

How's Your Diet Doin' You?

Long-Term Symptoms of Vegan, All-Raw, Gen 1:29, and Vegetarian Diets

The survey on the next two pages is specifically designed to pinpoint degraded health for people who have been on a vegan diet a long time (over a year).

Vegan diets are diets that include no animal products such as the Natural Hygiene Diet and the *Hallelujah DietSM. We use the term Gen 1:29 Diet (Gen 1:29) to mean any vegan diet (no animal products).

All the items on the survey are commonly reported in long-term vegan dieters.

Instructions for filling out the survey:

The survey is self-explanatory, and strictly for your use in determining your own state of health.

However, if you would like to have your survey results included in the Weigh of Wisdom Database, we need you to fill out all the information at the top and be please be very thorough with the survey. Please also fill out the contact information below:

Name: _____

Street Address : _____

City, State: _____

Telephone: _____

Email address: _____

We will hold your name and contact information in strictest confidence. We must have contact information to assure bona-fide data before adding it to the database.

Upon filling it out, please mail it (snail mail) to:

Weigh of Wisdom Workshop
24029 S. 150 St.
Chandler, AZ 85249

Up to date summary results of all surveys we have received can be viewed at:

www.weighofwisdom.com/rethinking/surveyresults.html

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Name: _____ Today's Date: _____

Male: Female: How long on diet? _____ years _____ months

Age: Under 20 20 - 40 40 - 60 60 - 70 70 - 80 over 80

Important: Mark ONLY the symptoms developed while on diet.

Circle the column that applies to you:

Category:	Symptom:	Yes	Some	No
Lack of Energy, Motivation	don't feel like exercising or working	2	1	0
	run down, chronically tired	2	1	0
	lack of stamina, endurance and strength	2	1	0
	lack of motivation for daily tasks	2	1	0
	diminished sex drive	2	1	0
Metabolism Shutting Down (thyroid)	* difficulty staying warm	2	1	0
	* low thyroid	2	1	0
	* eating less, but no weight loss (common in women)	2	1	0
Physical Signs Of Nutritional Deficiency	* losing look & glow of health: pale skin, dull hair, eyes	2	1	0
	dry skin	2	1	0
	* look older than I should	2	1	0
	* loss of muscles and muscle tone	2	1	0
	hair loss	2	1	0
	joint pain	2	1	0
	dry, burning eyes	2	1	0
	slumping posture	2	1	0
	headaches, neckaches, shoulder pain	2	1	0
	skinny neck, arms, or legs	2	1	0
	fingerails have ridges or thin fingerails	2	1	0
	white spots on skin (or loss of skin color)	2	1	0
	* heartbeat irregularities	2	1	0
	whites of the eyes becoming yellow or bloodshot	2	1	0
	* blood pressure too high or too low	2	1	0
* leg or foot cramps (Herbal Fiberblend can cause cramps)	2	1	0	
* too skinny, can't put on weight (common in men)	2	1	0	
Cravings and Other Signs Of Nutritional Deficiency	* constantly snacking, never satisfied	2	1	0
	snack on nuts all day long	2	1	0
	* plagued with food cravings	2	1	0
	eating lots of fruit or breads	2	1	0
	cravings for cheese, other dairy, nuts	2	1	0
	cravings for meat	2	1	0
	salt cravings (sign of adrenal fatigue)	2	1	0
	adding vitamin pills and other supplements to your diet	2	1	0
Mental Capacity	* scattered thinking or foggy thinking	2	1	0
	* memory loss	2	1	0
	* inability to concentrate	2	1	0
Emotional	low tolerance to stress	2	1	0
	negative thinking	2	1	0
	mood swings	2	1	0
	grouchy	2	1	0
	* depression	2	1	0
	* panic attacks, paranoia	2	1	0
Digestion	food drags you down rather than picks you up	2	1	0
	unable to digest food quickly	2	1	0
	trouble coping with certain food combinations	2	1	0

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Category:	Symptom:	Yes	Some	No
Dental Health	* excessive dental cavities	2	1	0
	* tooth loss	2	1	0
	* bleeding gums	2	1	0
Female problems	* erratic or missing menstrual cycle	2	1	0
	* unable to conceive	2	1	0
	* miscarriages	2	1	0
	* inadequate milk for nursing	2	1	0
Children problems	* retarded growth (too small for their age)	2	1	0
	* retarded mental development	2	1	0
Any Other Signs? Write them in please	Recurring cancer or new cancer	2	1	0
		2	1	0
		2	1	0
Add points for each column from both pages →				
Long-term symptoms points: total (from both columns) →				

Under 5: Mild Symptoms: Still doing pretty well on the vegan diet.

6 to 15: Moderate Symptoms: Showing signs of proteins and fats deficiency.

Above 15: Severe Symptoms: Critical/Dangerous protein and fat deficiency.

How Many Times Per Month Do You Eat These Foods?	beef	
	chicken	
	fish	
	milk, cream, or half-n-half	
	cheese, yogurt or cottage cheese	
	eggs	
Total "Good Cheat" points →		

Below 5: High Risk
5 to 10: Moderate Risk
← Over 10: Lower Risk

How Many Times Per Month Do You Eat These Foods?	sodas (diet or otherwise)	
	bottled and canned juices	
	commercial ice cream	
	bacon, ham, pork, hot dogs, luncheon meats	
	shrimp, lobster, clam, oysters	
	soy, tofu, miso, tempeh or protein powder	
	white bread, pastry, rolls, cake	
Total "Bad Cheat" points →		

Below 5: Good
5 to 10: Bad
← Over 10: Very Bad

Are You at High Risk of Health Problems While on a Vegan, All-Raw, Hallelujah, or Vegetarian Diet? (Circle all that apply)	expectant mother	3
	lactating mother	3
	growing children	3
	woman in childbearing years	2
	athletes, physical laborers	2
	those who do vigorous exercising	2
	sugar addicts	1
	carbohydrate addict	1
	prior history of little few animal products	1
	drinker of distilled water (very cleansing)	1
Total Risk Points →		

Under 2: Lower risk
2 to 3: Serious risk
← Above 3: Extreme Risk

*These symptoms are especially serious and shouldn't be ignored!

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