

Metabolism, Energy & Stress Resiliency Quiz

Take the Quiz!

Do you have, or have you experienced in the past six months...(answer "Yes" or "No" to each of the following questions and total your score at the end.)

Section 1

- Hair loss including the outer third of your eyebrows and/or eyelashes?
- Dry skin?
- Dry, straw-like hair that tangles easily?
- Thin, brittle fingernails?
- Fluid retention or swollen ankles?
- An additional few pounds, or 20, that you just can't lose?
- High cholesterol?
- Tend towards constipation - bowel movements less than once a day, or you feel you don't completely evacuate?
- Recurrent headaches?
- Decreased sweating?
- Muscle or joint aches or poor muscle tone (you became an old lady overnight)?
- Tingling in your hands or feet?
- Cold hands and feet? Cold intolerance? Heat intolerance?
- A sensitivity to cold (you're always wearing layers)?
- Slow speech, perhaps with a hoarse or halting voice?
- A slow heart rate, or bradycardia (fewer than 60 beats per minute, and not because you're an athlete)?
- Lethargy (you feel like you're moving through molasses)?
- Fatigue, particularly in the morning?
- Slow brain, slow thoughts? Difficulty concentrating?
- Sluggish reflexes, diminished reaction time, even a bit of apathy?
- Low sex drive, and you're not sure why?
- Depression or moodiness (the world is not rosy as it used to be)?
- A prescription for the latest antidepressant but you're still not feeling like yourself?
- Heavy periods or other menstrual problems?
- Infertility or miscarriage? Preterm birth?
- An enlarged thyroid/goiter? Difficulty swallowing? Enlarged tongue?

Section 2

- Weight gain, especially around the middle?
- A feeling you're constantly racing from one task to the next?
- Feeling wired yet tired?
- Muscle weakness?
- A struggle calming down before bedtime, or a second wind that keeps you up late?
- Difficulty falling asleep or disrupted sleep?
- A feeling of anxiety or nervousness - can't stop worrying about things beyond your control?
- A quickness to feel anger or rage - frequent screaming or yelling?
- Memory lapses or feeling distracted, especially under stress - fuzzy brain?
- Sugar cravings (you need something sweet after each meal?)
- Skin conditions such as eczema or thin skin?
- Bone loss (perhaps your doctor uses scarier terms, such as osteopenia or osteoporosis)?
- High blood pressure or rapid heartbeat?
- High blood sugar (maybe your health care provider has mentioned the words pre-diabetes or even diabetes or insulin resistance) Shakiness between meals, also known as blood sugar instability?
- Indigestion, ulcers, or GERD (gastroesophageal reflux disease)?
- More difficulty recovering from physical injury than in the past?
- Unexplained pink to purple stretch marks on your belly or back?
- Irregular menstrual cycles?
- Decreased fertility?
- Poor immune function - you seem to get sick often.
- Lowered thyroid function?

Section 3

- Fatigue or burnout (you use caffeine for energy, fall asleep while reading or watching a movie or are exhausted after exercise)?
- You feel dizzy when you stand from a seated or lying down position?
- Loss of stamina, particularly in the afternoon, from two to five?
- Chronically negative?
- Crying for no particular reason?
- Dark rings under your eyes?
- Decreased problem-solving ability?
- Feeling stressed most of the time (everything seems harder than before, and you have trouble coping)? Decreased stress tolerance?
- Insomnia or difficulty staying asleep, especially between one and four in the morning?
- Low blood pressure (your blood pressure determines the correct amount of oxygen to send through your body, especially into your brain)?
- Difficulty fighting infection (you catch every virus you meet, particularly respiratory)? Difficulty recovering from illness or surgery or healing wounds)?
- Asthma? Bronchitis? Chronic cough? Allergies?
- Low or unstable blood sugar?
- Salt cravings?
- Excessive sweating?
- Nausea, vomiting, or diarrhea? Or loose stools alternating with constipation?
- Muscle weakness, especially around the knee? Muscle or joint pain?
- Hemorrhoids or varicose veins?
- Your blood seems to pool easily, or your skin bruises easily?
- A thyroid problem that's been treated. You feel better, and then suddenly you feel palpitations or have rapid or irregular heartbeats (a sign of low cortisol/low thyroid combo)?

Total number of "yeses": _____