

Wellness Whiz Quiz

Complete this **Wellness Whiz Quiz** before our next call.

[0 never; 5 sometimes; 10 all times] AND you can choose a sliding scale from 1 to 10.

- 1. Eating habits:** I avoid sodas, sugar, white flour, white rice, junk foods, dairy [cow's milk & cheese].

These foods can affect blood sugar and pH. Too high or too low a pH stresses the organs. Long-term, this leads to imbalances which modern medicine calls illness.

“Let your Food be your Medicine; Your Medicine be your Food.”

[0 never; 5 sometimes; 10 all times]

- 2. I start my day by drinking a glass of water. I drink the cleanest filtered water available daily for hydration.**

Keep in mind that liquids from caffeinated beverages will cause you to lose water and can lead to dehydration.

A full state of hydration is a key to optimal health.

[0 never; 5 sometimes; 10 all times]

- 3. I eat more healthy foods [alkaline foods] than junk foods [acidic foods].**

Alkaline foods support health. Optimal pH for alkalinity ranges 7.35 – 7.45.

[0 never; 5 sometimes; 10 all times]

- 4. I exercise a minimum of 40 min. of aerobic + weight training 3 to 4 times per week.**

There is no substitute for daily exercise such as walking, dancing, yoga, running, etc.

[0 never; 5 sometimes; 10 all times]

- 5. I have 5+ healthy deep belly breathing hourly not from the chest.**

Deep breathing is extremely powerful and simple. It can increase your energy, promote relaxation and even improve your digestion. Proper breathing should not require any work. One easy way to make sure you are breathing correctly (from your diaphragm) is to imagine there is a balloon in your lower abdomen. As you inhale through your nose expand and blow up the balloon, your belly then your chest. As you exhale you should feel the balloon deflate from your chest then belly. Take four deep relaxing breaths before you eat meals and if you start feeling anxious or stressed.

[0 never; 5 sometimes; 10 all times]

6. I am in bed sleeping by 10 PM (or earlier) and rise by 5 AM (or later).

Deep and regular sleep is essential for optimal health.

Organ bio-rhythm, our circadian clock, is reset between 10pm and 2am.

[0 never; 5 sometimes; 10 all times]

7. I manage my stress well [daily meditation and relaxation].

Handling daily stress is essential to optimal health.

[0 never; 5 sometimes; 10 all times]

8. I have good short-term and long-term memory.

Following the 7 tips (questions) above foster a healthy memory.

[0 never; 5 sometimes; 10 all times]

9. I take high Bio-available multi vitamins, antioxidants, minerals, pre- and pro-biotics daily.

Today's food supply is often missing supporting elements. In addition, our body is under stress environmentally requiring supportive measures on a regular basis.

[0 never; 5 sometimes; 10 all times]

10. I minimize usage of Over-the-counter Medications, Prescribed Medications and Toxic Chemicals (household cleaning products, perfume, air fresheners, cosmetics, hair dye, pesticides & herbicides such as Miracle Grow/Round-up, etc.)

[0 never; 5 sometimes; 10 all times]

Your Wellness Whiz Score

<50 = can lead to illness

50-70 = leads to Good Health

>80+ = a state of Wellness.

Email the number for each question (1-10) w/ the total score to AOScan4you@yahoo.com

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