



Digestive Sensitivities

	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
1. After eating a meal, I often feel bloated and gassy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I am constipated or have diarrhea more often than not.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I have foul-smelling gas and/or stools.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I often feel foggy and lethargic and lack focus after I eat.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I crave certain foods and beverages and/or often eat the same things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I often feel nauseous after eating or after taking a supplement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I use over-the-counter pain relievers regularly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I tend to crave alcohol, sugar, bread, and other "yeasty" foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I often (2-3 times a week) have headaches, intestinal pain, and/or joint pain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I feel ill when it is muggy or damp or in specific environments (e.g., my office, my basement).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I regularly (two or three times a week) eat out at restaurants or get takeout.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I am prone to flushing, pimples, and/or acne breakouts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Score



Hormonal Imbalance

	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
1. Lately, my periods are more irregular and can be very heavy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I am having trouble falling asleep and/or staying asleep at night.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I have intense mood swings and cravings before I get my period.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Lately I cry at everything, even cheesy TV commercials.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. My hair and skin feel dry and coarse.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I am experiencing heart palpitations, hot flashes, and/or night sweats.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I feel much calmer after my period starts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I have little interest in sex, and even when I do have interest, my vagina stays dry.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I've lost a lot of muscle recently or I can't make muscle, no matter how much I exercise.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I tend to store my extra weight around my hips and thighs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Lately, my breasts are more tender and/or painful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I have a history of PMS, postpartum depression, and/or abnormal periods or irregular bleeding.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Score





Adrenal Imbalance

	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
1. I feel as if I am always on the go and am known for getting things done.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I am exhausted and irritable a lot of the time—I have a short fuse.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. When I'm not exhausted, I feel restless and agitated. I can't relax.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Usually, I crash in the afternoon, only to get a second wind in the evening.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I often crave salty foods, or I crave sugar and can't stop eating it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I am light-headed and queasy in the mornings, or when I get up too fast.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I find it difficult to wake up and/or get out of bed—I can't live without coffee!	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I often feel anxious and have no idea why.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Sex is about the last thing on my mind these days.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. When I want something done right, I have to do it myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. If I sit or lie down for a minute in a warm spot, I tend to fall asleep.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I usually need a sugar or caffeine jolt in the afternoon.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Score



Neurotransmitter Imbalance	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
1. I binge-eat regularly, especially on carbohydrates.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I don't get much pleasure out of most of my activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I'm drinking more alcohol than I used to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I crave comfort food.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I feel tense, guilty, and anxious much of the time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I feel flat, unfocused, and empty much of the time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Lately I've been sleeping a lot more/less than usual.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I've been told that I'm moody.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Sometimes, I just want to scream at everybody.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Eating makes me feel better.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I worry a lot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I feel stuck and my self-esteem is pretty low.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Score





Inflammatory Issues

	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
1. Most of my weight gain is around my belly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I have a BMI over 28 and/or I am more than 30 pounds overweight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I'm prone to acne and skin rashes like eczema and psoriasis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I have high blood pressure and/or high cholesterol.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I've been diagnosed with irritable bowel syndrome, or I often have diarrhea and/or intestinal pain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I suffer from chronic pain, multiple joint/arthritic pain, and/or chronic headaches and migraine.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I'm under so much stress!	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I smoke.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. When I get injured, it takes a long time to heal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I catch every bug that goes around, without fail.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Since taking certain medications or a combination of medications, I've gained more weight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I've been diagnosed with asthma, chronic allergies, Type II diabetes, fibromyalgia, heart disease, hypertension, or metabolic syndrome.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Score



Detoxification Issues

	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
1. I'm very sensitive to medications; I usually only take a half dose.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I have a stuffy nose/congestion, and/or postnasal drip often.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I consume caffeine and/or alcohol on a daily basis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I use recreational drugs on a regular basis, including nicotine and/or marijuana.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I'm often constipated (two to three times a week).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I think I eat too much junk food and candy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I am gaining weight, even though I'm not overeating.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I have problem skin and/or rosacea.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I have five or more metal alloy fillings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I used to tolerate caffeine and alcohol much better than I do now.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I'm very sensitive to chemical/environmental odors and perfumes; I get headaches when I go into certain stores or offices.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I was once exposed to a high level of toxic chemicals, or I've been exposed to small amounts of toxic substances and/or heavy metals over an extended period of time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Score





Tally your scores here:

Digestive Sensitivities	_____
Hormonal Imbalance	_____
Adrenal Imbalance	_____
Neurotransmitter Imbalance	_____
Inflammatory Issues	_____
Detoxification Issues	_____

Take a look at your scores and compare them. Generally speaking, if you scored 12 to 20 points on an imbalance, it is not an area that needs your immediate attention. A score of 20 to 30 means the imbalance may be contributing to your weight gain but may not be the primary cause. Scoring 30 to 48 in an area means this imbalance needs your attention, now. If there is a score that is significantly higher than the others, turn directly to the appropriate Custom Plan chapter. This is the imbalance you will be working on for the next 14 days. If, however, you have a tie between scores, you are probably dealing with overlapping imbalances—a very common occurrence. The good news is that if you heal one imbalance, the others often follow suit, since every system in the body is interconnected. I believe that the digestive system is the doorway to vital health, so if you are in a tie but one of your high scores is Digestive Sensitivities, I suggest you begin there. If digestive issues are not one of your high scores, you can use your intuition to discern which imbalance is impacting you most, or you can stick with the Core Balance Essential Plan for two more weeks and then take the quiz again. If imbalances are entrenched, it can take a little longer to quiet the “noise” and really hear your symptoms.