

Dr. Eric Braverman's: Nature Assessment

Please answer each question by either circling T for true or F for false. At the end of each group please add up only the total number of true responses.

1A

- I find it easy to process thoughts. T / F
- I concentrate effectively. T / F
- I am a deep thinker. T / F
- I am a quick thinker. T / F
- I become distracted because I do so many tasks at once. T / F
- I enjoy intense debate. T / F
- I have a good imagination. T / F
- I tend to criticize and analyze my thoughts. T / F

Physical

- I have a lot of energy most of the time. T / F
- My blood pressure is often elevated. T / F
- Sometimes in my life I have had episodes of extreme energy. T / F
- I have insomnia. T / F
- I find exercising invigorating. T / F
- I don't ordinarily need coffee to jump-start me in the morning. T / F
- My veins are visible and tend to look as though they might pop out of my skin. T / F
- I tend to have high body temperature. T / F
- I eat my lunch while I am working. T / F
- I engage in sexual intercourse any chance I get. T / F
- I have a temper. T / F
- I eat only to reenergize my body. T / F
- I love action movies. T / F
- Exercising makes me feel powerful. T / F

Personality

- I am a very domineering individual. T / F
- I sometimes do not notice my feelings. T / F
- I often have trouble listening to others because my own ideas dominate. T / F
- I have been in many physical altercations. T / F
- I tend to be future oriented. T / F
- I am sometimes speculative. T / F
- Most people view me as thinking-oriented. T / F
- I daydream and often fantasize. T / F
- I like to read history and other non-fiction books. T / F
- I admire ingenuity. T / F
- I can be slow in identifying how people can cause trouble. T / F
- I don't usually get tricked by people who say they need my help. T / F
- Most people view me as innovative. T / F
- I am often agitated or irritated. T / F
- Little things make me anxious or upset. T / F
- I have fantasies of unlimited power. T / F
- I love spending money. T / F
- I dominate others in my relationships. T / F
- I am very hard on myself. T / F
- I react aggressively to criticism, often becoming defensive in front of others. T / F

Character

- Some individuals view me as tough-minded. T / F
- Most people view me as achievement-orientated. T / F
- Some people say that I am irrational. T / F
- I will do anything to reach a goal. T / F
- I value a religious philosophy. T / F

Incompetence makes me angry. **T / F**
I have high standards for myself and for others. **T / F**

TOTAL NUMBER OF **T** RESPONSES: _____

2A

Memory & Attention

My memory is very strong. **T / F**
I am a good listener. **T / F**
I am good at remembering stories. **T / F**
I usually do not forget a face. **T / F**
I am very creative. **T / F**
I have an excellent attention span and rarely miss a thing. **T / F**
I have many good hunches. **T / F**
I notice everything going on around me. **T / F**
I have a good imagination. **T / F**

Physical

I tend to have a slow pulse. **T / F**
My body has excellent tone. **T / F**
I have a great figure/build. **T / F**
I have low cholesterol. **T / F**
When I eat, I love to experience the aromas and the beauty of food. **T / F**
I love yoga and stretching my muscles. **T / F**
During sex I am very sensual. **T / F**
I have had an eating disorder at some point in my life. **T / F**
I have tried many alternate remedies. **T / F**

Personality

I am a perpetual romantic. **T / F**
I am in touch with my feelings. **T / F**
I tend to make decisions based on hunches. **T / F**
I like to speculate. **T / F**
Some people say I have my head in the clouds. **T / F**
I love reading fiction. **T / F**
I have a rich fantasy life. **T / F**
I am creative when solving problems. **T / F**
I am very expressive; I like to talk about what's bothering me. **T / F**
I am buoyant. **T / F**
I believe that it is possible to have a mystical experience. **T / F**
I believe in being a soul mate. **T / F**
Sometimes the mystical can excite me. **T / F**
I tend to over react to my body. **T / F**
I find it easy to change; I am not set in my ways. **T / F**
I am deeply in touch with my emotions. **T / F**
I tend to love someone one minute and hate him or her the next. **T / F**
I am flirtatious. **T / F**
I don't mind spending money if it benefits my relationships. **T / F**
I tend to fantasize when I am having sex. **T / F**
My relationships tend to be filled with romance. **T / F**
I love watching romantic movies. **T / F**
I take risks in my love life. **T / F**

Character

I foresee a better future. **T / F**
I am inspired to help other people. **T / F**
I believe that all things are possible, particularly for those that are devoted. **T / F**
I am good at creating harmony between people. **T / F**
Charity and altruism come from the heart, and have plenty of both. **T / F**

Others think of me as having vision. T / F
My thoughts on religion often change. T / F
I am an idealist, but not a perfectionist. T / F
I am happy with someone who just treats me right. T / F

TOTAL NUMBER OF T RESPONSES: _____

3A

Memory & Attention

I have a stable attention span and can follow other people's logic. T / F
I enjoy reading people more than books. T / F
I retain most of what I hear. T / F
I can remember facts that people tell me. T / F
I learn from my experiences. T / F
I am good at remembering names. T / F
I can focus very well on tasks and people's stories. T / F

Physical

I find it easy to relax. T / F
I am a calm person. T / F
I find it easy to fall asleep at night. T / F
I tend to have high endurance. T / F
I have low blood pressure. T / F
I do not have a family history of stroke. T / F
When it comes to sex, I am not very experimental. T / F
I have little muscle tension. T / F
Caffeine has little effect on me. T / F
I take my time eating my meals. T / F
I sleep well. T / F
I don't have many harmful food cravings such as sugar. T / F
Exercising is a regimented habit for me. T / F

Personality

I am not very adventurous. T / F
I do not have a temper. T / F
I have a lot of patience. T / F
I don't enjoy philosophy. T / F
I love watching sitcoms about families. T / F
I dislike movies about other worlds or universes. T / F
I am not a risk taker. T / F
I keep past experiences in mind before I make decisions. T / F
I am a realistic person. T / F
I believe in closure. T / F
I like facts and details. T / F
When I make a decision, it's permanent. T / F
I like to plan my day, week, month, etc. T / F
I collect things. I am a little sad. T / F
I'm afraid of confrontations and altercations. T / F
I save up a lot of money in the event of a crisis. T / F
I tend to create strong, lasting bonds with others. T / F
I am a stable pillar in people's lives. T / F

Character

I believe in the adage "Early to bed, early to rise". T / F
I believe in meeting deadlines. T / F
I try to please others the best I can. T / F
I am a perfectionist. T / F
I am good at maintaining long-lasting relationships. T / F
I pay attention to where my money goes. T / F

- I believe that the world would be more peaceful if people would improve their morals. **T / F**
- I am a very loyal and devoted to my loved ones. **T / F**
- I have high ethical standards that I live by. **T / F**
- I pay close attention to laws, principles and policies. **T / F**
- I believe in participating in service for the community. **T / F**

TOTAL NUMBER OF **T** RESPONSES: _____

4A

Memory & Attention

- I can easily concentrate on manual-labor tasks. **T / F**
- I have a good visual memory. **T / F**
- I am very perceptive. **T / F**
- I am an impulsive thinker. **T / F**
- I live in the here and now. **T / F**
- I tend to say, "Tell me the bottom line". **T / F**
- I am a slow book learner, but I learn easily from experience. **T / F**
- I need to experience something or work at it hands-on in order to understand it. **T / F**

Physical

- I sleep too much. **T / F**
- When it comes to sex, I am very experimental. **T / F**
- I have low-blood pressure. **T / F**
- I am very action-oriented. **T / F**
- I am very handy to have around the house. **T / F**
- I am very active outdoors. **T / F**
- I engage in daring activities such as skydiving and motorcycle riding. **T / F**
- I can solve problems spontaneously. **T / F**
- I rarely have carbohydrate cravings. **T / F**
- I usually grab a quick meal on the run. **T / F**
- I am not very consistent with my exercise routine; I may exercise daily for three weeks and then skip it for a month. **T / F**

Personality

- I live life in the immediate moment. **T / F**
- I like to perform/entertain in public. **T / F**
- I tend to gather facts in an unorganized manner. **T / F**
- I am very flexible. **T / F**
- I am a great negotiator. **T / F**
- I often just like to "eat, drink & be merry". **T / F**
- I am dramatic. **T / F**
- I am very artistic. **T / F**
- I am a good craftsman. **T / F**
- I am a risk taker when it comes to sports. **T / F**
- I believe in psychics. **T / F**
- I can easily take advantage of others. **T / F**
- I am cynical of other's philosophies. **T / F**
- I like to have fun. **T / F**
- My favorite types of movies are horror flicks. **T / F**
- I am fascinated with weapons. **T / F**
- I rarely stick to a plan or agenda. **T / F**
- I have trouble remaining faithful. **T / F**
- I am easily able to separate and move on when relationships with loved ones end. **T / F**
- I don't pay much attention to how I spend my money. **T / F**
- I have many frivolous relationships. **T / F**

Character

- I always keep my opinion open in case something better comes up. **T / F**

- I don't like working hard for long periods of time. **T / F**
- I believe things should have a function and purpose. **T / F**
- I am optimistic. **T / F**
- I live in the moment.
- I pray only when in need of spiritual support. **T / F**
- I don't have particularly high morals and ethical values. **T / F**
- I do what I want, when I want to. **T / F**
- I don't care about being perfect; I just live my life. **T / F**
- Savings are for suckers. **T / F**

TOTAL NUMBER OF **T** RESPONSE: _____

Results:

- 1A. Total number of **T** responses: dopamine nature. _____
- 2A. Total number of **T** responses: acetylcholine nature. _____
- 3A. Total number of **T** responses: GABA nature. _____
- 4A. Total number of **T** responses: serotonin nature. _____

This questionnaire is adapted from Dr. Eric Braverman's *The Edge Effect: Reverse or Prevent Alzheimer's, Aging, Memory Loss, Weight Gain, Sexual Dysfunction, and More*. To work through correcting brain imbalances please refer to Dr. Eric Braverman's book *The Edge Effect*, Sterling Publishers Co., Inc., New York 2004, ISBN: 1-4027-1205-7. Please visit the web site at: <http://edgeeffect.org>. To sign up for the free newsletter got to: www.pathmedical.com

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Dr. Eric Braverman's: Defining Your Deficiencies Assessment

Please answer each question by either circling T for true or F for false. At the end of each group please add up only the total number of true responses.

1B

Memory & Attention

- I have trouble paying consistent attention and concentrating. T / F
- I need caffeine to wake up. T / F
- I cannot think quickly enough. T / F
- I do not have a good attention span. T / F
- I have trouble getting through a task even when it is interesting to me. T / F
- I am slow in learning new ideas. T / F

Physical

- I crave sugar. T / F
- I have decreased libido. T / F
- I sleep too much. T / F
- I have a history of alcohol or addiction. T / F
- I have recently felt worn out for no apparent reason. T / F
- I sometimes experience total exhaustion without even exerting myself. T / F
- I have always battled a weight problem. T / F
- I have little motivation for sexual experiences. T / F
- I have trouble getting out of bed in the morning. T / F
- I have a craving for cocaine, amphetamines or Ecstasy. T / F

Personality

- I feel fine just following others. T / F
- People seem to take advantage of me. T / F
- I am feeling very down or depressed. T / F
- People have told me I am too mellow. T / F
- I have little urgency. T / F
- I let people criticize me. T / F
- I always look to others to lead me. T / F

TOTAL NUMBER OF T RESPONSE: _____

2B

Memory & Attention

- I lack imagination. T / F
- I have difficulty remembering names when I first meet people. T / F
- I have noticed that my memory ability is decreasing. T / F
- My significant other tells me I don't have romantic thoughts. T / F
- I can't remember my friends' birthdays. T / F

Physical

- I have insomnia. T / F
- I have lost muscle tone. T / F
- I don't exercise anymore. T / F
- I crave fatty foods. T / F
- I have experimented with hallucinogens or illicit drugs. T / F
- I feel like my body is falling apart. T / F
- I can't breathe easily. T / F

Personality

- I don't feel joy very often. T / F
- I feel despair. T / F
- I protect from being hurt by others by never telling much about myself. T / F
- I find it more comfortable to do things alone rather than in a large group. T / F

Other people get angrier about bothersome thing than I do. **T / F**
I give easily and tend to be submissive. **T / F**
I rarely feel passionate about anything. **T / F**
I like routine. **T / F**

Character

I don't care about anyone's stories but mine. **T / F**
I don't pay attention to people feelings. **T / F**
I don't feel buoyant. **T / F**
I am obsessed with my deficiencies. **T / F**

TOTAL NUMBER OF **T** RESPONSE: _____

3B

Memory & Attention

I find it difficult to concentrate because I'm nervous and jumpy. **T / F**
I can't remember phone numbers. **T / F**
I have trouble finding the right word. **T / F**
I have trouble remembering things when I am put on the spot. **T / F**
I know I am intelligent, but it is hard to show others. **T / F**
My ability to focus comes and goes. **T / F**
When I read, I find I have to go back over the same paragraph a few times to absorb the information.
T / F
I am a quick thinker but can't always say what I mean. **T / F**

Physical

I feel shaky. **T / F**
I sometimes tremble. **T / F**
I have frequent backaches and/or headaches. **T / F**
I tend to have shortness of breathe. **T / F**
I tend to have heart palpitations. **T / F**
I tend to have cold hands. **T / F**
I sometimes sweat too much. **T / F**
I am sometimes dizzy. **T / F**
I often have muscle tension. **T / F**
I tend to get butterflies in my stomach. **T / F**
I crave bitter foods. **T / F**
I am often nervous. **T / F**
I like yoga because it helps me relax. **T / F**
I often feel fatigued even when I have had good nights sleep. **T / F**
I overeat. **T / F**

Personality

I have mood swings. **T / F**
I enjoy doing many things at one time, but I find it difficult to decide what to do first. **T / F**
I tend to do things just because I think they'd be fun. **T / F**
When things are dull, I always try to introduce some excitement. **T / F**
I tend to be fickle, changing my mood and thoughts frequently. **T / F**
I tend to get overly excited about things. **T / F**
My impulses tend to get me into a lot of trouble. **T / F**
I tend to be theatrical and draw attention to myself. **T / F**
I speak my mind no matter what the reaction of others may be. **T / F**
I sometimes have fits of rage and then feel terribly guilty. **T / F**
I often tell lies to get out of trouble. **T / F**
I have always had less interest than the average person in sex. **T / F**

Character

I don't play by the rules anymore. **T / F**
I have lost many friends. **T / F**

I can't sustain romantic relationships. **T / F**
I consider the law arbitrary and without reason. **T / F**
I now consider rules that I used to follow ridiculous. **T / F**

TOTAL NUMBER OF **T** RESPONSE: _____

4B

Memory & Attention

I am not very perceptive. **T / F**
I can't remember things that I have seen in the past. **T / F**
I have slow reaction time. **T / F**
I have a poor sense of direction. **T / F**

Physical

I have night sweats. **T / F**
I have insomnia. **T / F**
I tend to sleep in many different positions in order to feel comfortable. **T / F**
I always awake early in the morning. **T / F**
I can't relax. **T / F**
I wake up at least two times per night. **T / F**
It is difficult for me to fall back asleep when I am awakened. **T / F**
I crave salt. **T / F**
I have less energy to exercise. **T / F**
I am sad. **T / F**

Personality

I have chronic anxiety. **T / F**
I am easily irritated. **T / F**
I have thoughts of self-destruction. **T / F**
I have had suicidal thoughts in my life. **T / F**
I tend to dwell on ideas too much. **T / F**
I am sometimes so structured that I become inflexible. **T / F**
My imagination takes over me. **T / F**
Fear grips me. **T / F**

Character

I can't stop thinking about the meaning of life. **T / F**
I no longer want to take risks. **T / F**
The lack of meaning in my life is painful to me. **T / F**

TOTAL NUMBER OF **T** RESPONSE: _____

Results:

1A. Total number of **T** responses: dopamine deficiency. _____
2A. Total number of **T** responses: acetylcholine deficiency. _____
3A. Total number of **T** responses: GABA deficiency. _____
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