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HEALTH ASSESSMENT: INSULIN RESISTANCE

Insulin resistance is linked to a number of diseases. Answering yes to the following questions, may indicate you are insulin resistant.

Y	N	Do you tend to put on weight easily, even when not overeating and exercising regularly?
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Y	N	Do you or a family member suffer from: diabetes, heart disease, high cholesterol, high blood pressure?
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Y	N	If female, do you suffer from polycystic ovarian syndrome?
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Y	N	Do you experience food cravings for sugary, starchy foods?
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Y	N	Are you unusually tired in the afternoon, early evening?
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Y	N	Do you carry most of your weight around the mid-section/abdominal area?
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*** Y = Yes N = No

HOW DID YOU GO? Insulin resistance is treatable, so don't put up with the fatigue, carbohydrate cravings, and extra kilos any longer.

Want to get your metabolism back on track. Ask us how... 02 9501 0326 or christine@healthinourhands.com.au.