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# **GAINING WEIGHT? TAKE THE QUIZ AND LEARN WHY....** ©2011

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***Nutritional Weight-Loss Tips  
“Learn The Eight Common Reason For Retaining Weight”  
Take The Health Quiz That Is Right For You!  
Discover Supplements That May Assist Your Weight-Loss!***

# **Eight Health Quizzes That May Explain Your Weight Gains & Your Inability To Reduce Weight**

This section is just for those who may wish to do a Self-Help Quiz, which may direct you to a possible cause of past and present Weight-Gains and the refusal of your metabolism to allow you to reduce weight.

## **Health Quizzes Provided Are:**

- #1. Stress** - may lead to food cravings and thyroid malfunctions.
- #2. Liver** - may lead to thyroid malfunctions.
- #3. Yeast** - may lead to thyroid and protein absorption malfunctions.
- #4. Adrenal Stress** - may lead to thyroid malfunction, water retention and loss of lean muscle mass.
- #5. Nutrients: (Vitamins and Minerals )** - may lead to thyroid malfunctions.
- #6. Thyroid** - the temperature control center for the body.
- #7. Hypoglycemia Tendency Check-List**
- #8. Are You Toxic?**

***Weight-Loss & Cleansing Success Is Just A Test Away!***

# #1 - Stress May Cause Weight Challenges? Check Yours Stress Levels?

Each Yes equals 1 point. A score from 5 to 10 means your stress levels are moderate, and may cause your weight challenge. A score of 11, and over is almost certain that your Stressful existence may contributing to your weight challenge.

√ **Yes**

1. \_\_\_\_ Is your energy level lower than it used to be?
2. \_\_\_\_ Are you especially competitive at work, sports, or relationships?
3. \_\_\_\_ Do you feel you work harder than most of your colleagues?
4. \_\_\_\_ Do you find yourself often doing several tasks at the same time?
5. \_\_\_\_ Do you get very impatient if people or circumstances delay you?
6. \_\_\_\_ Do you feel guilty each time you try to relax?
7. \_\_\_\_ Do you become angry easily?
8. \_\_\_\_ Do you have a constant need to be recognized or to achieve?
9. \_\_\_\_ Are you unclear about your goals?
10. \_\_\_\_ Do you have difficulty getting off to sleep, sleep poorly/lightly, or wake up with your mind racing?
11. \_\_\_\_ Do you find it hard to say NO to people?
12. \_\_\_\_ Do you often bottle up your feelings?
13. \_\_\_\_ Are you always in a hurry to get somewhere, or get something done?
14. \_\_\_\_ Are there any long-term stressful situations in your life (parents, marriage, job, children, finances, etc.).
15. \_\_\_\_ Has anyone very close to you died recently?
16. \_\_\_\_ Have you recently been divorced or separated from your partner?
17. \_\_\_\_ Have you had to leave a job recently?
18. \_\_\_\_ Do you feel you have a poor self-image, low self-esteem, or poor selfconfidence?
19. \_\_\_\_ Do you eat to cheer yourself up, or often eat when you are not hungry?
20. \_\_\_\_ Are you getting married or have you recently been married?

## \_\_\_\_ **TOTAL YES SCORES**

Note: Yes = 1 point. A score from 5 to 10 means your stress levels are moderate, and may cause your weight challenge. A score of 11 and over is almost certain that your stressful existence may contributing to your weight challenge.

## #2 - Can A Malfunctioning Liver Cause Weight Gains?

Each question answered **Yes**, is valued at 1 point. If your score is 5 or higher you may have a Toxic Liver. Toxicity is a primary cause of excessive weight, particularly in people who have problems losing weight and keeping it off, say Naturopath Dr. Jack Tips.

✓ **Yes**

- 1. Circles under eyes?
- 2. Coated tongue in the morning?
- 3. High Cholesterol levels of 212 mg/dl and Triglycerides of 177 mg/dl?
- 4. Poor digestion, abdominal bloating, and nausea, especially after fatty foods?
- 5. Weight gain around the abdomen?
- 6. Constipation?
- 7. Irritable bowel syndrome, where the bowel actions are irregular and vary from diarrhea to constipation?
- 8. Bad breath in the morning?
- 9. Unpleasant mood changes, depression and a 'foggy brain'?
- 10. Allergic conditions such as hay fever, hives, skin rashes and asthma?
- 11. Reoccurring headaches?
- 12. High blood pressure and fluid retention?
- 13. Hypoglycemia or unstable blood sugar levels?
- 14. Fatigue?
- 15. Excessive body heat, night sweats and body odor?
- 16. Low tolerance to alcohol?

**TOTAL SCORE**

Note: Yes = 1 point. If your score is 5 or higher you may have a Liver malfunction.

### # 3 - Are Your Weight Problems, Fungus Or YEAST Connected?

If your answer is **Yes** to any question, circle the number in the right. When you've completed the questionnaire, add up the points you've circled. Your score will determine the possibility (or probability) that your health problems are Fungus or Yeast related.

#### Yes - No (Add Up Points)

1. Have you taken repeated or prolonged courses of antibacterial drugs? \_\_\_\_\_ 4
2. Have you been bothered by recurrent vaginal, prostate, or urinary infections? \_\_\_\_\_ 3
3. Do you feel sick all over, yet the cause hasn't been found? \_\_\_\_\_ 2
4. Are you bothered by hormone disturbance, including PMS, menstrual irregularities, sexual dysfunction, sugar craving, low body temperature or fatigue? \_\_\_\_\_ 2
5. Are you usually sensitive to tobacco smoke, perfumes, colognes and chemical odors? \_\_\_\_\_ 2
6. Are you bothered by memory or concentration problems? Do you sometimes feel spaced out? \_\_\_\_\_ 2
7. Have you taken prolonged courses of prednisone or other steroids; or have you taken the Pill for more than 3 years? \_\_\_\_\_ 2
8. Do some foods disagree with you or trigger your symptoms? \_\_\_\_\_ 1
9. Do you suffer with constipation, diarrhea, bloating or abdominal pain? \_\_\_\_\_ 1
10. Does your skin itch, tingle or burn; or is it unusually dry; or are you bothered by rashes? \_\_\_\_\_ 1

**TOTAL YES SCORES:** \_\_\_\_\_

**Note: Scoring for Women :** If your score is **9** or more, your health problems are probably Fungus/Yeast connected. If your score is 12 or more, your health problems are almost certainly Fungus/Yeast connected.

**Scoring for Men :** If your score is **7** or more, your health problems are probably Fungus/Yeast connected. If your score is 10 or more, your health problems are certainly Fungus/Yeast connected. Note: Source: Compu-Data Group

## #4 - A Stressed Adrenal System May Cause Weight Gain?

To explore whether there might be an Adrenal component to your low thyroid function, ask yourself these following questions. If you answer Yes to four or more of these questions, you may have an Adrenal connection between it and your weight-gain.

**Do you have:** ✓

1. \_\_\_ Low stamina for stress, easy irritability?
2. \_\_\_ Excess mood responses after eating carbohydrates, such as pasta, breads, and sugars or marked low blood sugar or hypoglycemia?
3. \_\_\_ Chronic infections (bacterial, viral, fungal, or yeast)?
4. \_\_\_ Low blood pressure, fainting, or feeling of momentary lightheadedness upon standing up?
5. \_\_\_ Chronic allergy/sensitivity to common items in the environment?
6. \_\_\_ Arthritis or other chronic inflammatory response?
7. \_\_\_ Tired but wired feeling? Poor sleep?
8. \_\_\_ Having your best energy when others are winding down and sleeping?
9. \_\_\_ Cravings for sweets, intolerance to alcohol?
10. \_\_\_ Especially poor resistance to respiratory infections (getting them more often and being depleted when you have them)?
11. \_\_\_ Dry unhealthy skin with excess pigmentation?
12. \_\_\_ Cystic breast (chronic cystic mastitis)?
13. \_\_\_ Difficulty recuperating from jet lag?
14. \_\_\_ Significant anxiety with depression?
15. \_\_\_ A sense of aging prematurely?

\_\_\_ **TOTAL YES ANSWERS**

Note: If you answered Yes to 4 or more of these, you may want to consider an adrenal test through your own health care provider.

Source: Thyroid Power by Dr. Richard L. Shames M.D., and Karilee Hale Shames, R.N., Ph.D.

## #5 - Check Your Vitamin and Mineral (Nutrient) Intake

Review the checklist, designed for adults, to evaluate how well your daily diet stacks up to your daily nutrient (Vitamin and Mineral) needs.

### YES Or NO Answers:

1. \_\_\_ Do you consume 2 to 4 fruit servings in a typical day?
2. \_\_\_ Do you consume 3 to 5 vegetable servings each day?
3. \_\_\_ Do you eat 2 or 3 milk, yogurt, or cheese servings in an average day?
4. \_\_\_ Do you eat 6 to 11 servings of grain, bread, cereal, rice, and pasta a day?
5. \_\_\_ Do you eat 2 to 3 servings of meat, poultry, fish, dry beans, eggs, or nuts daily?
6. \_\_\_ Do you have at least 2 meals a day?
7. \_\_\_ Do you have an illness that has made you change the amount or types of food you eat?
8. \_\_\_ Do you consume more than 1 to 2 alcoholic drinks a day?
9. \_\_\_ Do you smoke cigarettes?
10. \_\_\_ Do you have tooth or mouth problems that make it difficult for you to eat?
11. \_\_\_ Do you take 3 or more different prescription or non-prescription drugs per day?

\_\_\_\_\_ **Point Total Of Answers**

**Note:** Score - Give yourself 1 point for all Yes answers for questions 1 through 6. Give yourself 1 point for all No answers for questions 7 through 11.

### Scoring Nutrient Check-List:

- o **Score of 8 to 11 points** - your diet is probably ample and varied enough to meet your nutritional needs without turning to a supplement. We still, however, recommend taking a multivitamin/mineral product and the Antioxidants Vitamin C and E.
- o **Score of 4 to 7 points** - you definitely benefit from a multivitamin/mineral supplement and Vitamin C and E. either you're not eating a broad enough variety of foods in the needed amounts, or your health habits or physical condition are affecting your body's ability to use the nutrients you are consuming.
- o **Score of 0 to 3 points** - you're in dire need of a better diet, a multivitamin/mineral supplement, and Antioxidants in order to maintain or improve your health.

Source: "The Vitamin Book" by Dr. Harold M. Silverman, Dr. Joseph Romano, and Dr. Gary Elmer.

## #6 - A Thyroid Malfunction May Cause Your Weight Challenge?

Each Yes is equal to 1 point. If your total score is 10 or higher, this may be an indication that your weight gain is related to a malfunctioning Thyroid.

### YES

1. \_\_\_\_ Do you tend to gain weight easily and fail to lose it, even with a calorie reduced diet?
2. \_\_\_\_ Are you chronically or frequently constipated?
3. \_\_\_\_ Is your skin pale, thick, dry, wrinkled, waxy, or puffy, especially around the eyes?
4. \_\_\_\_ Do you feel lethargic, tired, dull, confused, or uninterested much of the time?
5. \_\_\_\_ Is the hair on the outer third of your eyebrows noticeably thinner or absent?
6. \_\_\_\_ Do you tend to feel better in the mornings and worse in the afternoon?
7. \_\_\_\_ Are you very sensitive to cold, or have cold hands and or/feet?
8. \_\_\_\_ Do you have ringing in your ears, or have you noticed any hearing loss?
9. \_\_\_\_ Is your appetite very poor, yet you are not losing weight?
10. \_\_\_\_ Is your pulse rate slow (below 65 per minute)?
11. \_\_\_\_ Do you have weakness and aches in muscles?
12. \_\_\_\_ Is your hair thinning or falling out?
13. \_\_\_\_ Do you have very brittle finger & or/toe nails?
14. \_\_\_\_ Do you feel depressed much of the time?
15. \_\_\_\_ Do you have problems with menstruation or fertility?
16. \_\_\_\_ Have you lost interest in sex?
17. \_\_\_\_ Do you have headaches when focusing on problems?
18. \_\_\_\_ Do you have sticky eyelids, slow healing or frequent infections (especially of the Throat)?
19. \_\_\_\_ Do you have tingling in hands and feet?
20. \_\_\_\_ Have you noticed any changes in skin pigmentation?

\_\_\_\_ **TOTAL YES SCORES (Yes = 1 Point )**



## #7 - HYPOGLYCEMIA TENDENCY CHECK-LIST

Problems with glucose metabolism are often first noticed as a low blood-sugar condition called hypoglycemia, which appears to be opposite of diabetes, but is really a precursor to diabetes.

### YES Or NO Answers:

1. \_\_\_ Crave sweets?
2. \_\_\_ Anxious edge to personality, nervous?
3. \_\_\_ Sleepy shortly after a meal?
4. \_\_\_ Pulse races after eating sweets?
5. \_\_\_ Vision fades when standing up suddenly dizziness?
6. \_\_\_ Eating starch or sweets relieves headaches?
7. \_\_\_ Irritable, jittery, shaky, if meals is missed?
8. \_\_\_ Appetite increased, frequently hungry?
9. \_\_\_ Calmer and after eating? (less stressed)
10. \_\_\_ High carbohydrate diet (vegetarian, low protein)?
11. \_\_\_ Forgetful, weak memory?
12. \_\_\_ Restless mind, poor concentration?
13. \_\_\_ Falls asleep easily if activities stop during the day, drowsiness?
14. \_\_\_ Fatigue is a chief complaint?
15. \_\_\_ History of low thyroid?
16. \_\_\_ High stress lifestyle for extended periods (Worry a lot)?
17. \_\_\_ Low energy is a chief complaint?
18. \_\_\_ Wakes at night to eat?
19. \_\_\_ Desires sweets right after eating?
20. \_\_\_ Heart palpitations after eating sweets?
21. \_\_\_ Needs caffeine to get day underway?

\_\_\_\_\_ **TOTAL YES ANSWERS (Yes = 1 point)**

Note: If you answered 3 or more Yes, there may be a possibility that hypoglycemia maybe occurring. Source: "The Weight Is Over", by Dr. Jack Tips, CCN.

## #8. ARE YOU TOXIC?

These are the signs of a toxic build-up. Check the ones that you have experienced in the last year. **Each YES = 1 point.**

**YES** ✓

1.  Constipation
2.  Headaches
3.  Yeast Infections
4.  Tired or Fatigued
5.  Poor Hair, Skin and Nails
6.  A Pattern of Illness
7.  Bad Breath
8.  Allergies
9.  Indigestion, Gas and Bloating
10.  Mucous Build-Up
11.  Pains and Aches
12.  Sensitive to Perfume and Chemicals
13.  Nervous, Edgy, Short Tempered, or Irritability
14.  Gaining Weight
15.  Overweight / Obese

**TOTAL YES CHECK MARKS**

Score: If your total score is 3 or higher, we suggest you consider a nutritional cleansing program.

### - Please Note Disclaimer -

**Disclaimer** -The information in this quiz is for educational purposes only and should not be used to diagnose and treat any health disorder or disease. This quiz presents information and research which is intended to be reliable, but its accuracy cannot be guaranteed. All serious health conditions should be treated by a competent health practitioner. Neither the publisher nor the author of this quiz in any way dispense medical advice, prescribe remedies, or assume responsibility for those who choose to treat themselves. If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. These statements have not been evaluated by the FDA. This health quiz is not intended to diagnose, treat, cure or mitigate any disease.