



UNITED PRESS INTERNATIONAL

[Home](#) | [Products](#) | [Photos](#) | [About](#) | [Contact](#) | [Terms](#)

Health Tips ... from UPI

By Lidia Wasowicz
UPI Senior Science Writer
From the Science & Technology Desk
Published 5/13/2003 4:45 AM
[View printer-friendly version](#)

YOU SNEEZE, YOU LEARN ABOUT YOURSELF

In this season for allergies, your sneezing style may be the mirror to your personality, researchers say. Behavior expert Patricia Wood has developed a Sneeze Personality test available on the Internet. The test, called Find Your a-Choo I.Q., can be taken at www.bendrylusa.com, a site sponsored by Pfizer, the makers of Benadryl allergy treatments. "Sneezing is a natural function of the body; therefore, it's difficult for people to hide their true sneeze style," Wood said. "Much like other elements of body language, such as the manner in which a person walks or talks, sneezing can give people a window to their true self." In her studies, Wood found sneeze styles can be categorized into such groups as "one a-choo" or a "big sneeze" that are frequently associated with specific behaviors or attitudes. For example, people who hold in their sneeze are likely to take command, solve problems quickly and gain energy from being in charge or meeting challenges, while people who have big, loud or multiple sneezes are often optimistic and spontaneous, Wood said.

-

Copyright © 2001-2003 United Press International

[View printer-friendly version](#)

Copyright © 2001-2003, by United Press International. All rights reserved. This material may not be republished, rebroadcast, rewritten, redistributed, resold or manipulated in any form.