . Remember the **emotion is a wave - you dive in and breath into the emotion** and see what happens. It is counter- intuitive at first – but try it just once. No discussion in your mind just experience it. Don't run into a story just dive into the emotion and let it be.
3. You may feel a release or some physiological shift. Again be careful to notice your mind and it's internal dialog – don't attend to the commentary – let it go. Just the emotion and you and then just the emotion. Penetrate it with your consciousness.
4. Continue this with any mental discussion that comes up, **ask what is the feeling behind this grievance, this anxiety, this contraction?** Now welcome the emotion be completely angry, sad or afraid not just a little – all the way, BUT don't follow ANY story about the emotion.

What I have experienced is that there is a sense of peace when I don't resist or indulge any painful emotion, rather just directly experience the emotion. Ruthlessly, unsympathetically find out what is the reality of FEAR, GRIEF AND ANGER – there are more emotions– but these we are all very familiar with. Also, check and see if apathy, lust and pride are behind some of our feelings of being stuck or not feeling whole do the same with them. By working on a particularly painful issue persistently with this approach you will start to lose your fear of experiencing all of life's emotions and you will reduce your suffering and improve the quality of your physical and emotional health.

Notice the mind how it will ceaselessly want to deflect your direct experience of the emotion. How do we know this? Because some drama will start playing in the mind, "I can't do this because....., He is such a jerk.....I am a so and so.....Life is" " The permutations of the mind's drama and stories are endless. In this case your own mind is your enemy. It creates suffering. Life does bring pain, but our fixation on the story creates suffering.

If you want to be free of this endless mental suffering just stop following the story and directly experience the emotion. It takes work and the ability to discern that you are NOT YOUR MIND – you are the consciousness which can see your thoughts.

This approach has helped me get through much emotional pain with a minimum of suffering.

An integrative wellness program must include addressing underlying emotional pain because unreleased negative emotions will often lead to serious illness and inhibit the full expression of who you are in your work, relationships and life. It is at least as important as what you eat and how you exercise. **We often tend to put things off until a later date saying I don't have time for cleansing my colon or working on my issues – we'll if you don't deal with it now, it will just build up and get worse and you'll have a bigger mess later.** So make a commitment this year to cleanse your body and purge your pain – you deserve to be healthy and happy – it's up to you. I am here to support you – I am on the same path. I have known all these things myself and have seen so much unnecessary suffering with my clients and people close to me that I have dedicated my life to help those that want help.

That's it for now. I hope this information was helpful and informative. Please feel free to e-mail or call me with feedback and/or comments on this newsletter. Also, feel free to share this newsletter with friends and family who are interested in learning more about health and wellness.

Best of Health and Happiness to All,

James Jordan, J.D., C.N.C.

Upcoming workshops and special events for Create Vibrant Health

Free Lectures

I will be talking about the Four Underlying Causes of Disease and What to do About Them on two different dates and locations.

1. Monday January 3rd from 7 pm to 8:30 pm at Eastlake Chiropractic and Health Care Center located at 137 N. Oak Park Ave. Suite 111 in Oak Park. RSVP at 708.383.3900.
2. Saturday January 15th, 2005 from Noon – 2:00 pm at Heaven on Earth Yoga located at 7755 Lake St. in River Forest. RSVP at 708.848.0254

When you are ready to take charge of your own health **You Must look at underlying causation to have the health you want.** This FREE class is a great introduction to understanding **how to care for your own health.**

Special live cell analysis sessions:

- Tuesday January 18th I'll be doing Live Blood cell sessions at Earthly Goods Health Food Store in Gurnee, Illinois.
- On Friday, January 7th at Eastlake Chiropractic and Healthcare Center located at 137 N. Oak Park Ave. Suite #111. Appointments can be made by calling 708.383.3900.

For both of these special live cell days first-time appointments are \$135 and retests are \$100.

Workshops

The Secret to Great Health: Detoxification, Internal Cleansing and Rejuvenation with Nutrition

In this two and a half hour class you'll learn:

- How to support your body's own natural detoxification functions with customized dietary and nutritional programs
- How to prevent, and in many cases reverse, chronic illness
- How to reach your ideal body weight
- The crucial ten steps to detoxify the body and how to integrate these steps into your life

- Sources of hidden toxins we are exposed to every day that damage our neurological, endocrine and immune systems.

After learning and implementing this comprehensive internal cleansing and rejuvenation program you will:

- Know how to prevent a variety of illnesses, both acute and chronic
- Gain improved physical appearance
- Boost your emotional well-being
- Sharpen your mental capabilities
- Have improved digestion and elimination
- Reach your ideal weight
- Minimize the effects of aging

I'll be offering these workshops at two different locations in January:

1. At the Westgate Business Center conference room located at 1111 Westgate in Oak Park, Illinois on **Saturday, January 8th** from 1 pm – 4 pm.
2. At Earthly Goods Health Food Store located at 6951 W. Grand Ave. in Gurnee, Illinois on **Monday, January 17th** from 7 pm –9:30 pm.

The fee is \$90 at the door or \$70 early-bird pre-registration by calling me at 708.848.0254 before 1/5 for the 1/8 class and 1/12 for the 1/18 class.

. Ayurveda Body-Type Test

The following quiz is divided into three sections. For the first 20 questions, which apply to Vata Dosha, read each statement and mark, from 0 to 6 whether it applies to you.

0 = Doesn't apply to me.

3= Applies to me somewhat (or some of the time)

6= Applies to me very much (or nearly all of the time)

At the end of the section, write down your total Vata score. For example, if you mark a 6 for the first question, a 3 for the second, and a 2 for the third, your total up to that point would be 6+3+2=11. Total the entire section in this way , and you arrive at your final Vata Score. Proceed to the 20 questions for Pitta and those for Kapha.

When you are finished, you will have three separate scores. Comparing these will determine your body type.

For fairly objective physical traits, your choice will usually be obvious. For mental traits and behavior, which are subjective, you should answer according to how you have felt and acted most of your life, or at least for the past few years.

Section 1 – VATA

	Does not Apply		Applies sometimes		Applies Most	
1. I perform activity very quickly	1	2	3	4	5	6
2. I am not good at memorizing things and then remembering them later.	1	2	3	4	5	6
3. I am enthusiastic and vivacious by nature.	1	2	3	4	5	6
4. I have a thin physique – I don't gain weight very easily.	1	2	3	4	5	6
5. I have always learned new things very quickly.	1	2	3	4	5	6
	Does not Apply		Applies Sometimes		Applies Most	
6. My characteristic gait while walking is light and quick.	1	2	3	4	5	6
7. I tend to have difficulty making decisions.	1	2	3	4	5	6
8. I tend to develop gas or become constipated easily.	1	2	3	4	5	6
9. I tend to have cold hands and feet.	1	2	3	4	5	6
10. I become anxious or worried frequently.	1	2	3	4	5	6
11. I don't tolerate cold weather as well as most people.	1	2	3	4	5	6
12. I speak quickly and my friends think that I'm talkative.	1	2	3	4	5	6

13. My moods change easily and I am somewhat emotional by nature.	1	2	3	4	5	6
14. I often have difficulty in falling asleep or having a sound night's sleep.	1	2	3	4	5	6
15. My skin tends to be very dry, especially in the winter.	1	2	3	4	5	6
16. My mind is very active, sometimes restless, but also very imaginative.	1	2	3	4	5	6
17. My movements are quick and active; my energy tend to come in bursts.	1	2	3	4	5	6
18. I am easily excitable.	1	2	3	4	5	6
19. Left on my own, my eating and sleeping habits tend to be irregular.	1	2	3	4	5	6
20. I learn quickly, but I also forget quickly.	1	2	3	4	5	6

VATA SCORE _____

Section 2 – PITTA

	Does not Apply	Applies Sometimes	Applies Most			
1. I consider myself to be very efficient.	1	2	3	4	5	6
2. In my activities, I tend to be extremely precise and orderly.	1	2	3	4	5	6
3. I am strong-minded and have a somewhat forceful manner.	1	2	3	4	5	6

4. I feel uncomfortable or become easily fatigued in hot weather-more so than most other people.	1	2	3	4	5	6
5. I tend to perspire easily.	1	2	3	4	5	6
6. Even though I might not always show it, I become irritable or angry quite easily.	1	2	3	4	5	6
7. If I skip a meal or a meal is delayed, I become uncomfortable.	1	2	3	4	5	6
8. One or more of the following characteristics describes my hair: early graying or balding thin; fine, straight hair blond, red, or sandy colored hair.	1	2	3	4	5	6
		Does not Apply		Applies Sometimes		Applies Most
9. I have a strong appetite; if I want to, I can eat quite a large quantity.	1	2	3	4	5	6
10. Many people consider me stubborn.	1	2	3	4	5	6
11. I am very regular in my bowel habits – it would be more common for me to have loose stools than to be constipated.	1	2	3	4	5	6
12. I become impatient very easily.	1	2	3	4	5	6
13. I tend to be a perfectionist about details.	1	2	3	4	5	6
14. I get angry quite easily, but then quickly forget about it.	1	2	3	4	5	6
15. I am very fond of cold foods like ice cream and also ice-cold drinks.	1	2	3	4	5	6

16. I am more likely to feel that a room is too hot than too cold.	1	2	3	4	5	6
17. I don't tolerate foods that are very hot and spicy.	1	2	3	4	5	6
18. I am not as tolerant of disagreement as I should be.	1	2	3	4	5	6
19. I enjoy challenges and when I want something I am very Determined in my efforts to Get it.	1	2	3	4	5	6
20. I tend to be quite critical of others and also myself.	1	2	3	4	5	6

PITTA SCORE _____

Section 3 – KAPHA

	Does not Apply		Applies Sometimes		Applies Most	
1. My natural tendency is to do things in a slow and relaxed fashion.	1	2	3	4	5	6
2. I gain weight more easily than most people and lose it more slowly.	1	2	3	4	5	6
3. I have a placid and calm disposition – I'm not easily ruffled.	1	2	3	4	5	6
4. I can skip meals easily without any significant discomfort.	1	2	3	4	5	6
5. I have a tendency toward excess mucus, phlegm, chronic congestion, asthma, or sinus problems.	1	2	3	4	5	6
6. I must get at least eight hours of sleep in order to be comfortable the next day.	1	2	3	4	5	6

7. I sleep very deeply.	1	2	3	4	5	6
8. I am calm by nature and not easily angered.	1	2	3	4	5	6
9. I don't learn as quickly as some people, but I have excellent retention and a long memory.	1	2	3	4	5	6
10. I have a tendency toward becoming plump – I store extra fat easily.	1	2	3	4	5	6
11. Weather that is cool and damp bothers me.	1	2	3	4	5	6
12. My hair is thick, dark, and wavy	1	2	3	4	5	6
			Does not Apply	Applies Sometimes	Applies Most	
13. I have smooth, soft skin with a somewhat pale complexion.	1	2	3	4	5	6
14. I have a large, solid body build.	1	2	3	4	5	6
15. The following words describe me well: serene, sweet-natured, affectionate, and forgiving.	1	2	3	4	5	6
16. I have slow digestion, which makes me feel heavy after eating.	1	2	3	4	5	6
17. I have very good stamina and physical endurance as well as a steady level of energy.	1	2	3	4	5	6
18. I generally walk with a slow, measured gait.	1	2	3	4	5	6
19. I have a tendency toward oversleeping, grogginess upon awakening, and am generally slow to get going in the morning.	1	2	3	4	5	6

20. I am a slow eater and am slow and methodical in my actions. 1 2 3 4 5 6 _____

KAPHA SCORE _____

Final Score: Vata_____ Pitta_____ Kapha_____

**IF YOU DO NOT WANT TO RECEIVE THIS NEWSLETTER, PLEASE SEND ME AN E-MAIL WITH 'REMOVE' IN THE SUBJECT LINE AND YOU WILL BE REMOVED FROM THE NEWSLETTER LIST. I WILL NOT BE OFFENDED IN ANY WAY.