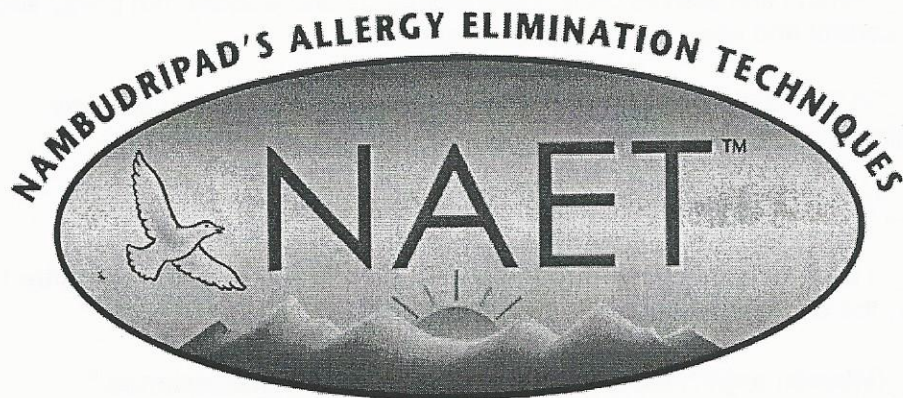


**Chico Integrative Health**

**Alcohol Recovery Program**  
**Questionnaire**



## What is Your 'Biotype'?\*

*This questionnaire is designed to help individuals to identify the specific causes underlying their drinking habits. A drinker's 'biotype' helps to identify what kind of drinker they are. Once someone's biotype is established, they can begin a course of treatment which is most appropriate for the particular health issues responsible for their drinking habits.*

*\*This questionnaire and the biotypes described in it are modeled after the biotype descriptions researched by Dr. Joan Mathews Larsen, PhD, Director of The Health Recovery Center in Minneapolis, Minnesota.*

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**Please read through the descriptive statements listed under each category. Mark each statement with with a "T" for "true", or "F" for false.**

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### ***A. Physiological Response***

1. \_\_\_ "When I drink, I soon feel light-headed, spacey, and struggle with coordination. Alcohol has always had this affect on me."
2. \_\_\_ "I feel sick when I drink, even if I only drink a little. This has always been the case since I first started drinking."
3. \_\_\_ "When I drink, I feel energized and better at what I am doing."
4. \_\_\_ "When I first start to drink, I feel wonderful and excited, but pretty soon I lose control and keep drinking until I'm drunk."
5. \_\_\_ "In the past, drinking was fun. Now I have to drink just to stop my shakiness and to feel normal."
6. \_\_\_ "After just a few drinks, I feel drowsy and sedated."
7. \_\_\_ "I drink to help myself through depression. The problem is that after I drink, the depression seems to be worse."
8. \_\_\_ (*Women only*) "I need to drink more when I am premenstrual."
9. \_\_\_ "Typically, the first one or two drinks don't seem to affect me."

## ***B. First Drinking Experience***

1. \_\_\_ "I remember my first time drinking alcohol. I liked the way it made me feel."
2. \_\_\_ "My first time drinking alcohol was not good. I reacted badly to it."
3. \_\_\_ "I cannot remember the first time I drank alcohol."
4. \_\_\_ "Since my very first time drinking, alcohol has never held any appeal or interest for me."

## ***C. Hangovers***

1. \_\_\_ "In all my years of drinking, I always felt awful on mornings after I drank heavily."
2. \_\_\_ "I almost never have hangovers. It's not really a problem for me."
3. \_\_\_ "After a night of heavy drinking, I usually feel depressed."
4. \_\_\_ "In my earlier years of drinking I never had hangovers. Now I do."
5. \_\_\_ "I drink lightly on a regular basis and I don't experience hangovers."
6. \_\_\_ "Even if I drink just a little, I feel uncomfortable. It has always been that way for me."

## ***D. Patterns***

1. \_\_\_ "In a day, I typically drink six or more 8-ounce glasses of beer, or six or more 4-ounce glasses of wine, or six or more drinks with hard liquor (each containing 1.5-ounces or more of alcohol. I don't get hangovers."
2. \_\_\_ "When I drink, I usually can't control or predict how much I drink."
3. \_\_\_ "I can go without drinking for several days, weeks or months. However, when I drink, I binge-drink for several days. It has been this way since I first started drinking."
4. \_\_\_ "I almost never want more than one or two drinks at a time."
5. \_\_\_ "I don't like the way alcohol affects me, even if it's only a little bit. I don't drink at all."
6. \_\_\_ "I often have the urge to drink at the end of the work day, after work-related exposure to gasoline fumes, printer's ink, house paint,

formaldehyde, or hydrocarbons.”

7. \_\_\_ “I am able to drink a lot, sleep very little, I have a strong sex drive, and I have a compulsive Type-A personality.”

8. \_\_\_ (*Women only*) “I usually drink moderately, except right before my period. Before my period, I need to drink a lot.”

9. \_\_\_ “I’ve never been a big drinker, but if I don’t eat before I drink alcohol, I can get drunk from only one or two drinks.”

10. \_\_\_ “I drink every day, or very frequently, to avoid depression.”

### **5. Hereditary**

1. \_\_\_ “No one in my family history, on either side of my family, has ever been a big drinker.”

2. \_\_\_ “I have a close maternal or paternal family relative who drinks (or used to drink) heavily and often.”

3. \_\_\_ “My ancestry is Scandinavian, Welsh, Scottish, or Celtic. I have relatives who are drinkers and struggle with depression.”

4. \_\_\_ “I am adopted and I don’t know who my biological parents are.”

5. \_\_\_ “My family may/may not completely avoid alcohol, and I am of northern European or Native American descent.”

6. \_\_\_ “My family is from a country in the Southern Mediterranean.”

7. \_\_\_ “I have a close family member who is a heavy drinker, but for me it only takes a drink or two to make me feel spacey.”

8. \_\_\_ “I am Asian. My family members and I become flushed, dizzy, and nauseous from drinking just a little.”

### **6. Personality Effects**

1. \_\_\_ “My personality and my behavior change noticeably when I drink. It has always been this way.”

2. \_\_\_ “I get mellow and sleepy after a few drinks.”

3. \_\_\_ “I feel energized and usually I can party all night when I drink, but I don’t appear to be drunk.”

4. \_\_\_ “Sometimes I get into fights when I drink a lot. It has been this way

almost as long as I have been drinking.”

5. \_\_\_”I use alcohol to curb my anxiety when possible.”

6. \_\_\_”I have struggled with depression all my life. I rely on alcohol to lift the depression temporarily.”

7. \_\_\_”Sometimes my behavior is bizarre when I drink.”

8. \_\_\_”I don’t like drinking because it makes me feel bad physically, but it doesn’t change my personality.”

9. \_\_\_”After a drink or two, I feel good, but if I drink much more than that I feel light-headed and spaced out.”

### **7. Tolerance**

1. \_\_\_”I have always had a high alcohol tolerance. I can drink a lot without any problem.”

2. \_\_\_”Over time, my alcohol tolerance has increased, and I have become able to drink larger amounts on a normal basis with not many hangovers.”

3. \_\_\_”I just can’t handle a lot of alcohol.”

4. \_\_\_”Recently, my alcohol tolerance has gone down. I usually can’t predict or control how much I will drink.”

5. \_\_\_”My alcohol tolerance is inconsistent. I usually can’t predict how often or how much I will drink.”

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### ***What your ratings mean***

**Each of the statements you just read through is characteristic of a different Biotype, which explains what type of drinker you are, and what is causing your need for alcohol.**

**To determine which biotype(s) apply to you, note all the statements you marked with a “T” in each category of the questionnaire. Then look below to see which biotype corresponds to the statements which apply to you. For example, if you marked “T” for statement number 1 in category A, then you would find “A1” below and see that A1 is a statement indicative of someone with a “Nonalcoholic (alcoholic-intolerant) chemistry). Check the biotypes listed next to each statement that you marked with a “T”. Then read on to find a description of your biotype(s).**

## **A. Physiological Response**

A6: *Nonalcoholic chemistry*

A2: *Nonalcoholic (alcohol-intolerant) chemistry*

A1, A8: *Nonalcoholic hypoglycemic chemistry*

A3,A5,A9, A10. *II ADH/THIQ alcoholic chemistry*

A4. *Allergic/addicted alcoholic chemistry*

A7. *Omega-6 Essential Fatty Acid deficient alcoholic chemistry*

## **B. First Drinking Experience**

B3: *Nonalcoholic chemistry*

B2, B4: *Nonalcoholic (alcohol-intolerant) chemistry*

B3: *Nonalcoholic hypoglycemic chemistry*

B1. *II ADH/THIQ alcoholic chemistry*

B2. *Allergic/addicted alcoholic chemistry*

B1. *Omega-6 Essential Fatty Acid deficient alcoholic chemistry*

## **C. Hangovers**

C5: *Nonalcoholic chemistry*

C6: *Nonalcoholic (alcohol-intolerant) chemistry*

C6: *Nonalcoholic hypoglycemic chemistry*

C2, C4: *II ADH/THIQ alcoholic chemistry*

C1, C3: *Allergic/addicted alcoholic chemistry*

C3: *Omega-6 Essential Fatty Acid deficient alcoholic chemistry*

## **D. Patterns**

D4: *Nonalcoholic chemistry*

D6: *Nonalcoholic (alcohol-intolerant) chemistry*

D8,D9: *Nonalcoholic hypoglycemic chemistry*

D1, D7: *II ADH/THIQ alcoholic chemistry*

D2, D3, D6: *Allergic/addicted alcoholic chemistry*

D10: *Omega-6 Essential Fatty Acid deficient alcoholic chemistry*

### **E. Hereditary**

E1, E6, E8: *Nonalcoholic chemistry*

E8: *Nonalcoholic (alcohol-intolerant) chemistry*

E1, E7: *Nonalcoholic hypoglycemic chemistry*

E2, E5: *Allergic/addicted alcoholic chemistry (possible to probable)*

E2, E3: *Omega-6 Essential Fatty Acid deficient alcoholic chemistry (possible to probable)*

E4, E5: *Unidentifiable chemistry*

### **F. Personality Effects**

F3: *Nonalcoholic chemistry*

F3, F10: *Nonalcoholic hypoglycemic chemistry*

F2, F4, F6: *II ADH/THIQ alcoholic chemistry*

F1, F5, F6, F8: *Allergic/addicted alcoholic chemistry*

F7: *Omega-6 Essential Fatty Acid deficient alcoholic chemistry*

### **G. Tolerance**

G3: *Nonalcoholic chemistry*

G3: *Nonalcoholic (alcohol-intolerant) chemistry*

G3: *Nonalcoholic hypoglycemic chemistry*

G1, G2, G4: *II ADH/THIQ alcoholic chemistry OR Omega EFA deficient*

## ***Biotype Descriptions***

**Which biotype statements you related to the most tells you what kind of drinker you are. The meaning of the biotypes listed above is explained here.**

### ***Nonalcoholic chemistry (Normal Drinker)***

- One to four drinks will have a sedative effect on you.
  - You probably have no remarkable memory of your first drink or how you reacted to alcohol.
  - Alcohol use is typically light and you rarely experience hangovers
  - Two to four drinks are usually plenty for you.
  - Most of the time, no one on either side of your family drinks or has been a big drinker.
  - Some of your biological relatives come from southern Mediterranean European regions.
  - Feeling sedated by alcohol is a typical response of a nonalcoholic.
  - You don't have much ability to party all night, and you wouldn't enjoy having to drink 12 beers or a pint of vodka each day, whatever your personality is.
- You have the chemistry of a nonalcoholic drinker.

### ***Nonalcoholic (alcohol-intolerant) chemistry***

- Drinking just a little alcohol makes you feel dizzy or sick to your stomach or causes flushing or other unpleasant reactions.
- You got sick the first time you drank.
- Because alcohol affects you so badly, it was never appealing.
- Even a little alcohol may have a lingering effect the following day.
- You don't drink because you don't like the ways even a little alcohol affects you.
- Your family may be of Asian descent and so you might have only one alcohol dehydrogenase enzyme in your liver. This means your body is unable to process alcohol, and that is why you react to it so negatively.
- Feeling sedated by alcohol is a typical response of a nonalcoholic.
- Alcohol gives you no rewarding good feelings. It just makes you feel bad physically.
- You are alcohol intolerant and so you avoid drinking.

### ***Nonalcoholic hypoglycemic chemistry (may mistakenly be labeled as alcoholic)***

- A little bit of alcohol makes you feel light-headed, spaced out, or uncoordinated.
- If you are a female hypoglycemic, you often crave and drink more alcohol during PMS. Your hormonal fluctuations depress glucose metabolism, which causes strong sugar cravings. Alcohol can temporarily help this by supplying your brain with the glucose it needs.



- Your first time drinking likely does not stand out in memory.
- You often get a hangover from moderated drinking because alcohol triggers a flood of insulin, which causes mild to severe insulin shock. This results in symptoms of fatigue, confusion, depression, and irritability.
- One or two drinks on an empty stomach can cause severe reactions: a quick lift, followed by light-headedness, confusions, grogginess, lack of coordination, and weakness.
- Very likely, no one in your family is a drinker, OR A close relative may be alcoholic. However, your drinking tolerance is low--a few drinks usually make you feel spacey. In certain kinds of alcoholic families, one or two children may inherit the tendency toward abnormal glucose metabolism (hypoglycemia), but won't have the high alcohol tolerance that can lead to alcoholism.
- You might be the type of hypoglycemic who becomes light-headed and sleepy very easily when you drink.
- A drink or two offers a quick, brief feeling of well-being.
- You have never been able to drink large amounts. You don't need very much alcohol to lift your blood sugar and make you feel good.

### ***II ADH/THIQ alcoholic chemistry***

- Alcohol gives you energy and improves your performance ability, OR it *used* to do this. Now it only stops the shakes and makes you feel normal again.
- You don't get the feeling you want until you have had several drinks.
- Alcohol stimulates endorphins. This will gradually inhibit their natural production without the use of alcohol. Depression can result because natural endorphins are less available, and drinking can alleviate the depression temporarily.
- Your first time drinking was pleasant. Alcohol didn't make you feel sick.
- Alcohol causes few negative effects. Your hangovers used to be rare, but years (maybe decades) later, this changed because of liver damage.
- You have a high tolerance for alcohol. For many years you didn't have hangovers or other adverse effects.
- You lean towards a Type-A personality. You are compulsive, and have a strong sex drive, and you don't need much sleep in order to function well.
- A close family relative has shown a pattern of high drinking tolerance.
- Your ancestors are mostly northern European or native American.
- After years of having a high drinking tolerance, you are starting to show signs that alcohol has damaged your brain or your nervous system.
- Alcohol amps you up instead of making you feel sleepy. You can party late into the night and not seem to be intoxicated.
- Alcohol helps you deal with situations that make you feel anxious.
- You had a high drinking tolerance since a young age, OR your tolerance increased greatly through steady use of alcohol, OR your high tolerance of the past has declined after many years of drinking.

### ***5. Allergic/addicted alcoholic chemistry***

- Alcohol will make you feel great at first, but you quickly lose control and might drink until you get drunk.
- You can likely remember getting sick the first time you drank. Your body was able to tell you how it responded to alcohol at that time. Over a long period of

repeated alcohol use, your body was forced to adjust. The result is an altered response to alcohol, characteristic of allergy and addiction.

-You typically have serious after effects the morning after heavy drinking because alcohol is toxic due to your allergy.

-You are usually depressed after a night of heavy drinking.

-You usually can't predict or control how much you drink at a time. This is because alcohol impairs your brain's ability to think clearly and make choices.

-You may go a long time without alcohol, but when you drink again it often results in a binge that can last for several days.

-Regular exposure to chemicals like gasoline, formaldehyde, printer's ink, and hydrocarbons can easily affect your brain and trigger alcohol cravings. If you work around these chemicals, you might notice a strong urge to drink right after work.

-Typically, you have a close relative with a similar pattern, OR your relatives all stay away from drinking because they don't handle it well. Chances are that you are predominantly northern European or native American.

-Your personality and behavior are usually drastically changed by alcohol because your brain and nervous system are very sensitive to its toxicity.

-When you drink, you frequently get into arguments and bar fights. This can happen with anyone you come into contact with, even strangers.

-Alcohol mediates your high anxiety and is your preferred method of dealing with stress

-The physical changes that alcohol causes in your brain can result in irrational or strange behavior. Contrary to appearances, you have very little control over your actions once you have started drinking.

-You usually can't control how much you drink.

#### **6. *Omega-6 Essential Fatty Acid deficient alcoholic chemistry***

-You know you can temporarily ease depression with alcohol.

-Your first drinking experience gave immediate relief from long-term depression.

-Your depression returns when you stop drinking.

-You drink daily, or very often, to avoid depression.

-You have relatives who are alcoholic and/or depressed. There may have been suicides in your family.

-Your ancestry is mostly Scandinavian, Irish, Welsh, or Scottish.

-You have come to depend on alcohol to relieve depression since childhood.

-Your alcohol tolerance either increased over the years, OR your tolerance has greatly reduced after years of drinking and liver damage.