

# Do the X Test

If you answer yes to two or more of these questions you are at risk of Metabolic Syndrome X.

Yes	No	
		Are you over 35?
		Do you carry extra weight, predominately around the abdomen?
		Do you often feel sluggish or tired?
		Do you experience "brain fog"?
		Do you have higher than normal LDL cholesterol, triglycerides or blood pressure?
		Are you diabetic (type II) or have elevated blood sugar or insulin levels?
		Did you experience pre-natal diabetes (women only)?
		Do you eat products containing white flour and other processed carbohydrates on a regular basis?
		Do you regularly consume soft drinks or concentrated fruit juices?
		Do you consume more than two alcoholic beverages per day?
		Do you spend most of your day being inactive (i.e., sitting, driving, office work)?
		Are you a stressed individual?
		Do you get less than seven to eight hours of sleep most nights?
		Totals