

ARE YOUR DIET AND LIFESTYLE CAUSING CHRONIC INFLAMMATION?

There are many clues your body may be giving you to let you know it's inflamed. Take this brief quiz to find out. For each statement below, circle "yes" or "no."

1. You eat sugary foods such as candy, sweets, cookies, cakes, or soft drinks almost every day.
Yes No
2. You feel stressed out a lot of the time.
Yes No
3. You usually drink fewer than six glasses of pure water daily.
Yes No
4. Your meals rarely contain vegetables and fruits.
Yes No
5. You have a fairly steady diet of fried foods, fast food, and cured meats (like hot dogs or lunch meat), eating them several times a week.
Yes No
6. You easily catch colds or whatever "bugs" make their rounds in your office or home.
Yes No

7. You have trouble sleeping at least three times a week.

Yes No

8. You smoke or vape.

Yes No

9. You rarely exercise.

Yes No

10. You feel tired even after clocking ample hours of sleep.

Yes No

11. You drink one or two alcoholic beverages almost every day.

Yes No

12. You know you're overweight and need to shed pounds.

Yes No

13. You tend to carry weight around your waist.

Yes No

14. You often feel aches and pains in your joints.

Yes No

15. You have digestive problems such as bloating, gas, constipation, or diarrhea.

Yes No

16. You have skin problems like eczema, or your skin is red and blotchy.

Yes No

17. You often develop bags under your eyes.

Yes No

18. You have an allergic or sensitivity condition that flares up for no apparent reason.

Yes No

19. You consume dairy foods such as cheese or milk almost daily.

Yes No

20. You use a lot of artificial sweeteners in your foods, and/or eat “diet” foods regularly that are artificially sweetened.

Yes No

ANALYZE YOUR RESULTS

This quiz isn't meant to diagnose chronic inflammation, but only to make you aware of factors that can cause it and pinpoint where your biggest issues might lie. Look over your responses. If you answered “yes” to several statements, you might be doing your body more harm than good. If even a single “yes” rings true and you don't have either a diagnosis or a logical explanation for it, you might be triggering chronic inflammation. At the very least, any “yes” answer red-flags habits or situations you can change. On a positive note, give yourself a thumbs-up for all your “no” responses; keep up the good work!