

Beginner Meeting Questionnaire – Suppers

Will Suppers Benefit You?

1. Does at least one of the following problems occur in your biological family?
 - Obesity or struggles with weight
 - Diabetes or hypoglycemia
 - Alcoholism or problem drinking

2. Does at least one of the following problems occur in your biological family?
 - Depression
 - Anxiety
 - Learning issues, like ADHD or poor concentration
 - Insomnia or inadequate sleep

3. Do you personally experience at least one item from question 1 and one item from question 2?

4. Which items are most troubling to you today?

5. Rate the following on a scale of 1–10, with one meaning “I feel no pull at all” and 10 meaning “I feel addicted”.
 - Coffee
 - Cakes, chips, cookies, pasta or breadstuffs
 - Chocolate
 - Soft drinks, diet or regular
 - Alcohol

6. Women: do/did your answers to question 5 depend on the time of the month?

7. Do you skip breakfast?

8. Is your evening weight more than two pounds greater than your morning weight?

9. Do you regularly eat meals made from whole foods (like fresh vegetables, meat or fish, legumes and whole grains)?

10. Do you know your blood type, and if so, do you know how to eat accordingly?

11. Are you satisfied with how you manage your stress level?

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12. Do you regularly engage in exercise or some meaningful physical activity?
13. Do you eat regularly at the family table?
14. Are you satisfied with your spiritual life?
15. How important is it for you to make diet and lifestyle changes? (Use 1–7)

Interpretation

Questions 1–3

If you answered yes to 1-3, you are a good candidate for a Suppers program because your answers suggest that the solutions to your health challenges need to include diet and lifestyle change to support stable blood sugar and mood chemistry.

Questions 4

Will help you determine what type of Suppers group would work the best for you (the general Suppers meeting for *anyone* with problems related to blood sugar and mood chemistry, Suppers for Sobriety, Suppers for Stable Blood Sugar, Suppers for Families with ADHD or Suppers for Teens).

Question 5

If you feel pulled in by any of these items, you may have a relationship with items in the food supply that act more like drugs than food *for you*. These items might affect mood, sleep, and mental function. Again, we'd like to invite you to try Suppers. Over time, we can give you the support you need to reduce your dependence on drug-like foods and beverages, if you choose.

Question 6

Increased cravings and mood swings around the cycle can sometimes be normalized with a stabilizing diet. At the very least, stabilizing includes a healthy diet.

Question 7

Some of the most dramatic improvements we have seen have been around breakfasting behavior: relief from panic attacks; relief from depression; relief from cravings. At Suppers you'll learn why and get support finding what works for your body.

Question 8

If your evening weight is more than 2 pounds greater than your morning weight, it is likely to be an indication that your body does not tolerate something you are eating or drinking. True weight does not go up in a day. Fluid retention, or edema, comes from consuming something toxic *for you* or something to which you are allergic or "hypersensitive", often an item with which you feel an addictive relationship.

Question 9

All of the health issues listed in questions 1 and 2 relate to food and beverage refining processes. If these items were not in the food supply, the problems would hardly exist. If you would like to learn how to prepare whole foods, we hope you will join us for Suppers.

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Question 10

At Suppers we don't promote any specific diet, but we do support people as they try on different ways of eating. Some of our best results have come when people made food choices informed by their blood type.

Question 11

Stress itself is very destabilizing for blood sugar and mood chemistry. It is, ultimately, also very fattening. At Suppers you will learn very simple techniques to reduce stress and become more aware of the effects of foods and stress on your body. If you experience a combination of the challenges in questions 1–3, your diet itself is a source of stress. At Suppers, the #1 way we can help is by supporting you as you find the best way for you to eat. A close second is learning to manage stress better, through breathing exercises, guided meditations, and body awareness exercises.

Question 12

Everybody already knows we need exercise and meaningful physical activity. The habit is hard to establish. Your therapeutic friends at Suppers meetings can help you set doable goals, even walk or exercise together with you.

Question 13

Research on the positive effects of eating at a family table is clear: Children who eat regular meals with their parents are at reduced risk for alcohol, tobacco and drug use. If you don't know how to make family tables a reality in your household, we hope you'll accept our invitation to Suppers.

Question 14

Many spiritual programs already exist, as do many programs focused on psychological and emotional support. Suppers programs are compatible with these programs, and our spiritual focus is different: At Suppers the spiritual focus is on the body as the temple of the soul.

Question 15

If your sense is that it is very important to make diet and lifestyle changes to support better health or more doable recovery, we hope you'll join us for Suppers. The program is free too users except for the price of your own groceries.