

HOW INFLAMMED ARE YOU?

This questionnaire can help identify if unhealthy food, drinks and lifestyles can be contributing to inflammation. Score **ONE** point for each **YES** answer to any question. Put a checkmark in the box on the right.

Do you feel bloated, sluggish, “fuzzy”, congested or get headaches after eating?	
Have you been exposed to pesticides, toxic chemicals, heavy metals, or excessive stressors?	
Do you get frequent colds, virus and/or infections?	
Do you get chronic skin infections, canker sores or cold sores?	
Do you take over-the-counter medications for pain, digestive distress or allergies more than once per week?	
Do you have dermatitis (eczema, acne, rashes)?	
Do you get chronic bronchitis, asthma, arthritis, tendonitis or bursitis?	
Do you have lupus, irritable bowel syndrome, colitis or inflammatory bowel disease?	
Could you have problems tolerating nuts, soy, eggs, dairy, wheat/gluten but eat them anyway?	
Do you have problems such as ADHD, autism, or mood or behavior problems?	
Do you have high glucose, cholesterol, LDL, triglycerides, heart disease or diabetes?	
Are you more than 20 lbs overweight?	
Do you have a family history of Diabetes, Parkinson’s or Alzheimer’s disease?	
Do you drink more than 3 glasses of alcohol per week?	
Do you exercise LESS THAN 30 minutes, 3 times per week?	
Do you have diarrhea, constipation, gas and/or abdominal pain once a week?	
Do you suffer from heartburn or acid reflux more than once a week?	
Do you eat refined carbohydrates (white rice, white potatoes, white pasta, white flour, white sugar)?	
Do you use Canola, vegetable, safflower, sunflower, corn, peanut or soybean oil?	
Do you eat processed food? (fast food or food from a box, can, jar or bag)	

TOTAL METABOLIC RISK SCORE _____

HERE’S HOW TO INTERPRET YOUR SCORE:

LOW (0 to 3 points): You have a low INFLAMMATION score. Keep doing what you are doing!

MODERATE (4 to 6 points): You have moderate INFLAMMATION and must pay extra attention to the food and lifestyle choices you are making. Reduce the risk of developing or adding to metabolic problems associated with inflammation such as weight gain, high blood sugar and insulin levels, digestive disorders and more.

HIGH (7 and above): You have high INFLAMMATION that requires immediate attention. Almost every disease is caused by or affected by inflammation such as heart disease, cancer, obesity, and dementia, arthritis, autoimmune disease, allergies, depression, and digestive disorders. Healthy lifestyle and dietary changes WILL go a long way to improve your health and reduce the risk of disease. It is never too late to make a change.