

“ Are You Doing Things That Are Forcing Your Body To Age Faster?”

(Take this Free Quiz To Find Out)

Q. Before you start I have a question for you. *Are you living a life that FIGHTS aging... and is FREE of aches and pains, or are you living a life that you're not happy with and may be causing ACCELERATED aging?*

Take this short, simple quiz to discover if the the foods you eat, and the drinks you drink, are causing you to age FASTER - causing a lack of energy, joint pain, heart conditions, arthritis, high blood pressure, sluggish metabolism, and increased weight gain.

Fill out the questionnaire, give it back to the person that gave it to you and finally discover whether you can make a few simple changes to your lifestyle to turn back the hands of time to help you look AND feel 5, 10, or even 15 YEARS younger!

Are you male or female?

- Male
- Female

What is your age range?

- 18-30
- 30-39
- 40-49
- 50-59
- 60-69
- 70-79
- 80-89
- 90+

How would you describe your body?

- Thin
- Average

- A Few Extra Pounds
- Very Overweight/Obese

Do you think your energy levels could be improved or are you happy where they are?

- I could use more energy
- I am already very energetic

Are or were you a smoker

- Yes, I smoke
- I used to smoke for ____years.
- No, I am not a smoker

How well would you say you have cared for your body?

- Extremely well!
- Moderately well
- Average
- Slightly Below Average
- My Body Has Been Abused

Are you diabetic?

- No, but I'm at risk.
- No
- Yes

My joints ache on a regular basis (knees, ankles, neck, shoulders, fingers...)

- True
- False

When I wake up in the morning I feel:

- Alive and full of energy
- Pretty good after about 10 minutes
- Like I didn't get enough sleep

- Like I want to throw the alarm clock across the room and sleep for 5 more hours

When I look in the mirror I see:

- A smooth, youthful face
- A face that fits my age, but I'd like to look a little younger
- An old, tired person staring back at me

How many servings of healthy fats do you consume on a weekly basis?

- I consume healthy fats every day
- A couple times per week
- Rarely
- What are healthy fats?

Are you on medications for high blood pressure or high cholesterol?

- Yes, High Blood Pressure
- Yes, High Cholesterol
- Both
- No, fortunately none

Are you on medications for anything?

- Yes, _____
- Yes, but I'm on more than two.
- No

I feel young, alive, and full of energy all of the time:

- True
- False

Did you know certain foods and activities can cause ACCELERATED aging and a loss of energy?

- Yes
- No

Do you take any vitamins or minerals on a daily basis?

- Yes
- Sometimes
- No

If you could do something about your aging, your aches and pains... your stiff neck, your achey fingers, your arthritis, your sleeping problems, your excess fat, ANY health problem/issue you have right now, would you be willing to do that today?

- No, I don't think it's a good investment of my time.
- No, not at this time. I'm happy with the way I am, I think I'm healthy, and I don't need ANY help at this time.
- Yes, I would like to do something today. I'm tired of being "sick and tired" all the time. I've aged, I don't feel young and alive anymore, so if you can help, I'd like to see what you have to offer.

Once you give this back to the doctor, she'll analyze the findings and give you a score. Thank you for investing the time to do this short quiz to find out if you need or want help with your health.