



# WHAT'S YOUR INFLAMMATION TYPE?

A 60-SECOND INFLAMMATION SNAPSHOT  
CIRCLE ONE ANSWER PER QUESTION.

YES = 2 points

SOMETIMES = 1 point

NO = 0 points

## LUNG DEFENDER

MUCUS, THROAT CLEARING, OR SINUS CONGESTION?  
SOMETIMES  YES  NO

SENSITIVE TO SMOKE, SCENTS, OR CHEMICALS?  
SOMETIMES  YES  NO

FREQUENT COLDS OR RESPIRATORY FLAR-UP'S?  
SOMETIMES  YES  NO

SEASONAL ALLERGIES HIT YOUR HARD?  
SOMETIMES  YES  NO

LUNG DEFENDER SCORE\_\_\_\_\_

## BLOOD SUGAR ROLLERCOASTER

DAILY SUGAR CRAVINGS? SOMETIMES  YES  NO

IRRITABLE OR SHAKY IF YOU SKIP MEALS?  
SOMETIMES  YES  NO

AFTERNOON ENERGY CRASH?  
SOMETIMES  YES  NO

WAKE BETWEEN 2-4AM?  
SOMETIMES  YES  NO

BLOOD SUGAR SCORE\_\_\_\_\_

## SLUGGISH DETOXER

CONSTIPATION?  
SOMETIMES  YES  NO

PUFFY OR HEAVY FEELING?  
SOMETIMES  YES  NO

STRONG REACTION TO WINE, CHEMICALS, OR PERFUMES?  
SOMETIMES  YES  NO

COATED TONGUE IN THE MORNING?  
SOMETIMES  YES  NO

DETOXER SCORE\_\_\_\_\_

## SILENT INFLAMMATION CARRIER

FEEL "OFF" BUT LABS LOOK NORMAL?  
SOMETIMES  YES  NO

RANDO ACHES OR PUFFINESS?  
SOMETIMES  YES  NO

AUTOIMMUNE TENDENCIES?  
SOMETIMES  YES  NO

FEEL WORSE AFTER PROCESSED FOODS?  
SOMETIMES  YES  NO

SILENT CARRIER SCORE\_\_\_\_\_

## HIJACKED HORMONES

DO YOUR SYMPTOMS FLARE BEFORE YOUR PERIOD?  
SOMETIMES  YES  NO

DO YOU STRUGGLE WITH HEAVY, PAINFUL, OR IRREGULAR CYCLES?  
SOMETIMES  YES  NO

DO YOU GAIN WEIGHT AROUND HIPS, THIGHS, OR LOWER BELLY?  
SOMETIMES  YES  NO

DO YOU HAVE BREAST TENDERNESS OR HORMONAL MIGRAINES?  
SOMETIMES  YES  NO

IS YOUR SLEEP WORSE AROUND YOUR CYCLE?  
SOMETIMES  YES  NO

DO YOU FEEL MORE ANXIOUS OR IRRITABLE AT CERTAIN TIMES OF THE MONTH?  
SOMETIMES  YES  NO

HAS PERIMENOPAUSE MADE EVERYTHING FEEL UNPREDICTABLE?  
SOMETIMES  YES  NO

HORMONE SCORE\_\_\_\_\_

## OVERLOADED NERVOUS SYSTEM

ANXIETY OR FEELING ON EDGE?  
SOMETIMES  YES  NO

TROUBLE FALLING OR STAYING ASLEEP?  
SOMETIMES  YES  NO

WAKE WIRED BUT TIRED?  
SOMETIMES  YES  NO

OVERWHELMED EASILY?  
SOMETIMES  YES  NO

NERVOUS SYSTEM SCORE\_\_\_\_\_

## CIRCULATION INFLAMMATION

COLD HANDS OR FEET?  
SOMETIMES  YES  NO

TINGLING OR NUMBNESS IN FINGERS OR TOES?  
SOMETIMES  YES  NO

HIGH BLOOD PRESSURE?  
SOMETIMES  YES  NO

SWELLING IN ANKLES OR FEET?  
SOMETIMES  YES  NO

VARICOSE VEINS OR SPIDER VEINS?  
SOMETIMES  YES  NO

HEAD PRESSURE OR FREQUENT HEADACHES?  
SOMETIMES  YES  NO

CIRCULATION SCORE\_\_\_\_\_

## RESULTS:

HIGHEST SCORE = YOUR DOMINANT TYPE  
TIE BETWEEN TWO OR THREE = LAYERED INFLAMMATION TYPE