

## THE HORMONE TRIFECTA: HEALING ANXIETY, WEIGHT GAIN, & FATIGUE

Take the Weight Gain Assessment.

Keep track of the questions you answer "YES" to...

1. Do you gain weight mostly around your middle?
2. Do you gain weight easily?
3. Do you have a hard time losing weight?
4. Do you frequently experience cravings?
5. Do you have a sluggish metabolism?
6. Do you suffer from constipation?
7. Is your fasting insulin elevated?
8. Do you have elevated blood sugar?
9. Do you have a history of failure with weight loss?
10. Do you experience chronic stress?
11. Do you know if you have hypothyroidism?
12. Is your waist to hip ratio greater than .8? (Measure your waist at its smallest place and then measure your hip at its largest place - around your buttocks. Then divide your waist number by your hip number. The hip should be bigger than your waist.)
13. Do you take medications?
14. Do you have trouble falling asleep, or staying asleep?
15. Do you wake up tired?
16. Do you suffer from allergies?
17. Are you exposed to toxic chemicals more than normal that you know of?

Total number of "yeses": \_\_\_\_\_

If you have...

0-2 Yeses: Low weight loss resistance

3-5 Yeses: Moderate weight loss resistance

6-17 Yeses: High weight loss resistance