

HOW DO YOU KNOW IF YOU HAVE A CHRONIC INFLAMMATION?

FULL NAME:

DATE:

QUIZ

1. AM I OVERWEIGHT?
2. DO I CARRY MUCH OF EXCESS WEIGHT AROUND MY WAIST?
3. DO I EAT A LOT OF PROCESSED FOODS AND NOT ENOUGH FRUIT AND VEGETABLES?
4. DO I SPEND DAYS AT A DESK AND EVENINGS ON A COUCH?
5. AM I TIRED ALL THE TIME?
6. AM I UNHAPPY, ANGRY, AND STRESSED A LOT OF THE TIME?
7. DO I SMOKE, DRINK ALCOHOL, OR USE DRUGS?
8. DO I HAVE ALLERGIES OR SENSITIVITIES TO FOODS OR THE ENVIRONMENT?
9. MOOD OR BEHAVIORAL DISORDERS (DEPRESSION, ANXIETY DISORDERS, ETC.)
10. SEDENTARY LIFESTYLE, OR LESS THAN 30 MINUTES OF EXERCISE 3X WEEKLY.
11. A WORK ENVIRONMENT WITH POOR LIGHTING OR VENTILATION
12. HAS MY DOCTOR TESTED ME FOR INSULIN RESISTANCE, METABOLIC SYNDROME OR TYPE 2 DIABETES?

IF YOU ANSWERED YES TO 5 OR MORE OF THESE QUESTIONS, THEN VERY LIKELY YOU HAVE A CHRONIC INFLAMMATION.