

Natural Hormone Solution

# YESES	Take the Quiz and keep track of the YESES.
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Does sugar keep you grounded?</p> <ul style="list-style-type: none"> ● Do you get irritable and shaky between meals or if you skip a meal? ● Do you feel better after a meal? ● Your cravings for sugar or starch are stronger when you've skipped any earlier meals. ● You are diabetic or pre-diabetic (Your blood sugar levels rise too high, but drop too low at times too) ● You find it harder to concentrate when you go too long without healthy meals. ● You can get irritable if you go too long without full meals. <p>[The Crashed Craver - low blood sugar]</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Does sugar give you a mood lift?</p> <ul style="list-style-type: none"> ● Does a chocolate bar or other sugary food make you feel all warm and fuzzy? ● Do you have trouble falling asleep or staying asleep? ● You eat to get to sleep, or get back to sleep. ● You are obsessed with certain thoughts or behaviors. ● You are hyperactive. ● You often have a nervous stomach (knots, butterflies) ● You suffer pain from headaches, TMJ or fibromyalgia? ● Do you have afternoon or evening cravings especially? ● Are you depressed, negative, worried or anxious? <p>[The Depressed Craver - signs of low serotonin]</p>

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<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Does sugar give you energy?</p> <ul style="list-style-type: none"> • Do you need caffeine in the afternoon to keep you going? • Do you have difficulty with focus, or motivation? • Do you crave sugary or caffeinated foods or drinks for energy or focus? • Do you feel apathetic, bored or flat without them? • Are you depressed or negative? • Do you lack energy or drive? <p>[The Crashed Craver - these are all signs of low catecholamines]</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Is sugar comforting?</p> <ul style="list-style-type: none"> • After a tough day at work does eating a pint of ice-cream help? • Are you sensitive to emotional (or physical) pain? • Do you cry or tear up easily? • Do you often eat as a reward or for pleasure, comfort, or numbness? • Do you think of your comfort foods as your best friend? <p>[The Comfort Craver - these are all signs of low endorphins]</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Is sugar calming?</p> <ul style="list-style-type: none"> • Do you eat chocolate-chip cookies or other sugary foods to stay cool, calm and collected? • Do you crave alcohol? • Do you have anxiety or panic attacks? • Do you stiff and tense muscles? • Do you crave foods for stress relief? • Do you feel burned out or overwhelmed? <p>[The Stressed Craver - these are all signs of low GABA]</p>
<p>_____</p>	<p>Total # of YESES</p> <p style="text-align: right;">Adapted from The Craving Cure by Julia Ross, M.A.</p>