

Quiz 1: How is Your Current Health?

Have you been diagnosed with one of the following conditions, regardless of whether you are taking medications for treatment:

AIDS or HIV infection	Add 2 points _____
Asthma	Add 2 points _____
Bronchitis	Add 1 point _____
Celiac disease or gluten intolerance	Add 2 points _____
Coronary artery (heart) disease	Add 2 points _____
Diabetes or elevated blood sugar	Add 2 points _____
Gingivitis or periodontitis	Add 1 point _____
Hepatitis	Add 2 points _____
Inflammatory bowel disease	Add 2 points _____
Rheumatoid arthritis	Add 2 points _____
Osteoarthritis	Add 2 points _____
Eczema, psoriasis, or frequent sunburn	Add 1 point _____
Stomach ulcers	Add 1 point _____
Ulcerated varicose veins	Add 2 points _____
A recent physical injury - by accident, or through sports/athletics, or via a severe sunburn	Add 1 point _____

Do you have any consistently stiff or aching joints, such as those in your fingers or knees? Add 1 point _____

Does your body feel stiff when you get out of bed in the morning? Add 1 point _____

If you are overweight by ten pounds or less, do you carry all or most of the extra weight around your abdomen? Add 1 point _____

If you are obese (more than twenty pounds over your ideal weight), do you carry all or most of the extra fat around your abdomen? Add 2 points _____

Is your nose stuffed up or runny a lot of the time? Add 1 point _____

Do you get injured (anything from serious bruises to broken bones several or more times a year) because of accidents, the nature of your work, or athletic activities? Add 1 point _____

Have you been hospitalized for surgery during the past twelve months? Add 1 point _____

Do you smoke or chew tobacco products? Add 2 points _____

Do you get frequent colds or flus? Add 1 point _____

Do you have any seasonal allergies, such as to pollens or mold? Add 1 point _____

Do you have any skin sores or rashes that don't seem to go away? Add 1 point _____

Your score on quiz 1: _____

Interpretation and ranking:

- 0-1 Low.** You have a low level of inflammation, which is healthy.
- 2-7 Moderate.** You have a moderate level of inflammation that affects your current health and poses risks to your long-term health, and you should work to reverse it.
- 7-20 High.** You have a high level of inflammation, which is very harmful and requires immediate attention to reverse.
- 21+ Very High.** Although rare, your level of inflammation is extremely high and should be reversed without delay.