

Do You Need a Superfood Supplement?

Most Americans are eating a less than optimal diet, so some kind of whole food supplement (or at least a good quality multiple vitamin and mineral) is needed to supply nutrients that may be missing from the diet. To find out if you need a superfood supplement to boost your basic nutrition, check the answer that best applies to you for each of the following questions. Then, score the total number of points for each answer at the bottom of the page.

How often do you eat at fast food restaurants?

- 1 time or less per week (15 points)
- 2-3 times per week (10 points)
- 4-6 times per week (5 points)
- Every day (0 points)

What kind of bread do you usually eat?

- White (0 points)
- Whole grain (5 points)

How often do you eat a home-cooked meal that is not composed primarily of canned, frozen or pre-packaged foods?

- Every day (15 points)
- 3 or more times each week (10 points)
- 1-2 times per week (5 points)
- Less than once a week (0 points)

How many servings of fresh, frozen or dried fruits and vegetables do you usually eat each day? (Canned foods don't count!)

- 7 or more (20 points)
- 5-6 (15 points)
- 3-4 (10 points)
- 1-2 (5 points)
- Less than 1 (0 points)

Do you purchase organically or locally-grown food whenever possible?

- Yes (10 points)
- No (0 points)

Total Your Points Here _____

Interpreting Your Results: If you scored 45 or more, you're doing great! Score less than 45, you probably need a superfood supplement. If you scored less than 25, you definitely need a superfood supplement.

Do You Need Trace Minerals?

One of the major problems with modern agricultural methods is that it depletes foods of trace minerals. Added to this is the fact that many of the most mineral-rich portions of plant and animal foods are discarded in most kitchens. As a result, few people obtain the trace minerals they need to keep teeth, bones, hair, skin, etc. healthy. To find out if you need a trace mineral supplement, check the answer that best applies to you for each of the following questions. Then, score the total number of points for each answer at the bottom of the page.

How many fillings do you have?

- None (15 points)
- 1-5 fillings (5 points)
- More than five fillings (0 points)

How many teeth have you lost? (Do not include teeth lost through a physical accident.)

- I have all my teeth, including my wisdom teeth, and have no root canals. (15 points)
- I have lost 1-3 teeth (include wisdom teeth) and/or have at least one root canal. (5 points)
- I have lost more than three teeth (include wisdom teeth) and/or have two or more root canals. (0 points)

Are your teeth crooked or did you require braces?

- No (10 points)
- Yes (0 points)

How often do you make and consume homemade stock by simmering bones and vegetables as a base for homemade soups?

- I never make homemade stock (0 points)
- I sometimes make homemade stock (5 points)
- I make stock almost every week (10 points)

Do you have any problems with your skin, hair, fingernails, bones or joints such as (hair loss, skin disorders, brittle fingernails, arthritis, osteoporosis, etc.)?

- No (15 points)
- Yes (0 points)

Total Your Points Here _____

Interpreting Your Results: If you scored 45 or more, you're doing great! Score less than 45, you probably need a trace mineral supplement. If you scored less than 25, you definitely need a trace mineral supplement.

Do You Need Digestive Enzymes?

Most people eat primarily cooked and processed foods. Raw foods or naturally fermented foods (like sauerkraut and kimchi) supply enzymes that help food digest and take stress off of the digestive and immune systems. When these enzymes are lacking in the diet it strains the digestive system and can contribute to food and respiratory allergies. To find out if you need an enzyme supplement, check the answer that best applies to you for each of the following questions. Then, score the total number of points for each answer at the bottom of the page.

What percentage of your diet is raw food?

- 60% or more (20 points)
- 40-60% (15 points)
- 20-40% (10 points)
- 20% or less (5 points)
- I rarely eat raw food of any kind (0 points)

How often do you experience digestive upset? (acid indigestion, severe belching or intestinal gas, bloating, heartburn or acid reflux)

- Rarely (one or two times a month or less) (15 points)
- Occasionally (3-4 times per month) (10 points)
- Frequently (more than once a week) (5 points)
- Constantly (almost every day) (0 points)

Do you take antacids or acid blockers?

- No (10 points)
- Occasionally (5 points)
- Frequently (0 points)

Do you suffer from food or respiratory allergies?

- No (10 points)
- Yes (0 points)

Do you eat naturally fermented foods like raw sauerkraut, raw pickles, raw kimchi, etc. regularly with meats and other cooked foods?

- Never (0 points)
- Sometimes (5 points)
- Usually (10 points)

Total Your Points Here _____

Interpreting Your Results: If you scored 45 or more, you're doing great! Score less than 45, you probably need an enzyme supplement. If you scored less than 25, you definitely need a digestive enzymes.

Do You Need Probiotics?

The intestinal tract is home to two to three pounds of friendly microorganisms that are collectively known as friendly flora. The health of the intestinal tract is largely dependent upon maintaining a healthy balance of these microbes. Probiotics help make nutrients available to the body and protect the body against infection from E. coli, yeast and other unfriendly microbes. Antibiotics, chlorinated water and certain medications can kill these friendly microbes causing us to develop chronic yeast overgrowth and compromising both bowel health and general immune resistance. To find out if you need a probiotic supplement to rebuild your friendly flora, check the answer that best applies to you for each of the following questions. Then, score the total number of points for each answer at the bottom of the page.

Have you ever taken antibiotics?

- Never (20 points)
- A few times (10 points)
- Many times (0 points)

How many bowel movements do you generally have?

- My bowels generally move 2-3 times daily (10 points)
- My bowels generally move once a day (5 points)
- My bowels generally move less than once a day (0 points)

How often do you eat yoghurt with live bacterial cultures, or fermented foods with live bacterial cultures?

- Never (0 points)
- Less than once a week (5 points)
- Several times a week (10 points)
- Daily (15 points)

Do you suffer from yeast or fungal infections of any kind (athlete's foot, toenail fungus, vaginal yeast infections, etc.)?

- No (10 points)
- Yes (0 points)

Do you primarily drink chlorinated (tap) water?

- No, I generally drink purified or filtered water (10 points)
- Yes (0 points)

Total Your Points Here _____

Interpreting Your Results: If you scored 45 or more, you're doing great! Score less than 45, you probably need a probiotic supplement. If you scored less than 25, you definitely need a probiotic supplement.

Do You Need Fiber?

The fiber in foods is very important to intestinal and general health. Not only is fiber important for proper elimination, it also inhibits toxins from being absorbed into the body. Fiber can help to lower cholesterol and slow the absorption of sugar from the digestive tract to help balance blood sugar in diabetes. Fiber also feeds the friendly bacteria (probiotics) found in the colon. To find out if you need a fiber supplement, check the answer that best applies to you for each of the following questions. Then, score the total number of points for each answer at the bottom of the page.

Do you primarily eat whole grains (whole grain bread, brown rice, etc.) or refined grains (white rice, white flour, etc.)?

- I mostly eat whole grains (15 points)
- I sometimes eat whole grains (5 points)
- I mostly eat refined grains (0 points)

Do you usually eat the peelings on potatoes, cucumbers, apples and other fruits and vegetables or do you usually discard the peelings?

- I usually eat the peelings of fruits and vegetables (15 points)
- I usually eat peeled fruits and vegetables or I rarely eat fruits and vegetables (0 points)

How often do your bowels eliminate?

- Twice a day or more (15 points)
- Once a day (5 points)
- Less than once a day (0 points)

What is your stool like?

- Soft, long pieces and easy to pass (15 points)
- Hard, lumpy and difficult to pass (10 points)
- Frequent diarrhea or watery stool (5 points)
- Other (5 points)

Do you have high cholesterol (over 300)?

- No (5 points)
- Yes (0 point)

Total Your Points Here _____

Interpreting Your Results: If you scored 45 or more, you're doing great! Score less than 45, you probably need a fiber supplement. If you scored less than 25, you definitely need a fiber supplement.

Do You Need Antioxidants?

More and more research is emerging showing that chronic inflammation and oxidative stress due to free radical damage are the underlying causes of many of the chronic illnesses so prevalent in our society. Heart disease, cancer, diabetes, arthritis, dementia, Alzheimer's, Parkinson's and a host of other chronic diseases aren't the inevitable products of old age, they are caused by a lack of antioxidants in the diet to protect the body from inflammation and free radical damage.

These antioxidant nutrients are found primarily in fresh fruits and vegetables. In fact, the bright colors of fresh produce are due to the presence of these anti-aging and disease preventing compounds. However, most Americans eat very little fresh produce. To find out if you need an antioxidant supplement, check the answer that best applies to you for each of the following questions. Then, score the total number of points for each answer at the bottom of the page.

How many servings of fresh, frozen or dried fruits and vegetables do you usually eat each day? (Canned fruits and vegetables don't count!)

- 7 or more (35 points)
- 5-7 (25 points)
- 3-4 (15 points)
- 1-2 (5 points)
- Less than 1 (0 points)

Do you have any kind of inflammatory disease (anything that ends in "itis" such as arthritis, colitis, etc.)?

- No (10 points)
- Yes (0 points)

Do you want to reduce your risk of heart attack, stroke, cancer, diabetes and other degenerative diseases?

- No (0 points)
- Yes (10 points)

Do you suffer regularly from chronic aches and pains (stiff neck, sore back, headaches, indigestion, etc.)?

- No (10 points)
- Yes (0 points)

Total Your Points Here _____

Interpreting Your Results: If you scored 45 or more, you're doing great! Score less than 45, you probably need an antioxidant supplement. If you scored less than 25, you definitely need an antioxidant supplement.

Do You Need Essential Fatty Acids?

Most Americans have been brainwashed to believe that all fats are bad for you. However, the body needs good fats for brain and glandular function, cellular health and immune regulation. We crave fats because the body is looking for essential fatty acids that may be missing in our modern diet. To find out if you need an essential fatty acid supplement, check the answer that best applies to you for each of the following questions. Then, score the total number of points for each answer at the bottom of the page.

Do you eat wild salmon (farm-raised salmon doesn't count), sardines or ocean fish 2-3 times per week?

- Yes (15 points)
- No (0 points)

Do you eat wild game or organic, grass-fed beef and poultry two or more times each week?

- Yes (15 points)
- No (0 points)

Which of the following fats do you usually use for "buttering" bread, etc.?

- Organic butter (10 points)
- Regular butter (5 points)
- Margarine (0 points)
- I am on a very low fat diet and eat almost no fat (0 points)

How often do you eat commercially fried foods?

- Less than 1 time per week (15 points)
- 2-3 times per week (10 points)
- 4-6 times per week (5 points)
- Every day (0 points)

Do you want to reduce your risk of heart attack, stroke, cancer, diabetes and other degenerative diseases?

- No (0 points)
- Yes (10 points)

Total Your Points Here _____

Interpreting Your Results: If you scored 45 or more, you're doing great! Score less than 45, you probably need an essential fatty acid supplement. If you scored less than 25, you definitely need an essential fatty acid supplement.