

# Fat Loss & General Pop Quiz



# Weight Loss



# Weight Loss Quiz #1

Are you regularly working out and eating a balanced diet, but still struggling to lose weight?

Do you frequently find yourself feeling sluggish or fatigued, despite getting enough sleep?

Or perhaps you're dealing with an insatiable appetite, even when you've just eaten?

It could be that your body isn't functioning as optimally as it should.

Weight loss is a complex process that involves balanced nutrition, regular physical activity, and proper functioning of your metabolism.

Certain medical conditions, stress, or even the lack of sleep can impact your body's ability to lose weight effectively.

Hormonal imbalances, particularly involving the thyroid and insulin, can also lead to weight gain or difficulty losing weight.

Weight issues can disrupt the entire health of your body — it doesn't just have to be associated to your diet or exercise routine.

- ✗ Persistent fatigue
- ✗ Uncontrollable cravings
- ✗ Struggle to lose weight despite efforts
- ✗ Increased hunger
- ✗ Slow metabolism

The list really goes on ...

If you've tried multiple diets, supplements, and exercise routines and still had no success.

If you have ongoing challenges with your weight, despite maintaining a healthy lifestyle and still have no improvement — despite seeing doctors and personal trainers.

Or, if you have any of these signs and symptoms in this post ...

Don't let your health hold you back.

Comment "WEIGHTLOSS" below to receive the link to our health and fitness quiz and finally find the answers you have been looking for.



# Weight Loss Quiz #2

Are you continuously working out and eating less, yet finding that the scale doesn't seem to budge?

Do you find it challenging to resist high-calorie foods, even though you know they're not the best choice for weight loss?

Or perhaps you're struggling with feeling fatigued, despite getting enough sleep?

It could be that there are unseen factors standing in the way of your weight loss.

Weight loss is not solely a matter of willpower or just calories in versus calories out.

Hormones, stress levels, sleep quality, gut health, and many other factors can significantly affect how your body burns and stores fat.

Even your body's set point – the weight at which your body prefers to stay, can influence your weight loss efforts and make it harder to lose weight.

Your struggle with weight loss can disrupt the entire health of your body — it doesn't just have to be associated with your diet or exercise habits.

- ✗ Feeling constantly hungry even after meals
- ✗ Struggling with cravings for unhealthy food
- ✗ Not seeing any changes despite eating less and moving more
- ✗ Feeling tired all the time
- ✗ Having difficulty sleeping

The list really goes on ...

If you've tried multiple diets, fitness regimes, and even weight loss supplements and still had no success.

If you have ongoing challenges with your weight, despite cutting down on calories and stepping up your workout game, and still have no improvement — despite seeing dietitians and personal trainers.

Or, if you have any of these signs and symptoms in this post ...

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# Weight loss resistance

Do any of the following apply?			
<b>Leptin resistance</b>   Feeling hungry despite having eaten enough	<b>High ghrelin levels</b>   Increase appetite	<b>Insulin resistance</b>   Fatigue after meals	<b>Insulin resistance</b>   Cravings for sweets
<b>Insulin resistance</b>   Difficulty losing weight	<b>Slow metabolism</b>   Consuming less than 1,600 calories per day	<b>High intake of processed foods</b>	<b>Poor quality or insufficient sleep</b>
<b>Overeating or binge eating</b>	<b>Eating late at night</b>	<b>Consuming sugary drinks and snacks</b>	<b>Sedentary lifestyle</b>



# Weight loss resistance

Do any of the following apply?			
High levels of chronic stress	Increased abdominal fat	Fatigue or lack of energy	Snacking even when not hungry
Signs of acanthosis nigricans (dark, velvety skin in body folds)	Edema or swelling in limbs	Dry, flaky skin or unexplained rashes	Numbness in extremities
Excessive sweating without physical exertion	Shortness of breath without exertion	Frequent sighing or need to take deep breaths	Use of certain medication that may impact weight gain   corticosteroids, antidepressants



# Thyroid



# Thyroid Quiz

Do you often feel an unexplained fatigue, no matter how much you rest?

Have you noticed a sudden weight gain despite maintaining a healthy diet and regular exercise?

Is your hair thinning, skin becoming dry, or are you feeling unusually cold?

Your thyroid might be telling you something.

The thyroid, a small gland at the base of your neck, produces hormones that regulate vital bodily functions.

Hypothyroidism occurs when the thyroid gland doesn't produce enough of certain crucial hormones.

It's more common in women, especially those over the age of 60, but can strike at any age and can have numerous underlying causes.

An under-active thyroid can impact the entire balance of your body — not just your metabolism or energy levels.

- ✗ Slowed heart rate
- ✗ Joint or muscle pain
- ✗ Puffy face
- ✗ High cholesterol levels
- ✗ Impaired memory

The list really goes on ...

If you've tried adjusting your lifestyle, seeking supplements, and even changing diets but still feel constantly drained.

If you've noticed more frequent mood swings, or periods have become heavier or irregular.

Or, if any of these signs and symptoms resonate with you in this post...

Don't ignore your body's signals.

Comment "THYROID" below to receive the link to our thyroid health quiz and get clarity on your health situation.





# Hypothyroidism

Do any of the following apply?			
Poor short-term memory	Struggle working under pressure	Consume large fish more than twice per week (salmon, tuna, shark etc)	Losing the outer third of the eyebrow
Mercury fillings	Enlarged eyes	Difficulty losing weight	Low mood state
Constipation	Weakened muscle	Trouble getting up in the morning	Stiff muscles in the morning



# Hypothyroidism

Do any of the following apply?			
Pale skin	Dry skin	Brittle hair and / or nails	Cold hands and / or feet
Intolerance to cold temperatures	Muscle cramps	Fertility issues	Menstrual irregularities
Water retention	Cracked / croaky voice	Average morning body temperature 36.5c	Use of oral contraceptive pills

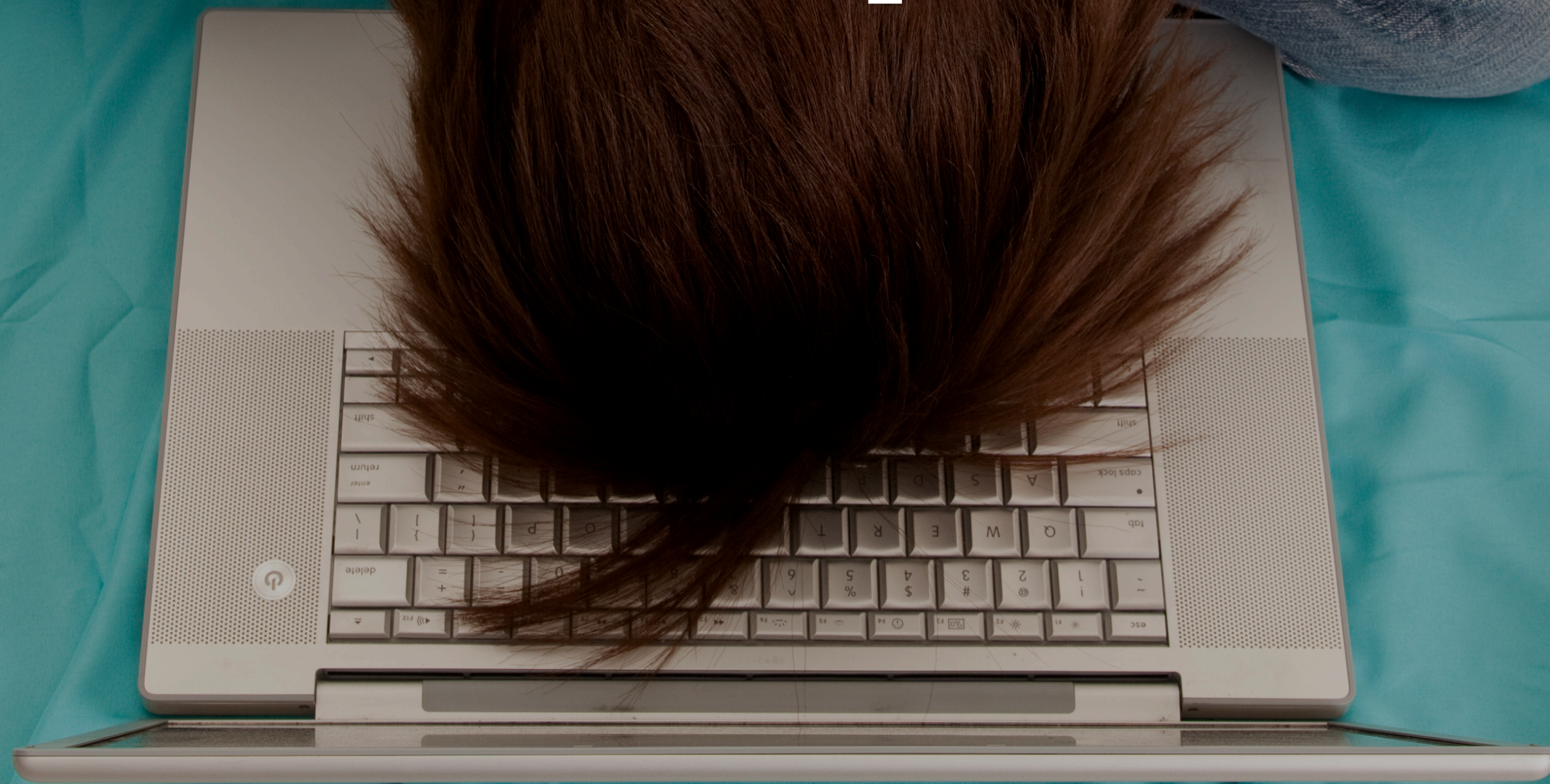


# Hypothyroidism

<b>Do any of the following apply?</b>			
<b>Consume fish or seaweed less than 3 times per week</b>	<b>Consume Brazil nuts less than 3 times per week</b>	<b>Chronic dieting</b>	<b>Previous or current Epstein Barr Virus infection</b>
<b>Previous or current H Pylori infection</b>	<b>Previous or current Blastocystis Hominis infection</b>	<b>Use of toothpaste with fluoride</b>	



**Sleep**



# Sleep Quiz

Are you often finding it hard to fall asleep, even when you're physically tired?

Do you wake up multiple times throughout the night, disrupting your sleep patterns?

Or perhaps you're dealing with constant fatigue and grogginess during the day, even after a full night's rest?

It could be that your sleep hygiene needs an overhaul.

Good sleep is essential for our overall health, supporting everything from brain function to physical health.

However, lifestyle factors, stress, and certain medical conditions can disrupt our sleep patterns and prevent us from getting a good night's rest.

Lack of quality sleep can also lead to more serious health problems over time, such as obesity, diabetes, and heart disease.

Poor sleep can disrupt the entire health of your body — it doesn't just have to be associated with your night-time habits.

- ✗ Difficulty falling asleep
- ✗ Waking up often during the night
- ✗ Feeling tired during the day
- ✗ Difficulty concentrating or remembering things
- ✗ Mood changes or irritability

The list really goes on ...

If you've tried multiple sleep aids, changed your sleeping environment, and even attempted meditation and still had no success.

If you have ongoing challenges with your sleep, despite maintaining 'healthy' habits and still have no improvement — despite seeing doctors and sleep therapists.

Or, if you have any of these signs and symptoms in this post ...

Don't let your health hold you back.

Comment "SLEEP" below to receive the link to our sleep health quiz and finally find the answers you have been looking for.



# Sleep

Do any of the following apply?			
Average duration of sleep <6 hours	Goes to sleep after 10pm	Sleeps more than 9 hours per night	Wakes during sleep
Travel across time zones more than once a month	Work shifts	Uses electronic screens within 1 hour of bed	Uses polyester bedsheets
Poor air quality in bedroom	Consumes caffeine after 3pm	Trains after 5pm	Eats within 2 hours of sleeping



# All Roads...



# <30%

Congratulations!

It appears that **[PROBLEM]** isn't a concern for you.

**Since you have taken the time to complete this quiz, health is clearly a value of yours ...**

Let's get you scheduled in for a complementary functional health consultation so we can assess other areas of your health with my Functional Blueprint and make sure you are able to **[ESCAPE PAIN]**, **[ACHIEVE DREAM STATE]** and **[SOMETHING REALLY AWESOME]**.

Here is the link to book:

**[LINK TO BOOK]**

# 30-60%

Oooooooooohhh ...

**It appears that **[PROBLEM]** is something you are possibly challenged with right now, but it might not be your biggest priority ...**

Let's get you scheduled in for a complementary functional health consultation so we can assess this further and help you **[ESCAPE PAIN]**, **[ACHIEVE DREAM STATE]** and **[SOMETHING REALLY AWESOME]**.

Here is the link to book:

**[LINK TO BOOK]**

# 60+%

Oh dear!

**It appears that **[PROBLEM]** is creating a number of health challenges for you right now!**

Let's get you scheduled in for a complementary functional health consultation so we can finally help you **[ESCAPE PAIN]**, **[ACHIEVE DREAM STATE]** and **[SOMETHING REALLY AWESOME]**.

Here is the link to book:

**[LINK TO BOOK]**





