

PSYCHIC & PHYSICAL FACTORS

FOOD & DRINK EXCESSES

1	Emotional Upset/Family or Friends	A	Ripened Cheese (Pizza)
2	Emotional Upset/Occupation	B	Herring
3	Business Reversal	C	Chocolate
4	Business Success	D	Vinegar
5	Vacation Day	E	Fermented Foods (pickled or marinated sour cream, yogurt)
6	Weekends	F	Freshly Baked Yeast Products
7	Strenuous Exercise	G	Nuts (peanut butter)
8	Strenuous Labor	H	Monosodium Glutamate (Chinese foods)
9	High Altitude Location	I	Pods of Broad Beans
10	Anticipation Anxiety	J	Onions
11	Crisis/Serious	K	Canned Figs
12	Post-Crisis Period	L	Citrus Foods
13	New Job/Position	M	Bananas
14	New Move	N	Pork
15	Menstrual Days	O	Caffeinated Beverages (coffee, cola)
16	Physical Illness	P	Avocado
17	Over-Sleeping	Q	Fermented Sausage (cured cold cuts)
18	Lack of Sleep	R	Chicken Livers
19	Weather	S	Wine
20	Fasting	T	Alcohol
21	Missing a Meal	U	Beer
22	Other Triggers - Indicate This Number on Front, then be specific by listing below:		