



## BLOOD SUGAR INSTABILITY QUESTIONNAIRE

Maintaining the balance of blood sugars in our body is important for weight control, stable energy levels, brain function, and mood stability. Often time's in today's society we don't realize what our daily habits are doing to our blood sugar levels. Our body cannot cope with rising and falling blood sugar levels multiple times a week. These swings can lead to insulin resistance, weight gain, fatigue, digestive complaints, lack of focus, mood swings, and disrupted sleep. For the health of your body, take the following blood sugar instability questionnaire to see how you are doing with balancing your blood sugar levels.

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Do you have a family history of diabetes, hypoglycemia or alcoholism?
<input type="checkbox"/>	<input type="checkbox"/>	Are you calmer after meals?
<input type="checkbox"/>	<input type="checkbox"/>	Do you experience frequent thirst?
<input type="checkbox"/>	<input type="checkbox"/>	Do you experience night sweats (not menopausal)?
<input type="checkbox"/>	<input type="checkbox"/>	Do you crave salty foods?
<input type="checkbox"/>	<input type="checkbox"/>	Do you frequently have dark circles under eyes or eyes sensitive to bright light?
<input type="checkbox"/>	<input type="checkbox"/>	Are you more awake at night?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have food cravings?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have mood swings?
<input type="checkbox"/>	<input type="checkbox"/>	Are you easily fatigued?
<input type="checkbox"/>	<input type="checkbox"/>	Do you experience anxiety?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have difficulty sleeping?
<input type="checkbox"/>	<input type="checkbox"/>	Do you experience mental sluggishness?
<input type="checkbox"/>	<input type="checkbox"/>	Do you eat when nervous?
<input type="checkbox"/>	<input type="checkbox"/>	Do you become hungry between meals?

		Are you irritable before meals?
		Are you "shaky" if hungry?
		Do you feel lightheaded if you skip meals?
		Do you experience low energy in the afternoon?
		Do you often times have afternoon headaches?
		Do you crave sweets, carbohydrates, coffee or other caffeinated beverages in the afternoon?

### **Scoring Your Blood Sugar Questionnaire**

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If you answered yes to 4 – 6 of the questions you likely have unstable blood sugar.

If you answered yes to 7 or more of the questions it is very likely you have unstable blood sugar that has already affected the function of other systems in your body.

Michael Finn has helped many people achieve health and function at a higher level by balancing blood sugar levels with natural and simple lifestyle changes. To learn more about how you can balance your blood sugar levels, or to schedule a FREE consultation, call us at (707) 781-3466.