

Survey of Factors Related to Overweight

How is your gut-brain-fat cell communication?

- Gained weight around my belly?
- Crave sugar or carbohydrates?
- Feel tired after eating a meal?
- Eat fewer than five servings of fruits and vegetables a day?
- Eat fewer than 30 grams of fiber a day (average American diet is about 8 grams) from beans, nuts, seeds, vegetables and fruit?
- Skip breakfast?
- Eat within three hours of going to bed?
- Sleep less than eight hours a night?
- Mostly eat carbohydrates alone, rather than combining them with fat and protein at every meal?
- Eat high-fructose corn syrup (found in almost all processed foods and drinks?)
- Eat less than three times a day?
- Feel stressed on a regular basis?

Total _____

Low: 0-3 Moderate: 4-6 High: 7 and up

Metabolic Syndrome Self-Assessment

- Waist to hip ratio >0.8 for women, >0.9 for men?
- Crave sweets, eat them, get a temporary boost of energy and mood, then later crash?
- Family history of diabetes, hypoglycemia, alcoholism?
- Irritable, anxious, tired, jittery, or develop headaches intermittently throughout the day but temporarily feel better after meals/
- Shaky two to three hours after a meal?
- Eat a low-fat diet but can't seem to lose weight?
- Feel cranky, irritable, weak or tired after missing a meal?
- After eating a carbohydrate breakfast (muffin, bagel, cereal, pancakes, etc.) the rest of the day's eating is out of control?
- Can't stop after start eating sweets or carbohydrates?

- Feel good after meal of meat or fish and vegetables, but sleepy or drugged feeling after meal of pasta, bread, potatoes, and dessert?
- Go for the bread basket at a restaurant?
- Heart palpitations after eating sweets?
- Retain water after eating salt?
- Get panic attacks in the afternoon when skipping breakfast?
- Often moody, impatient, or anxious?
- Memory and concentration poor?
- Eating calms me down?
- Tired a few hours after eating?
- Night sweats?
- Thirsty frequently?
- Frequent infections like colds, infected wounds?
- Tired most of the time?
- Diagnosed with Polycystic ovarian syndrome, infertility, high blood pressure, heart disease, or adult-onset diabetes?
- Chronic fungal infections (jock itch, vaginal yeast infections, dry scaly patches on skin)?

(Optional) On blood tests:

- HDL <50mg/dl men, <60mg/dl women
- Triglycerides > 100mg/dl
- Triglyceride/HDL ratio > 4:1
- Abnormal AST, ALT, GGT, or fatty liver
- Ferritin > 200ng/dl
- Uric acid >7.0 mg/dl
- Magnesium < 2.0 mg/dl
- Fasting blood sugar >90 mg/dl
- Fasting insulin > 8 mIU/ml
- 1 or 2 hour post-75g sugar level >120 mg/dl or insulin > 30 mIU/ml

Total _____

Minor: 1-5 Moderate: 5-10 Severe: 11 and up

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How is stress affecting you?

- Low blood pressure?
- Dizzy when you stand up?
- Diagnosed with hypoglycemia?
- Cravings for salt or sweets?
- Dark circles under your eyes?
- Trouble falling asleep or staying asleep?
- Feel groggy and not refreshed when waking up?
- Experience mental fogginess or trouble concentrating?
- Get headaches?
- Frequent infections like colds?
- Tire easily on doing any exercise / very fatigued after exercise?
- Often feel stressed?
- Simultaneously tired and wired?
- Water retention?
- Panic attacks or startle easily?
- Heart palpitations?
- Need to start the day with coffee?
- Poor tolerance for alcohol, caffeine, and other drugs?
- Often feel weak or shaky?
- Sweaty palms and feet when you're nervous?
- Often experience fatigue?
- Often experience weak muscles?

Total _____

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How much Inflammation do you have?

- Seasonal or environmental allergies?
- Food allergies, or feel poorly after eating (sluggishness, headaches, congestion, confusion)
- Poor lighting, chemicals, and/or poor ventilation at work?
- Exposed to pesticides, toxic chemicals, loud noise, heavy metals, and/or toxic bosses or coworkers?
- Frequent colds or infections?
- History of chronic infections such as hepatitis, skin infections, canker sores, or cold sores?

- Sinusitis and allergies?
- Dermatitis (eczema, acne, rashes)?
- Arthritis (osteoarthritis, degenerative wear and tear)?
- Autoimmune disease (rheumatoid arthritis, lupus)?
- Colitis or inflammatory bowel disease?
- Irritable bowel syndrome (spastic colon)?
- Neuritis (such as ADHD, autism, mood and behavior problems)?
- Heart disease or have you had a heart attack?
- Diabetes or overweight with a BMI >25?
- Family history of Parkinson's or Alzheimer's disease?
- A significant amount of stress in your life?
- Drink more than three glasses of alcohol a week?
- Exercise less than thirty minutes three times a week?

Total _____

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What's your oxidative stress level?

- Fatigued on a regular basis?
- Sensitive to perfume, smoke or other chemicals or fumes?
- Regularly experience deep muscle or joint pain?
- Exposed to a significant level of environmental pollutants or chemicals at home or at work?
- Use tobacco products? Exposed to second hand smoke?
- Drink more than three alcoholic beverages a week?
- Exposed to sunlight or ultraviolet light (tanning booth) more than one hour a week?
- Exercise less than one-half hour three times a week?
- Take prescription, over-the-counter and/or recreational drugs?
- Daily stress level high?
- Eat fried foods, margarine, or high-fat foods?
- Eat less than five to nine (one-half cup) servings of deeply colored vegetables and fruits a day?
- Tend to overeat?

Total _____

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How is your metabolic rate?

- Experience chronic or prolonged fatigue?
- Muscle-aching pain or discomfort?
- Trouble falling asleep and staying asleep, or wake up early?
- Experience muscle weakness?
- Wake up tired despite a normal amount of sleep?
- Poor exercise tolerance with severe fatigue afterward?
- Trouble concentrating or memory problems?
- Often irritable and/or moody?
- Fatigue prevents you from doing things you would like to do?
- Fatigue interferes with your work, family, or social life?
- Under prolonged stress?
- Did symptoms of fatigue start after a severe stress of some sort, infection, or trauma?
- Diagnosed with chronic fatigue syndrome or fibromyalgia?
- History of chronic infections?
- Frequently overeat?
- Frequently exposed to environmental chemicals (pesticides, unfiltered water, not organic food, tuna, swordfish, or have dental amalgams)?
- Diagnosed with Gulf War Syndrome?
- Diagnosed with a neurological disease such as Alzheimer's, Parkinson's or ALS?

Total _____

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How is your thyroid function?

- Skin and fingernails thick?
- Dry skin?
- Voice deeper than usual or hoarse?
- Thinning hair, hair loss, or coarse hair?
- Are you cold when everyone else is warm?
- Cold hands and feet?
- Underarm basal body temperature less than 97.8 first thing in the morning?
- Muscle fatigue, pain, or weakness?
- Heavy menstrual bleeding, worsening of premenstrual syndrome, other menstrual problems, or infertility?
- Decreased libido or loss of sex drive?
- Severe menopausal symptoms (hot flashes, mood swings)?
- Fluid retention such as swelling of hands and feet?
- Fatigue?
- Low blood pressure and heart rate?
- Elevated cholesterol?
- Trouble with memory and concentration, "brain fog"?
- Wake up tired and have trouble getting out of bed in the morning?
- Loss of or thinning of the outer third of the eyebrows?
- Have trouble losing weight, or recently gained weight?
- Experience depression, apathy, or anxiety?
- Constipation?
- Diagnosed with autoimmune disease (celiac disease, rheumatoid arthritis, multiple sclerosis, lupus), allergies, or yeast overgrowth?
- Exposed to radiation or radiation treatments?
- Exposed to environmental toxins?
- Family history of thyroid problems?
- Drink chlorinated or fluoridated water?

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How well is your liver detoxifying your body?

- Constipated or have a bowel movement less than every day?
- Urinate small amounts of dark, strong-smelling urine only a few times a day?
- Rarely break into a real sweat?
- Fatigue, muscle aches, headaches, concentration or memory problems?
- Fibromyalgia or chronic fatigue syndrome?
- Drink tap or well water with high minerals?
- Are your clothes dry cleaned?
- Live or work in a building with poor ventilation or windows that don't open?
- Live in a large urban or industrial area?
- Use household or lawn and garden chemicals, or have your living space treated for bugs by an exterminator?
- More than two dental amalgam fillings?
- Eat large fish such as swordfish, tuna, shark, or tilefish more than once a week?
- Bothered by: gasoline or diesel fumes, perfumes, new-car smells, fabric stores, dry cleaning, hairspray, or other strong odors, soaps, detergents, tobacco smoke, or chlorinated water?
- Have a negative reaction from foods containing garlic, onions, MSG, sulfites (in wine, salad bars, dried fruit), sodium benzoate (preservative), red wine, cheese, bananas, chocolate, or a small amount of alcohol?
- When drinking caffeinated foods, such as coffee, do you feel wired, have more muscle and joint aches, or have hypoglycemic symptoms such as anxiety, palpitations, sweating, and dizziness?
- Regularly consume: acetaminophen (Tylenol), acid-blocking drugs (Tagamet, Zantac, Pepcid, Prilosec, Prevacid), hormone-modulating medications in pills, patches, or creams (birth control pill, estrogen, progesterone, prostate medication), ibuprofen or naproxen, medications for colitis or Crohn's disease, medications for recurrent headaches, allergy symptoms, nausea, diarrhea, or indigestion?

- Have you had jaundice (where skin turned yellow) or diagnosed with Gilbert's syndrome (elevated bilirubin on blood test)?
- History of breast cancer, smoking-induced lung cancer, other cancer, prostate problems, food allergies, sensitivities, or intolerances?
- Family history of Parkinson's disease, Alzheimer's disease, Amyotrophic Lateral Sclerosis (ALS), other motor neuron disease, or Multiple Sclerosis (MS)?

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Final analysis

Gut-brain-fat cell communication: Low Moderate High

Metabolic Syndrome: Low Moderate High

Stress: Low Moderate High

Inflammation: Low Moderate High

Oxidative Stress: Low Moderate High

Metabolic rate: Low Moderate High

Thyroid function: Low Moderate High

Liver function: Low Moderate High