

# What is my body telling me?

## Insulin Resistance (Blood/Sugar Assessment)

Signs and symptoms	Never	Sometimes	Regular	Often	Constant
I have high blood pressure > 135/85 mmHg, or I am taking medication for my blood pressure (0=no, 4=yes)	0	1	2	3	4
I have high "bad" cholesterol and triglycerides and low "good cholesterol or I am on medication to control my cholesterol (0=no, 4=yes)	0	1	2	3	4
I have high fasting blood sugar >100 mg/dl (0=no, 4=yes)	0	1	2	3	4
I regularly eat sugary foods, breads, pastas, crackers, potatoes, rice, corn, and other starches	0	1	2	3	4
I have a potbelly (0=very little, 4 = very big)	0	1	2	3	4
I have a hard time losing belly fat	0	1	2	3	4
I had gestational diabetes (0=no, 4=yes)	0	1	2	3	4
I get regular episodes of low blood sugar (eg., shakiness, nervousness, irritability, light headed, cloudy thinking) that improves with eating	0	1	2	3	4
I regularly drink alcohol	0	1	2	3	4
I get little to no exercise (0=exercise regularly, 4=never exercise)	0	1	2	3	4
I am unable to lose weight even while exercising regularly, controlling food cravings and following a low-calorie diet	0	1	2	3	4

**Overall Score = \_\_\_\_\_**

**10 or less** = Satisfactory

**11-20** = Possibly insulin resistant

**21 or more** = Probably insulin resistant

Insulin resistance and set the stage up for a HUGE host of chronic diseases, including type II diabetes, obesity, adrenal fatigue, and cardiovascular disease and metabolic syndrome. It is best to get your fasting blood sugar assessed and regulated into its "optimal" zone by following the **cardiovascular health solutions in the "Top 10 Lab Tests and Solutions."**