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| --- | --- | --- |
| Item | Initial | Extraction |
| Do you frequently experience bloating, gas, or heartburn after meals? | 0.411 | 0.473 |
| Do you have a food allergy or intolerance that causes noticeable reactions? | 0.299 | 0.381 |
| Do you often feel cold in your hands or feet or notice poor circulation in the extremities? | 0.409 | 0.396 |
| Do you consume unfiltered water or eat mercury-rich fish regularly? | 0.276 | 0.248 |
| Do you often feel tired, especially in the morning, or have difficulty concentrating? | 0.644 | 0.679 |
| Do you consume less than 25 grams of protein in a serving or avoid fish and omega-3? | 0.323 | 0.439 |
| Do you have dry skin, thinning hair, or are you unusually sensitive to cold? | 0.469 | 0.503 |
| Do you experience low libido or mood changes (such as irritability or depression)? | 0.443 | 0.514 |
| Do you have weight gain or bulge around the midfield that is difficult to get rid of? | 0.425 | 0.401 |
| Do you have swelling in your hands or feet or do your wounds take longer than usual to heal? | 0.319 | 0.332 |
| Do you crave sweets or carbohydrates and feel a temporary boost of energy followed by fatigue? | 0.505 | 0.632 |
| Do you feel shivering, discomfort, or weakness if you miss meals or stay long without eating? | 0.375 | 0.378 |
| Do you have regular problems with constipation or diarrhea? | 0.585 | 0.678 |
| Are you regularly exposed to environmental toxins (e.g., chemicals, pesticides)? | 0.315 | 0.298 |
| Do you frequently suffer from seasonal allergies or sinus problems? | 0.404 | 0.504 |
| Do you suffer from constipation or pass hard, infrequent stools? | 0.519 | 0.568 |
| Do you feel chronically exhausted, even after resting? | 0.646 | 0.613 |
| Do you have varicose veins or frequent muscle cramps? | 0.413 | 0.491 |
| Do you have difficulty concentrating or frequent memory problems? | 0.682 | 0.717 |
| Do you notice undigested food in your stool or greasy smelly stools? | 0.477 | 0.456 |
| Do you have joint pain or symptoms of arthritis? | 0.478 | 0.461 |
| Have you used antibiotics, antacids, NSAIDs, or other anti-inflammatories (more than 1–2 times in 3 years)? | 0.322 | 0.310 |
| Do you notice fatigue, headaches or memory problems frequently? | 0.642 | 0.628 |
| Do you have a history of frequent infections (e.g., colds, skin infections)? | 0.444 | 0.480 |
| Do you have eczema, rashes or other skin conditions? | 0.197 | 0.195 |
| Do you or your family have a history of autoimmune diseases or asthma? | 0.272 | 0.214 |
| Do you experience muscle pain or weakness for no apparent reason? | 0.579 | 0.659 |
| Does exercise make you feel very tired or weak? | 0.635 | 0.714 |
| Do you have sleep problems (difficulty falling asleep or unrefreshing sleep)? | 0.496 | 0.404 |
| For protein, I consume at least 3 ounces per serving. | 0.296 | 0.302 |
| I drink at least 2 to 3 liters of water per day. | 0.323 | 0.321 |
| I do moderate to high-intensity cardio for at least 20 minutes, 3 times a week. | 0.628 | 0.680 |
| I do resistance training at least twice a week. | 0.637 | 0.771 |
| I wake up feeling refreshed and energized and continue to feel energized during my day. | 0.401 | 0.479 |
| Others tell me that I have snoring, panting, or choking while sleeping. | 0.291 | 0.345 |
| I avoid smoking during the week. | 0.201 | 0.157 |
| I feel hope and optimism in my life. | 0.580 | 0.529 |
| I am generally able to manage stress, anxiety, and negative emotions effectively. | 0.526 | 0.538 |
| I can say “No!” comfortably and set limits. | 0.458 | 0.456 |
| I am satisfied with the balance I maintain between home and work. | 0.452 | 0.494 |
| I have a close person who listens to me and understands me. | 0.295 | 0.173 |
| Stay motivated even when faced with challenges or setbacks. | 0.570 | 0.609 |
| I feel motivated when my efforts are recognized and rewarded. | 0.444 | 0.455 |
| I understand the meaning of my life. | 0.501 | 0.504 |
| I'm always looking for something that makes my life look important. | 0.434 | 0.447 |
| I feel a deep connection to a higher power or spiritual power. | 0.399 | 0.555 |
| My spiritual beliefs give me comfort and strength during difficult times. | 0.685 | 0.710 |
| My actions and decisions are guided by a strong set of personal values. | 0.648 | 0.646 |
| I find meaning in serving others and giving to them. | 0.682 | 0.769 |
| I feel that my life is part of a larger and interconnected entity. | 0.664 | 0.625 |

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| Factor | Initial Eigenvalues |  |  | Extraction Sums of Squared Loadings |  |  |
|  | Total | % of Variance | Cumulative % | Total | % of Variance | Cumulative % |
| 1 | 8.826 | 17.652 | 17.652 | 8.372 | 16.743 | 16.743 |
| 2 | 5.122 | 10.244 | 27.896 | 4.692 | 9.385 | 26.128 |
| 3 | 2.285 | 4.569 | 32.466 | 1.835 | 3.670 | 29.799 |
| 4 | 1.942 | 3.885 | 36.351 | 1.474 | 2.948 | 32.746 |
| 5 | 1.781 | 3.563 | 39.913 | 1.295 | 2.589 | 35.336 |
| 6 | 1.555 | 3.110 | 43.023 | 0.990 | 1.981 | 37.316 |
| 7 | 1.524 | 3.049 | 46.072 | 0.971 | 1.941 | 39.258 |
| 8 | 1.407 | 2.813 | 48.885 | 0.918 | 1.836 | 41.094 |
| 9 | 1.340 | 2.681 | 51.566 | 0.827 | 1.654 | 42.748 |
| 10 | 1.242 | 2.484 | 54.050 | 0.675 | 1.350 | 44.098 |
| 11 | 1.196 | 2.392 | 56.442 | 0.668 | 1.336 | 45.434 |
| 12 | 1.148 | 2.297 | 58.739 | 0.608 | 1.216 | 46.650 |
| 13 | 1.068 | 2.135 | 60.874 | 0.525 | 1.051 | 47.701 |
| 14 | 1.056 | 2.112 | 62.986 | 0.485 | 0.969 | 48.670 |

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| Item | F1 | F2 | F3 | F4 | F5 | F6 | F7 | F8 | F9 | F10 | F11 | F12 | F13 | F14 |
| Do you feel chronically exhausted, even after resting? | .688 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Do you often feel tired in the morning, or have difficulty concentrating? | .674 |  | -.321 |  |  |  |  |  |  |  |  |  |  |  |
| Do you have difficulty concentrating or frequent memory problems? | .664 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Do you notice fatigue, headaches or memory problems frequently? | .624 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Does exercise make you feel very tired or weak? | .600 |  | .317 |  |  |  |  |  |  |  |  |  |  |  |
| Do you notice undigested food in your stool or greasy smelly stools? | .586 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Do you have regular problems with constipation or diarrhea? | .578 |  |  | .418 |  |  |  |  |  |  |  |  |  |  |
| Do you experience muscle pain or weakness for no apparent reason? | .546 |  | .381 |  |  |  |  |  |  |  |  |  |  |  |
| Do you have joint pain or symptoms of arthritis? | .543 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Do you suffer from constipation or pass hard, infrequent stools? | .533 |  |  | .449 |  |  |  |  |  |  |  |  |  |  |
| Do you crave sweets or carbohydrates and feel a boost followed by fatigue? | .518 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Do you have dry skin, thinning hair, or cold sensitivity? | .513 |  |  | .313 |  |  |  |  |  |  |  |  |  |  |
| Do you experience low libido or mood changes? | .505 |  |  | .340 |  |  |  |  |  |  |  |  |  |  |
| Do you have sleep problems (difficulty falling asleep or unrefreshing sleep)? | .504 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Do you have a history of frequent infections? | .499 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Do you have weight gain or belly fat that is hard to lose? | .452 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Do you often feel cold in your hands or feet? | .440 |  |  | .326 |  |  |  |  |  |  |  |  |  |  |
| I wake up feeling refreshed and energized during the day. | -.433 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Do you have varicose veins or frequent muscle cramps? | .424 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Do you feel weak or shaky if you miss meals? | .416 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Do you frequently experience bloating or gas after meals? | .404 |  | -.315 |  |  |  |  |  |  |  |  |  |  |  |
| I drink at least 2 to 3 liters of water per day. | -.341 | .325 |  |  |  |  |  |  |  |  |  |  |  |  |
| I find meaning in serving others and giving to them. |  | .668 |  |  |  |  |  |  |  |  |  |  |  |  |
| My spiritual beliefs give me comfort during difficult times. | -.346 | .648 |  |  |  |  |  |  |  |  |  |  |  |  |
| My actions are guided by strong personal values. | -.319 | .645 |  |  |  |  |  |  |  |  |  |  |  |  |
| I feel my life is part of a larger whole. | -.382 | .622 |  |  |  |  |  |  |  |  |  |  |  |  |
| I feel hope and optimism in my life. | -.327 | .565 |  |  |  |  |  |  |  |  |  |  |  |  |
| Stay motivated even during setbacks. | -.393 | .564 |  |  |  |  |  |  |  |  |  |  |  |  |
| I'm always looking for something to make life meaningful. |  | .551 |  |  |  |  |  |  |  |  |  |  |  |  |
| I understand the meaning of my life. | -.395 | .519 |  |  |  |  |  |  |  |  |  |  |  |  |
| I can say "No" comfortably and set limits. |  | .501 |  |  |  |  |  |  |  |  |  |  |  |  |
| I feel motivated when rewarded for my efforts. |  | .491 |  |  |  |  |  |  |  |  |  |  |  |  |
| I manage stress and negative emotions effectively. | -.361 | .460 |  |  |  |  |  |  |  |  |  |  |  |  |
| I am satisfied with work-life balance. | -.323 | .408 |  | -.330 |  |  |  |  |  |  |  |  |  |  |
| I do resistance training at least twice a week. |  |  | .681 | .391 |  |  |  |  |  |  |  |  |  |  |
| I do moderate/high cardio 3x per week for 20 min. | -.321 |  | .642 | .348 |  |  |  |  |  |  |  |  |  |  |
| Do you have a food allergy or intolerance? |  |  |  |  |  |  |  |  | .328 |  |  |  |  |  |
| I feel a deep connection to a higher power. |  |  |  |  | .398 | .307 |  |  |  | .331 |  |  |  |  |
| Do you frequently suffer from allergies or sinus problems? | .365 |  |  |  |  |  |  |  |  | -.385 |  |  |  |  |
| Do you consume less than 25g protein or avoid omega-3? |  |  |  |  |  |  |  |  |  |  | .356 |  |  |  |
| Do others report you snore or choke while sleeping? |  |  |  |  |  |  | .316 |  |  |  |  |  |  |  |