

Body Type Questionnaire

This questionnaire uses the principles of Ayurvedic Medicine. Ayurveda is a 5000 year old system that is brilliant at pinpointing where you are undernourished physically, emotionally and nutritionally. Its purpose is to give you the tools to balance your type so you can thrive and live with vibrant health!

Please check the box that most resonates with you.

Physical Characteristics

- Eyes**
- I have small, active eyes
 - I have a penetrating gaze
 - I have large, warm eyes
- Skin**
- I have dry, thin or rough skin
 - I have reddish skin that is warm and prone to irritation
 - I have smooth, moist, thick skin
- Frame**
- I am slender with prominent joints and tend to be tall or short
 - I have an average build with good muscle development
 - I have a bigger, round or thick build
- Hair**
- I have dry, course hair that may be frizzy or curly
 - I have fine hair with a tendency to grey or thin
 - I have thick, shiny (or oily) hair
- Body Temperature**
- I have cold hands and feet
 - I am normally warm
 - I adapt to temperatures easily

Mental/Emotional Characteristics

- Mental Activity**
- I have a quick, restless mind
 - I have a sharp, sometimes even aggressive intellect
 - I am calm, steady and stable
- Moods**
- My mood can change quickly
 - My mood tends to change slowly
 - My mood is pretty stable and steady

When in Conflict I tend to want to run
 I tend to want to fight (argue)
 I tend to want to make peace

Reaction to Stress I tend to react with fear
 I tend to react with anger
 I tend to react with indifference

****If answered most questions with the FIRST answer than you are AIR Type**

****If answered most questions with the SECOND answer than you are FIRE Type**

****If answered most questions with the THIRD answer than you EARTH Type**

AIR TYPE

Your type reflects the elemental qualities of space and air. Thus, Air types are quick thinking, often thin and fast moving. You have the propensity to worry and get stuck in your thoughts. You love change. You get enthusiastic about new things but can burn out easily and/or change your mind and your mood easily. You love to talk and communicate and expressing your views and your thoughts is big for you! You tend to be a daydreamer and can get lost in fantasies. You have a tendency towards dry hair and skin. You are a light sleeper and sleep can be easily interrupted. You have a delicate appetite (easily changeable) and even more delicate digestion. You're fun...the life of the party! And then you want burn out and want to be quiet for a while. Nothing ever stays the same too long with you. Unpredictable? Yes! Fun? Oh yes!

When **AIR** type is out of balance you tend to worry and get anxious. You can lose valuable sleep, which of course effects your already changing moods. You can feel drained and tired. Your digestion can take a nose-dive and can be unpredictable. You can get lost in your thoughts and not actually get much done. You're too busy pondering, thinking, daydreaming! When out of balance, you tend to be cold all the time and can't stand cold, windy days. At the end of the day, you reluctantly go to bed and wonder what else you can think about. And then you wonder why you don't sleep well!!

Balancing Air Type:

- Stay **WARM!** Bundle up and make sure you always have an extra sweater around
- Eat warm, cooked foods. Sweet and salty are good with Air types. Add warming spices to foods, smoothies and soups like, cinnamon, cardamom, ginger and nutmeg
- Meditate in the morning before you get going. Because Lord knows, once Air gets going, nothing is going to stop them! Take 5 or 10 minute to sit in silence and get grounded
- Have a warm bath with epsom salts and light a beeswax candle before bed. It will help your busy mind to calm down before bed so you can sleep
- Turn off all electronic devices (TV, computers, phones) 3 hours before bed

- Try some slow or restorative yoga a few days a week

FIRE TYPE

Your type reflects the elemental qualities of fire and water. Thus, FIRE types tend to be fiery, with oily skin or hair. You tend to be focused and competitive. You have a medium build and may be muscular. You have blonde, gold, red or grey hair than can be receding. You have sensitive skin that is prone to irritation and sun burns. Perhaps you are freckly. You love order and need things in your environment to be organized. You don't mind being bossy (just ask your friends or co-workers 😊). You're motivated and passionate and often have a strong drive to succeed. You have a healthy ego that can also get bruised easily. You thrive in competitive, intellectual and leadership roles. You're there to "get the job done." At the end of the day, you toss everything that you've been stewing over, fall into bed, and sleep really well.

When **FIRE** is out of balance, you tend towards anger and irritation. You can be a perfectionist and nothing will feel right until it is to your exacting standards. You are more likely than other types to get an ulcer. You can obsess about the order of things in your life and, as a result, be difficult on those around you. Your skin can break out and get irritated.

Balancing FIRE Type:

- Stay cool! Make sure you wear breathable clothing and don't overdress
- Eat lots of raw, cooling foods. Juicing is great for fire type!
- Find a way to be okay with NOT being perfect. Go easier on yourself and those around you
- Get into a cool shower if you find yourself getting irritated or upset
- Get outside and go for a walk in a forest
- Do some Hatha yoga 3 – 4 days a week
- Meditate, meditate, meditate! Connect with your higher self in meditation and know that he/she is helping you with every step that you take

EARTH TYPE

Your type reflects the elemental qualities of earth and water, which is seen in your solid body frame and your calm temperament. You are sweet and dependable. You are stable and supportive of yourself and others. You have a larger build, which reflects your inner stability. You have large, sweet eyes, soft skin and often thick hair. You are generally happy and down to earth. It takes a lot to rattle you! At the end of the day, you fall into bed and are GONE! A train could go through the middle of your bedroom and you wouldn't even stir.

When **EARTH** is out of balance you have a tendency to hoard things like money, weight and time. You might put on excess weight. You will have a difficult time starting

something new. You can feel jealous and even greedy when you are out of balance. You want what “they” have and can stew over such thoughts. You may feel depressed, lazy or lethargic.

Balancing EARTH Type:

- Get moving! Intense exercise is a great prescription for Earth type. You likely won't *want* to exercise like this and yet it one of the activities that can balance you greatly!
- Be careful of how much you are consuming. Food, things, accessories...watch how much you are taking in. Be mindful of when you are 'full' and don't over-consume
- Be careful with dairy products. Earth types tend to produce more mucus and congestion when out of balance, so letting go of dairy products and eating lighter, meals with lots of fresh produce will help to balance your type
- Try not to consume heavy or oily foods

**To put in all 3 Types:

We all typically have a mixture of the 3 types. If you are lucky, you are balanced evenly between all three types, but that is not usually the case! The more dominant you are in one particular type, the more you need to come into balance. In other words, it would benefit you to adopt some of the qualities of the other types. This is why this system is so incredible. It shows you how to create a balance through diet, exercise, meditation, yoga and lifestyle. This is one of the methodologies that we utilize to help you to create a bio-individual nutrition plan that works for *your* unique body/mind type.