

IS STRESS MAKING YOU FAT?

Read through the A list and count your “no” answers. Then read through B list and count your “yes” answers. Add them together when you are done.

A List:

1. Do you have a close support network of family and friends?
2. Are you happy with your current job/profession?
3. Do you exercise regularly (3 or more times per week)?
4. Do you eat 3 meals and 1-2 snacks per day 90% of the time?
5. Do you avoid entirely or consume very limited amounts of caffeine, alcohol and/or sugar and refined carbohydrates (white bread, crackers, pasta, bakery goods, cereals, etc.)?
6. Do you take downtime to recharge your batteries-both actual trips and events and small amounts daily?
7. Do you take a multivitamin/mineral complex daily?
8. Are you comfortable financially?
9. Are you satisfied with your life and its direction?
10. Do you keep your weight within normal range easily?
11. Do you regularly get 8 hours of uninterrupted sleep per night?

Total number of NO answers_____

B List:

1. Are you frequently anxious or depressed?
2. Would you rate yourself as stressed?
3. Do you suffer from allergies, arthritis, fibromyalgia, asthma or headaches?
4. Do you have trouble falling asleep or staying asleep?
5. Are you sensitive to smells?
6. Has your sex drive gone down?
7. Are you more tired after exercise?
8. Are you frequently irritable, angry or upset?
9. Have you experienced any major life stressor in the past year (death of a loved one, medical diagnosis of a loved one or personally, divorce, marriage, birth of a child, move, change of job, financial change)?
10. Do you have trouble getting up, or making it through the day without caffeine?
11. Do you catch colds, flu, get sick more than 3 times a year
12. Do you crave carbohydrates?
13. Do you have difficulty remembering things?

Total number of YES answers_____

Grand Total_____

If you are above 5 we strongly recommend assessing your current adrenal status, doing a gradual lifestyle intervention to lower stress and its affects and supplement with the stress support program nutrient protocol.