

Are You Inflamed?

- Are you having any weight control issues?
- Are you always craving carbohydrates (breads, pastas, pastries, sugars, etc.)?
- Are you constantly hungry?
- Do you have muscle or joint pain/aches?
- Are your fingernails brittle?
- Is your hair limp with little texture?
- Do you have digestive issues (ex. acid reflux, gas, bloating, constipation, or diarrhea)?
- Do you any issues with sleeping?
- Are you groggy upon waking?
- Do you have a lack of mental concentration?
- Do you lack a sense of well-being?
- Do you have headaches or migraines?
- Are you constantly fatigued?
- Do you have dry skin?

If you answer yes to 4 or more of these, it is likely you have underlying systemic inflammation. This quiz is not meant to diagnose any particular condition but merely to discern whether inflammation is present. Please talk to your health professional about your symptoms and look at the “What’s Wrong” page for more information on inflammation and how you can start feeling better.