

WHY CAN'T I LOSE WEIGHT

Identify Your Resistance Factors Self-Assessment

Susan M. Swanson, CR, STT, Iridologist, State-Certified Master Herbalist

Telephone: (970) 689-9576

Email solereflex@hotmail.com Web: www.solereflex.com

RESISTANCE FACTORS

CARBOHYDRATE CRAVING

I prefer pasta, bread, and pastries to meat, fruit, or vegetables.

YES ___ NO ___

I experience cravings for sweet or starchy foods.

YES ___ NO ___

I frequently feel tired or lack energy levels with food or beverages.

YES ___ NO ___

I often try to boost my energy levels with food or beverages.

YES ___ NO ___

I frequently feel sleepy or sluggish in late afternoon.

YES ___ NO ___

METABOLIC SHIFT

Maintaining my desired body weight has become more difficult in recent years.

YES ___ NO ___

I have gained more than 10 pounds and/or my waist circumference has increased by 2 or more inches over the past decade.

YES ___ NO ___

I am over the age of 28.

YES ___ NO ___

Lately, my body seems less muscular than it once was.

YES ___ NO ___

I tend to gain weight more easily than I once did, even though my diet is roughly the same as it was.

YES ___ NO ___

FAT ADDICTION

I eat at restaurants more than twice a week.

YES ___ NO ___

I rarely order from the "light" menu when eating out.

YES ___ NO ___

I enjoy sauces, gravies, and rich condiments such as mayonnaise and salad dressing.

YES ___ NO ___

I purchase food from vending machines or convenience stores more than twice a week.

YES ___ NO ___

In general, I prefer fast food, snack foods, or rich desserts to fruits, vegetables, or whole-grain products.

YES ___ NO ___

WHY CAN'T I LOSE WEIGHT

Identify Your Resistance Factors Self-Assessment

Susan M. Swanson, CR, STT, Iridologist, State-Certified Master Herbalist

Telephone: (970) 689-9576

Email solereflex@hotmail.com Web: www.solereflex.com

OVERACTIVE APPETITE

I frequently snack or nibble throughout the day.

YES ___ NO ___

Whenever I try to eat less, I usually feel hungry.

YES ___ NO ___

I find it hard to turn down food.

YES ___ NO ___

I usually eat everything I'm served

YES ___ NO ___

Whenever I try to follow a diet plan, I tend to "cheat" within the first week.

YES ___ NO ___

STRESS EATING

I frequently experience a great deal of stress in some aspect of my life.

YES ___ NO ___

I rarely get 7 to 8 hours of sleep each night.

YES ___ NO ___

I tend to eat more when I am anxious, worried, tired, sad or upset.

YES ___ NO ___

I often eat on the run or while I'm busy doing something else.

YES ___ NO ___

At least twice a week, I eat food that I don't really enjoy because it is readily available.

YES ___ NO ___