



SILENT INFLAMMATION QUIZ		
QUESTION	YES	NO
Are you overweight?		
Are you always craving carbohydrates?		
Are you constantly hungry?		
Are you tired, especially after exercise?		
Are your fingernails brittle?		
Is your hair limp with little texture?		
Are you constipated?		
Do you sleep excessively?		
Are you groggy upon waking?		
Do you have a lack of mental concentration?		
Do you lack a sense of well-being?		
Do you have headaches?		
Are you constantly fatigued?		
Do you have dry skin?		
<b>TOTAL</b>		