

ENVIRONMENTAL ASSESSMENT:

Do you smoke?	
Do you work or live in a large city?	
Do you have undue stress at your workplace or in your home environment?	
Do You regularly drink more than three cups of coffee/Tea per day?	
Have you been advised to lose weight by a medical practitioner or do you have a metabolic disease, such as diabetes?	
Do you currently suffer any personal stress?	
Do you regularly drink more than one serving of alcoholic beverages per day?	
Are you a foodie?	
Do you have difficulty accepting change?	
Do you get stressed of small things?	

Your Score :

If you score ≥ 5 ; the its time for you to consult your doctor