

## METABOLIC BIOTYPES

UNDERMETHYLATION (HISTADELIA)	OVERMETHYLATION (HISTAPENIA)	PYRROLURIA (ZINC DELETE)
<ul style="list-style-type: none"> <li><input type="checkbox"/> Self-Motivated</li> <li><input type="checkbox"/> High achiever before illness</li> <li><input type="checkbox"/> Strong willed/difficulties at school</li> <li><input type="checkbox"/> High motivation/inflexible</li> <li><input type="checkbox"/> High Libido</li> <li><input type="checkbox"/> Avoid Tasks/Want to do things perfectly/ procrastinates</li> <li><input type="checkbox"/> High Energy/ migraines</li> <li><input type="checkbox"/> Addictive behaviour</li> <li><input type="checkbox"/> Calm Demeanor: but high inner tension/anxiety</li> <li><input type="checkbox"/> Low pain tolerance</li> <li><input type="checkbox"/> Sparse hair growth</li> <li><input type="checkbox"/> Family history/bossy</li> <li><input type="checkbox"/> Catatonic Psychosis</li> <li><input type="checkbox"/> Can have severe insomnia but needs little sleep</li> <li><input type="checkbox"/> Delusional</li> <li><input type="checkbox"/> Phobias/Risk taking</li> <li><input type="checkbox"/> Diagnoses of OCD/ODD/gets to appointments early</li> <li><input type="checkbox"/> Frequent headaches</li> <li><input type="checkbox"/> Difficult transitions</li> <li><input type="checkbox"/> Denial of Illness</li> <li><input type="checkbox"/> Non Compliance</li> <li><input type="checkbox"/> Social Isolation</li> <li><input type="checkbox"/> Ruminations regarding past</li> <li><input type="checkbox"/> Fast metabolism</li> <li><input type="checkbox"/> Heat intolerant</li> <li><input type="checkbox"/> Seasonal Allergies 75%</li> <li><input type="checkbox"/> Anorexia/bulimia/self-conscious</li> <li><input type="checkbox"/> Perfectionism</li> <li><input type="checkbox"/> Males &gt;&gt; females</li> <li><input type="checkbox"/> Sudden Breakdown</li> <li><input type="checkbox"/> Easy tearfulness</li> <li><input type="checkbox"/> Collecting things</li> <li><input type="checkbox"/> Computer addiction</li> <li><input type="checkbox"/> Cocaine addiction</li> <li><input type="checkbox"/> Walks slowly</li> <li><input type="checkbox"/> Not caring about what people think</li> <li><input type="checkbox"/> Slender build</li> <li><input type="checkbox"/> Can be motionless</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Poor achiever/obesity</li> <li><input type="checkbox"/> Poor motivation</li> <li><input type="checkbox"/> Artist musical ability/easily fatigues</li> <li><input type="checkbox"/> High anxiety/panic</li> <li><input type="checkbox"/> Low Libido</li> <li><input type="checkbox"/> Increased dental caries</li> <li><input type="checkbox"/> Overweigh</li> <li><input type="checkbox"/> Stuttering</li> <li><input type="checkbox"/> Easily frustrated</li> <li><input type="checkbox"/> Sleep disorder</li> <li><input type="checkbox"/> Paranoia/less obsessions</li> <li><input type="checkbox"/> Depression</li> <li><input type="checkbox"/> Self-Mutilation</li> <li><input type="checkbox"/> Colds rare</li> <li><input type="checkbox"/> Self-isolation upper body pain</li> <li><input type="checkbox"/> Nervousness</li> <li><input type="checkbox"/> Tinnitus/racing thoughts/hallucinations</li> <li><input type="checkbox"/> Hirsnte/hairy</li> <li><input type="checkbox"/> Food/Chemical Sensitivities</li> <li><input type="checkbox"/> High Pain Threshold</li> <li><input type="checkbox"/> Prone to O/A</li> <li><input type="checkbox"/> ADHD</li> <li><input type="checkbox"/> Hyperactive Psychosis</li> <li><input type="checkbox"/> Religiosity</li> <li><input type="checkbox"/> Grandiosity</li> <li><input type="checkbox"/> Stubby fingers</li> <li><input type="checkbox"/> Nil family history</li> <li><input type="checkbox"/> Young looking body</li> <li><input type="checkbox"/> Eczema/dry skin</li> <li><input type="checkbox"/> Maina/Slow metabolism</li> <li><input type="checkbox"/> Restless/Nervous legs</li> <li><input type="checkbox"/> React badly to anti-histamines and anti-depressants</li> <li><input type="checkbox"/> Better on vegetables</li> <li><input type="checkbox"/> Concerned about what other people think of them (clothing)</li> <li><input type="checkbox"/> Sculpting/Moulding talent</li> <li><input type="checkbox"/> Expects more perfectionism of others</li> <li><input type="checkbox"/> Generous, kind, loving</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Poor stress control &amp; intolerance</li> <li><input type="checkbox"/> Anxiety/panic/fear</li> <li><input type="checkbox"/> Bipolar</li> <li><input type="checkbox"/> Easily fatigued/acne</li> <li><input type="checkbox"/> Nausea especially in mornings</li> <li><input type="checkbox"/> Motion sickness</li> <li><input type="checkbox"/> Mood swings/disorder/instability</li> <li><input type="checkbox"/> Temper</li> <li><input type="checkbox"/> Severe depression</li> <li><input type="checkbox"/> Irritability/Intolerance of annoyances</li> <li><input type="checkbox"/> Little or no dream recall/dry skin</li> <li><input type="checkbox"/> Poor short term memory/bipolar/rapid cycle</li> <li><input type="checkbox"/> noise/Light sensitivity</li> <li><input type="checkbox"/> Affinity for spicy foods</li> <li><input type="checkbox"/> Reading disorder (B6)</li> <li><input type="checkbox"/> Obsesses about disaster</li> <li><input type="checkbox"/> Behaviour/learning problems/violent</li> <li><input type="checkbox"/> Underachievement at school</li> <li><input type="checkbox"/> Obsessed with or reacts to smell</li> <li><input type="checkbox"/> Fear or airplane travel</li> <li><input type="checkbox"/> Paranoia</li> <li><input type="checkbox"/> Impulsivity</li> <li><input type="checkbox"/> Hyperactivity</li> <li><input type="checkbox"/> "Nothing wrong"</li> <li><input type="checkbox"/> Food and Chemical Allergies</li> <li><input type="checkbox"/> Delays/skips breakfast</li> <li><input type="checkbox"/> Inability to tan/pale skin</li> <li><input type="checkbox"/> Hates mornings</li> <li><input type="checkbox"/> Frequent infections</li> <li><input type="checkbox"/> Poor growth-FTT</li> <li><input type="checkbox"/> Premature graying/dry skin</li> <li><input type="checkbox"/> Stretch Marks</li> <li><input type="checkbox"/> Poor muscle developments</li> <li><input type="checkbox"/> Acne</li> <li><input type="checkbox"/> Delayed Puberty</li> <li><input type="checkbox"/> Cold Hands/Feet</li> </ul>

<ul style="list-style-type: none"> <li><input type="checkbox"/> Hears pulse in ears at night</li> <li><input type="checkbox"/> Prominent veins</li> <li><input type="checkbox"/> Elongated fingers &amp; toes</li> <li><input type="checkbox"/> Bossy/Calls the shots</li> <li><input type="checkbox"/> Delusions (not external voices), more than hallucinations</li> <li><input type="checkbox"/> Better on Animal protein</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Not keen on sport</li> <li><input type="checkbox"/> Hot sweats</li> <li><input type="checkbox"/> Tinnitus</li> <li><input type="checkbox"/> A lot of Menopausal issues</li> <li><input type="checkbox"/> React to O.C.P</li> <li><input type="checkbox"/> Oestrogen Dominance</li> <li><input type="checkbox"/> Endometriosis, fibroids</li> <li><input type="checkbox"/> High Anxiety/Depression</li> <li><input type="checkbox"/> Annoyed by tight clothing and certain cloth</li> <li><input type="checkbox"/> Prone to O/A</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Labile mood</li> <li><input type="checkbox"/> Poor wound healing</li> <li><input type="checkbox"/> Delicate facial features</li> <li><input type="checkbox"/> Increase Abdomen/Upper abdomen</li> <li><input type="checkbox"/> Hypoglycaemia</li> <li><input type="checkbox"/> Physical acting out</li> <li><input type="checkbox"/> Violence</li> <li><input type="checkbox"/> Loosing control +++</li> <li><input type="checkbox"/> Tag cutter/wool annoys/loves to smell everything (textures) (1/3 autism/ASD)</li> <li><input type="checkbox"/> Long recovery from turns</li> <li><input type="checkbox"/> Crowded upper front teeth</li> <li><input type="checkbox"/> Definite breathe (sweet acetone) and body odour</li> <li><input type="checkbox"/> Fair complexion</li> <li><input type="checkbox"/> China doll face</li> <li><input type="checkbox"/> Clash with siblings</li> </ul>
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