

PSYCHIC & PHYSICAL FACTORS

- 1 - Emotional Upset/Family or Friends
- 2 - Emotional Upset/Occupation
- 3 - Business Reversal
- 4 - Business Success
- 5 - Vacation Day
- 6 - Weekends
- 7 - Strenuous Exercise
- 8 - Strenuous Labor
- 9 - High Altitude Location
- 10 - Anticipation Anxiety
- 11 - Crisis / Serious
- 12 - Post-Crisis Period
- 13 - New Job / Position
- 14 - New Move
- 15 - Menstrual Days
- 16 - Physical Illness
- 17 - Over-Sleeping
- 18 - Weather
- 19 - Fasting
- 20 - Missing a Meal
- 21 - Other

FOOD & DRINK EXCESSES

- A - Ripened Cheese (Pizza)
- B - Herring
- C - Chocolate
- D - Vinegar
- E - Fermented Foods (pickled or marinated sour cream, yogurt)
- F - Freshly Baked Yeast Products
- G - Nuts (peanut butter)
- H - Monosodium Glutamate (Chinese foods)
- I - Pods of Broad Beans
- J - Onions
- K - Canned Figs
- L - Citrus Foods
- M - Bananas
- N - Pork
- O - Caffeinated Beverages (coffee, cola)
- P - Avocado
- Q - Fermented Sausage (cured cold cuts)
- R - Chicken Livers
- S - Wine
- T - Alcohol
- U - Beer