

The first step in defining your GK Zone

For each question place a check mark in the column that most closely applies to you the majority of the time.

	Column1	Column2	Column3	
1	My energy levels are normally high.	My energy levels are normally low, and I need to use things like caffeine to give me enough energy to keep up the pace I need.	My energy levels are about the same as everyone else's.	
2	Humidity doesn't bother me much, and I prefer hot to cold.	Humidity really bothers me, and I prefer cool weather to hot.	I adapt easily to temperature changes.	
3	My blood pressure is high without using medication.	My blood pressure is low to normal without using medication.	My blood pressure is normal without using medication.	I don't know my blood pressure.
4	My body temperature runs normal, but I often feel cold when others are warm.	My body temperature typically runs slightly below, normal and I may feel cold when others are warm.	My body temperature is always normal unless I get sick, then I always feel comfortably warm.	
5	Eating beef can upset my stomach.	Eating raw vegetables gives me gas.		
6	I don't like salty foods.	If I could eat any snacks I want without regard to weight gain or health issues, I would often choose salty snacks like chips or popcorn.	I really have no preference.	
7	I have no allergies or allergic symptoms that I know of.	I have seasonal allergies. These may be minor or major, chronic or periodic.		
8	I have excellent stamina and can keep going longer than the average person.	I have average to below average stamina unless I supplement my diet to keep up my endurance.	I have average stamina.	
9	I have thick or hard fingernails.	I have thin or weak fingernails.		
10	If I get sick at all, I usually recover more quickly than most people.	I have had illnesses like head colds or flu that took more than 10 days to get over.	It never takes me more than 10 days to recover from illness like colds and flu.	
11	I require very little sleep. I can do well on less than 6 hours per night.	I need my sleep. I need 7 or even more hours per night to feel good the next day.		
12	I have normal to high blood sugar without using medication.	I have low to normal blood sugar. Or I have occasional hypoglycemic symptoms between meals.	I have normal blood sugar without using medication.	I don't know my blood sugar levels.
13	If I could have any dessert I want without regard to weight or health issues, I would choose something sweet but not rich or fatty.	If I could have any dessert I want without regard to weight or health issues, I would often choose rich desserts.		

14	I rarely am tired.	I feel tired in the afternoon between 1 – 5 pm unless I use caffeine or something similar for an energy boost.	I don't feel tired until bedtime.
15	I sometimes have difficulty getting to sleep, but not staying asleep.	I have no difficulty getting to sleep, but sometimes have difficulty staying asleep.	I have no difficulty getting to, or staying asleep.
16	I feel sluggish or even sleepy after eating meat.	When I first eat a carbohydrate food, I feel good, but I may feel sluggish or even sleepy 20 – 30 minutes after eating carbohydrates.	I don't feel sluggish or sleepy after eating either carbohydrates or proteins.
17	I am <i>never</i> hungry between meals.	I am <i>sometimes</i> hungry between meals.	
18	I rarely have mood swings, but if I have a change in mood, it is typically normal to high.	If I mood swings, they tend to be more down than up. <i>Or</i> I have frequent mood swings.	I rarely have mood swings in any direction.
19	I feel full with small amounts of food.	It seems I have to eat a lot before I feel satisfied or full. <i>Or</i> There are certain foods that I can't seem to get enough of.	
20	Sometimes I feel jittery if I use caffeine.	I really need my morning coffee or tea.	Coffee doesn't make me jittery, and I don't need coffee or tea in the morning.
21	I have consistent energy even if I miss meals.	I feel tired and even cranky if I miss meals.	
22	I am consistently mentally alert all day.	I have decreased mental alertness in the afternoon unless I eat or drink something that perks me up, such as coffee, tea, cola, candy, or pastry.	
23	I am over 6' tall if male, and 5' 5" tall if female.	I am 6' tall or less if male, or 5' 5" or less if female.	
24	I don't have to lose weight. Most people consider me slim.	I have a constant problem since I always carry extra weight. <i>And/Or</i> I have trouble losing weight and keeping it off.	I don't have a real weight problem, but if I need to lose weight, it is not very difficult getting it off fast.
25	Most of my family members appear to be thinner than the average for North Americans.	Many of my family members are more than 10 pounds overweight or even have serious weight problems.	Most males in my family have a waistline that is not more than 40", and most females in my family not more than 35".
26	I have no trouble with weight retention.	I tend to retain weight in the hips and thighs (if female), or waist (if males).	When I retain weight, it tends to be very slight and about evenly distributed throughout my body.

27	Even the smell of cooking meat bothers me.	I enjoy meats. I couldn't imagine a meal without them.	I eat meats occasionally, but I can do without them.	
28	I like sweet tastes, but chocolate is too rich for me.	I really enjoy chocolate and rich creamy textures. Eating chocolate can make me feel better psychologically too.	I do like the taste of chocolate, but I can take or leave it. It doesn't affect my emotions that I am aware of.	
29	I prefer breads and pastas to meats.	I think a meal with meat is not complete without breads or pastas.	I enjoy breads and pastas, but having a meal without them is okay.	
30	I can make a meal out of a loaded baked potato without meat.	Whenever I have a meal with meat it doesn't feel complete without potato in some form.	I like potatoes, but can do without them.	
31	I can eat Chinese food and feel satisfied for hours.	When I eat Chinese food, I get hungry again within an hour.		
32	My favorite breakfast would be fruits and/or cereals, and maybe a pastry.	If I could have any breakfast I want without regard to weight gain or health issues, I would defiantly choose eggs with meat and bread in some form.	If I could have any breakfast I want without regard to weight or health issues, I would definitely choose pastries, doughnuts, or cereals.	
33	I think I appear older than my actually age.	I think I appear younger than my actually age.	I think I look my age.	
34	I have a tendency to dry skin.	I have a tendency to oily and/or supple skin.	I have average skin.	
35	I can eat any amount or type of carbohydrates and not gain weight.	I must eat little or no carbohydrates to keep from gaining weight.	I can eat some carbohydrates and not gain weight.	
36	I can eat any carbohydrates and still lose weight	I must eat very little to no carbohydrates in order to lose weight	I can lose weight eating anything, as long as I reduce the amounts I eat.	
37	I may go a day or more without having a bowel movement.	I often have three or more bowel movements in a day.	I have one to three bowel movements daily.	
38	I love to exercise. Or I just have to be active.	I don't like exercise because it is work.	Exercise feels good, but if I miss it, it doesn't break my heart.	
39	I never feel light-headed if I stand up quickly after sitting or lying down for a few minutes.	If I stand up quickly after sitting down for a few minutes, I sometimes feel light-headed.	I rarely feel light-headed for any reason.	
40	I have lost weight easier in the past by avoiding fats.	I have lost weight easier in the past with low carbohydrate diets.	I have lost weight easier in the past with low calorie diets.	I have never dieted.

Results

Total up all the checks in Column 1 _____ Column 2 _____ Column 3 _____

The GENETIC KEY Survey

Your GK type is:

GK1- If you score the highest number in column 1

GK2- If you have more than 25 in column 1

GK3- If you have the highest number in column 3

GK4- If you have the highest number in column 2

GK5- If you have more than 25 in column 2

Simple summary of the Genetic Key types

GK1 & GK2

- Sympathetic dominant
- Tolerates carbs better-tends not to store hanging fat
- Naturally thin
- Normal to hyperthyroid
- Newest type thrives on carbs
- High end of normal on TSH and Thyroid panel
- Sometimes hyperthyroid
- Often, but not always blood type A or AB
- Up to 15% taller than average
- Still may fall victim to heart disease and diabetes if they consume high G foods

GK3's are in balance

GK4 & GK5

- Oldest genetic type
- Parasympathetic dominant
- Lower metabolic rate
- The Thrifty Gene
- Thrives on protein
- Becomes obese with refined carbs
- Often hypothyroid
- Corresponds with serum analysis type IV and V
- Often, but not always blood type O or B
- Omnivore; fresh raw natural diet required for optimal health.
- Low end of normal to normal on thyroid and TSH (thyroid stimulating hormone)
- Greater incidence of obesity, heart disease and diabetes than other GK types