



Lose Weight Fast Academy

Biological Terrain Analysis

Stomach Self---Assessment

The questions in this assessment are designed to help us to determine the status of your stomach in terms of efficiency and effectiveness in digesting food. Simply grade the answers on the numerical scale alongside each one and add up the final score to assess how well the stomach is currently functioning and how urgent it is that you make changes in this area.

Points

Score yourself on a scale of 0 points if the problem doesn't apply to you to 3 points if it happens always or very frequently.

Question	Points
I regularly find undigested food in my stool	0 1 2 3
I belch and burp a lot after meals	0 1 2 3
I regularly suffer from foul breath	0 1 2 3
I regularly suffer from pain/burning in the stomach after eating	0 1 2 3
I regularly suffer heartburn after eating spicy foods, citrus fruits, alcohol and caffeine	0 1 2 3
I regularly use antacids	0 1 2 3
I regularly have difficulty digesting meat and fibrous vegetables	0 1 2 3
I regularly feel full and even bloated even after eating a relatively small meal	0 1 2 3
I normally get hungry within 2---3 hours of my last meal, regardless of how much I've eaten	0 1 2 3
I regularly suffer heartburn or 'acid repeat' when lying down or bending forward	0 1 2 3

My stomach burden is_____ points.

Score	Priority
0	PERFECT! Your stomach burden is zero. Your stomach appears to be functioning well.
1---8 points	LOW BURDEN - You've got a few stomach issues but they're not too bad right now. Still, if you take action on them at this point you'll save yourself a lot of problems before they become real issues
10---18 points	MEDIUM BURDEN - Your stomach problems have become real issues that are compromising your health. They're not truly urgent yet but they could easily become urgent if you don't take action right now.
20---30 points	HIGH BURDEN - Your stomach burden is high. There's no doubt that your health has been compromised. You should take action on addressing these issues immediately

Large Intestine Self---Assessment

The questions in this assessment are designed to help us to determine the status of your large intestine in terms of efficiency and effectiveness in digesting food and removing waste products via bowel. Simply grade the answers on the numerical scale alongside each one and add up the final score to assess how well the large intestine tract is currently functioning and how urgent it is that you make changes in this area.

Points

Score yourself on a scale of 0 points if the problem doesn't apply to you to 3 points if it happens always or very frequently.

Question	Points
I regularly feel that my bowels do not empty completely or have to 'go again' shortly after I think I have finished emptying my bowels	0 1 2 3
I regularly suffer from constipation	0 1 2 3
I regularly alternate between diarrhea and constipation	0 1 2 3
I regularly suffer from lower abdominal pain that only goes if I pass stool or gas	0 1 2 3
I have 1 or less bowel movements a day	0 1 2 3
I have often suffer from blood or mucus in my stool	0 1 2 3
I regularly have to use laxatives to help me to 'go'	0 1 2 3
I regularly experience a 'coated' or 'fuzzy tongue'	0 1 2 3
I regularly have bad breath (halitosis)	0 1 2 3
I regularly experience hard and dry stools	0 1 2 3
I regularly experience itching around the anus	0 1 2 3

My gastrointestinal burden is _____ points.

Score	Priority
0	PERFECT! Your large intestine burden is zero. Your colon and bowel appear to be functioning well.
1--8 points	LOW BURDEN - You've got a few issues but they're not too bad right now. Still, if you take action on them at this point you'll save yourself a lot of problems before they become real issues
10--18 points	MEDIUM BURDEN - Your problems have become real issues that are compromising your health. They're not truly urgent yet but they could easily become urgent if you don't take action right now.
20--33 points	HIGH BURDEN - Your intestinal burden is high. There's no doubt that your health has been compromised. You should take action on addressing these issues immediately

Small Intestine Self-Assessment

The questions in this assessment are designed to help us to determine the status of your small intestine in terms of efficiency and effectiveness in digesting food and extracting nutrients. Simply grade the answers on the numerical scale alongside each one and add up the final score to assess how well the small intestine is currently functioning and how urgent it is that you make changes in this area.

Points

Score yourself on a scale of 0 points if the problem doesn't apply to you to 3 points if it happens always or very frequently.

Question	Points
I regularly suffer from nausea and/or vomiting, esp after eating	0 1 2 3
I have difficulty losing weight (even on lower calorie diets)	0 1 2 3
I often feel uncomfortably full after eating and this can last 2--- 4 hours or more	0 1 2 3
I often become constipated when I include roughage or fibre in my diet	0 1 2 3
I often feel pain/tenderness/soreness in the upper---centre of the abdominal region	0 1 2 3
I often feel better if I don't eat	0 1 2 3
I often 'go off meat' for extended periods of time	0 1 2 3
I often find undigested food in my stool	0 1 2 3

My small intestine burden is _____ points.

Score	Priority
0	PERFECT! Your small intestine burden is zero. Your colon and bowel appear to be functioning well.
1---8 points	LOW BURDEN - You've got a few issues but they're not too bad right now. Still, if you take action on them at this point you'll save yourself a lot of problems before they become real issues
10---15 points	MEDIUM BURDEN - Your problems have become real issues that are compromising your health. They're not truly urgent yet but they could easily become urgent if you don't take action right now.
16--- 24 points	HIGH BURDEN - Your small intestinal is high. There's no doubt that your health has been compromised. You should take action on addressing these issues immediately

Liver and Gallbladder Self-Assessment

The questions in this assessment are designed to help us to determine the status of your liver and gallbladder in terms of efficiency and effectiveness in coping with the role of detoxification and producing bile to aid digestion. Simply grade the answers on the numerical scale alongside each one and add up the final score to assess how well the liver is currently functioning and how urgent it is that you make changes in this area.

Points

Score yourself on a scale of 0 points if the problem doesn't apply to you to 3 points if it happens always or very frequently.

Question	Points
I regularly feel pain between my shoulder blades	0 1 2 3
I often have pain/tenderness under my right rib	0 1 2 3
I regularly get an upset stomach after eating greasy foods	0 1 2 3
I get easily intoxicated and often sick if drinking alcohol	0 1 2 3
I regularly pass greasy looking or shiny stools	0 1 2 3
I often have a bitter/metallic taste in my mouth, esp after meals	0 1 2 3
I am sensitive to tobacco smoke, chemicals (air fresheners, perfumes etc)	0 1 2 3
I suffer from chronic fatigue o fibromyalgia	0 1 2 3
I regularly consume alcohol	0 1 2 3
I regularly pass pale or yellow stools	0 1 2 3
I experience dry and often flaky skin on my hands and feet and my skin is dry in general	0 1 2 3

My liver burden is _____ points.

Score	Priority
0	PERFECT! Your liver burden is zero and appears to be functioning well.
1---8 points	LOW BURDEN - You've got a few issues but they're not too bad right now. Still, if you take action on them at this point you'll save yourself a lot of problems before they become real issues
10---18 points	MEDIUM BURDEN - Your problems have become real issues that are compromising your health. They're not truly urgent yet but they could easily become urgent if you don't take action right now.
20---33 points	HIGH BURDEN - Your liver burden is high. There's no doubt that your health has been compromised. You should take action on addressing these issues immediately

Kidney and Bladder Self---Assessment

The questions in this assessment are designed to help us to determine the status of your liver and gallbladder in terms of efficiency and effectiveness in coping with the role of detoxification and producing bile to aid digestion. Simply grade the answers on the numerical scale alongside each one and add up the final score to assess how well the liver is currently functioning and how urgent it is that you make changes in this area.

Points

Score yourself on a scale of 0 points if the problem doesn't apply to you to 3 points if it happens always or very frequently.

Question	Points
I often feel pain in the mid back region	0 1 2 3
I often have dark circles under my eyes and/or puffy eyes even when sleeping well	0 1 2 3
I often notice that my urine has a very strong odor	0 1 2 3
I often have dark, cloudy or bloody urine	0 1 2 3

My liver burden is_____ points.

Score	Priority
0	PERFECT! Your kidney and bladder burden is zero and appear to be functioning well.
1--3 points	LOW BURDEN - You've got a few issues but they're not too bad right now. Still, if you take action on them at this point you'll save yourself a lot of problems before they become real issues
4--8 points	MEDIUM BURDEN - Your problems have become real issues that are compromising your health. They're not truly urgent yet but they could easily become urgent if you don't take action right now.
9--12 points	HIGH BURDEN - Your kidney burden is high. There's no doubt that your health has been compromised. You should take action on addressing these issues immediately

Low Glucose Control Self---Assessment

The questions in this assessment are designed to help us to determine how efficient and effective your body is at managing blood glucose levels. Simply grade the answers on the numerical scale alongside each one and add up the final score to assess how well your blood sugar is currently being controlled and how urgent it is that you make changes in this area. This assessment is to ascertain if you exhibit the signs of unusually low blood sugar.

Points

Score yourself on a scale of 0 points if the problem doesn't apply to you to 3 points if it happens always or very frequently.

Question	Points
I get very irritable if meals are missed	0 1 2 3
I often STRONGLY crave sweets, fruit and carbohydrates	0 1 2 3
I often rely on caffeine to 'get me going' in the morning	0 1 2 3
I often get light headed and jittery if I miss a meal	0 1 2 3
I suffer from poor memory recall	0 1 2 3
Eating is almost 'drug like' in its ability to remove fatigue	0 1 2 3
I suffer frequently from blurred vision	0 1 2 3

My blood glucose burden is _____ points.

Score	Priority
0	PERFECT! Your low glucose control burden is zero. Your pancreas appear to be functioning well.
1--7 points	LOW BURDEN - You've got a few issues but they're not too bad right now. Still, if you take action on them at this point you'll save yourself a lot of problems before they become real issues
8--15 points	MEDIUM BURDEN - Your problems have become real issues that are compromising your health. They're not truly urgent yet but they could easily become urgent if you don't take action right now.
16--21 points	HIGH BURDEN -You have definite blood sugar control issues with low blood sugar symptoms that indicate your pancreas is overcompensating with insulin production that needs to be normalised

High Glucose Control Self--Assessment

The questions in this assessment are designed to help us to determine how efficient and effective your body is at managing blood glucose levels. Simply grade the answers on the numerical scale alongside each one and add up the final score to assess how well your blood sugar is currently being controlled and how urgent it is that you make changes in this area. This assessment is to ascertain if you exhibit the signs of unusually high blood sugar.

Points

Score yourself on a scale of 0 points if the problem doesn't apply to you to 3 points if it happens always or very frequently.

Question	Points
I have persistent thirst and appetite despite eating and drinking regularly	0 1 2 3
I often get tired after eating (especially meals that are high in carbs)	0 1 2 3
I often strongly crave sweets, even after eating a full meal	0 1 2 3
I often get light headed and jittery if I miss a meal	0 1 2 3
I struggle to lose fat, especially in the abdomen and 'love handle' area	0 1 2 3
I often binge or excessively overeat	0 1 2 3
I often get sleepy in the afternoon	0 1 2 3

My high blood glucose burden is _____ points.

Score	Priority
0	PERFECT! Your glucose control burden is zero. Your pancreas appears to be functioning well.
1--7 points	LOW BURDEN - You've got a few issues but they're not too bad right now. Still, if you take action on them at this point you'll save yourself a lot of problems before they become real issues
8--15 points	MEDIUM BURDEN - Your problems have become real issues that are compromising your health. They're not truly urgent yet but they could easily become urgent if you don't take action right now.
16--21 points	HIGH BURDEN - Your blood glucose burden is high. You have definite blood sugar control issues with high blood sugar symptoms that indicate you have developed insulin insensitivity

Adrenal Function Self-Assessment (Low)

The questions in this assessment are designed to help us to determine the status of your adrenals in terms of efficiency and effectiveness producing and managing adrenaline and cortisol. Simply grade the answers on the numerical scale alongside each one and add up the final score to assess how well the adrenals currently functioning and how urgent it is that you make changes in this area.

Points

Score yourself on a scale of 0 points if the problem doesn't apply to you to 3 points if it happens always or very frequently.

Question	Points
I regularly crave salty and savoury foods	0 1 2 3
I often get headaches when stressed, exerted or tired	0 1 2 3
I often 'crash out' in the day but have trouble staying asleep at night	0 1 2 3
I regularly get dizzy when changing positions from lying or sitting to standing	0 1 2 3
I suffer many aches and pains in my joints	0 1 2 3
I often have hot and uncomfortable joints	0 1 2 3
I often have pain, wheezing and difficulty in breathing	0 1 2 3
I often suffer pain and 'pulls' in the hamstrings, gracilis and sartorius	0 1 2 3
I often suffer from medial knee pain	0 1 2 3
I have pain in the shins and feet	0 1 2 3
I often have allergies, 'hives' and rashes	0 1 2 3
I suffer chronic low back pain that gets worse when tired	0 1 2 3

My low adrenal burden is _____ points.

Score	Priority
0	PERFECT! Your adrenal burden is zero. Your adrenals appear to be functioning well.
1–8 points	LOW BURDEN - You've got a few issues but they're not too bad right now. Still, if you take action on them at this point you'll save yourself a lot of problems before they become real issues
10–18 points	MEDIUM BURDEN - Your problems have become real issues that are compromising your health. They're not truly urgent yet but they could easily become urgent if you don't take action right now.
20–36 points	HIGH BURDEN - Your adrenals appear to be fatigued and failing to perform their anti-inflammatory role leading to numerous inflammatory responses through the body that will cause pain and reduce function. This needs to be addressed now!

Adrenal Function Self-Assessment (High)

The questions in this assessment are designed to help us to determine the status of your adrenals in terms of efficiency and effectiveness producing and managing adrenaline and cortisol. Simply grade the answers on the numerical scale alongside each one and add up the final score to assess how well the adrenals currently functioning and how urgent it is that you make changes in this area.

Points

Score yourself on a scale of 0 points if the problem doesn't apply to you to 3 points if it happens always or very frequently.

Question	Points
I have trouble falling asleep at night	0 1 2 3
I tend to be a 'night person'	0 1 2 3
I have a tendency to sweat very easily	0 1 2 3
I wake up tired even after 6 or more hours of sleep	0 1 2 3
I tend to be 'keyed up' and have trouble calming down	0 1 2 3
I get 'wired' after drinking coffee	0 1 2 3
I tend to clench or grind my teeth	0 1 2 3

My high adrenal burden is _____ points.

Score	Priority
0	PERFECT! Your adrenal burden is zero. Your adrenals appear to be functioning well.
1--7 points	LOW BURDEN - You've got a few issues but they're not too bad right now. Still, if you take action on them at this point you'll save yourself a lot of problems before they become real issues
8--11 points	MEDIUM BURDEN - Your problems have become real issues that are compromising your health. They're not truly urgent yet but they could easily become urgent if you don't take action right now.
12-- 21 points	HIGH BURDEN - Your adrenals appear to be stuck in high gear and overperforming their fight or flight role. It's only a matter of time until they fatigue. You need to act now.

Thyroid Function Self--Assessment (Low)

The questions in this assessment are designed to help us to determine the status of your thyroid in terms of efficiency and effectiveness in producing and using thyroid hormones. Simply grade the answers on the numerical scale alongside each one and add up the final score to assess how well the large intestine tract is currently functioning and how urgent it is that you make changes in this area.

Points

Score yourself on a scale of 0 points if the problem doesn't apply to you to 3 points if it happens always or very frequently.

Question	Points
I regularly feel tired and sluggish	0 1 2 3
I seem to require a lot more sleep than others sleep in order to function properly	0 1 2 3
I gain weight easily and struggle to lose it	0 1 2 3
I have noticed a thinning of hair on my scalp, face and/or genitals	0 1 2 3
I have noticed a thinning of the outer third of my eyebrows	0 1 2 3
I tend to have 'morning headaches'	0 1 2 3
I often feel 'low' or depressed	0 1 2 3
I have dry skin	0 1 2 3
I am sensitive to cold	0 1 2 3
I am easily fatigued even by 'low level' activity	0 1 2 3
I often suffer from constipation	0 1 2 3

My thyroid burden is _____ points.

Score	Priority
0	PERFECT! Your thyroid burden is zero and appears to be functioning well.
1–8 points	LOW BURDEN - You've got a few issues but they're not too bad right now. Still, if you take action on them at this point you'll save yourself a lot of problems before they become real issues
10–18 points	MEDIUM BURDEN - Your problems have become real issues that are compromising your health. They're not truly urgent yet but they could easily become urgent if you don't take action right now.
20–33 points	HIGH BURDEN - Your thyroid appears to be low or your thyroid sensitivity appears to be low. In either event, you need to take action on this now.

Thyroid Function Self---Assessment (High)

The questions in this assessment are designed to help us to determine the status of your thyroid in terms of efficiency and effectiveness in producing and using thyroid hormones. Simply grade the answers on the numerical scale alongside each one and add up the final score to assess how well the large intestine tract is currently functioning and how urgent it is that you make changes in this area.

Points

Score yourself on a scale of 0 points if the problem doesn't apply to you to 3 points if it happens always or very frequently.

Question	Points
I have quite a large appetite yet still don't gain weight easily	0 1 2 3
I tend to get hot and 'flush' easily	0 1 2 3
I have a fast pulse at rest	0 1 2 3
I am often quite nervous, tense and emotional	0 1 2 3
I often notice 'inward trembling' and/or fidgetiness	0 1 2 3
I often notice heart palpitations	0 1 2 3

My thyroid burden is_____ points.

Score	Priority
0	PERFECT! Your thyroid burden is zero and appears to be functioning well.
1--5 points	LOW BURDEN - You've got a few issues but they're not too bad right now. Still, if you take action on them at this point you'll save yourself a lot of problems before they become real issues
6--12 points	MEDIUM BURDEN - Your problems have become real issues that are compromising your health. They're not truly urgent yet but they could easily become urgent if you don't take action right now.
13--18 points	HIGH BURDEN - Your thyroid appears to be high and overactive. You need to bring it back to the right level right away to secure your health.