

ASSESSMENT

IS MY GUT HEALTHY?

(Page 9, *Eat Yourself Healthy*, Dr Megan Rossi)

**Let's start by giving you a little more insight into how this book might benefit you.
For each of the 10 questions, circle the answer that applies to you.**

- How often are you bothered by gut symptoms, e.g. bloating, reflux, constipation?
Less than once a month (0 points) 1–3 times a month (1 point) 1–2 times a week (2 points) 3 or more times per week (3 points)
- Do you take regular medication or over-the-counter drugs (including the contraceptive pill)?
No (0 points) Yes (2 points)
- Do any health conditions run in your family, e.g. diabetes, high blood pressure?
No (0 points) Yes (2 points)
- How many different plant-based foods do you eat each week? (Including wholegrains, legumes, vegetables, fruits, nuts and seeds – herbs and spices count as a quarter of a point.)
Fewer than 10 (3 points) 10–19 (2 points) 20–29 (1 point) 30+ (0 points)
- In an average week, how would you describe yourself?
Unhappy (2 points) Neutral (1 point) Happy (0 points)
- How often are you unwell, e.g. with colds and flu?
Fewer than 3 times a year (0 points) Once every 2–4 months (1 point) At least once a month (2 points)
- Are you avoiding any foods because of a suspected or diagnosed food intolerance?
No (0 points) Yes (2 points)

8. How many hours sleep do you get a night on average?

5 hours or fewer
(2 points)

More than 5 hours and less than 7
(1 point)

At least 7 hours
(0 points)

9. How often are you negatively impacted by stress?

Less than once a month
(0 points)

1–3 times a month
(1 point)

Every week
(2 points)

10. How often do you exercise (for at least 30 minutes) to a level where you'd become short of breath if you tried to sing?

Less often than once a week
(2 points)

1–2 times per week
(1 point)

3 or more times a week
(0 points)

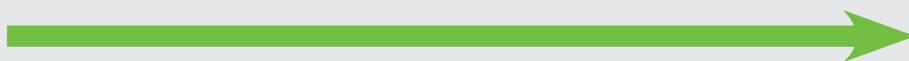
Tally your score: _____

Score interpretation:

Top marks. For you it's all about keeping your gut health in top condition. To help you achieve this you might like to check out the simple tips and recipes found in the book.

Let's get to work. Using the practical strategies laid out in the book, we'll get your gut health back on track – it's all about health and happiness from the inside out.

0 points



20 points