

Name:

Date:



MAXIMIZED QUALITY NUTRITION

TAKE OUR NUTRITION ASSESSMENT TO FIND OUT WHERE TO START.

We are here to help you transform your life and improve your health in many ways. As a patient, you have full access to our Maximized Living Nutrition Program. The best way for you to get started is to set up your initial nutrition review, which is a complimentary service extended to all new patients. Get started by checking off the boxes that apply to you:

- Do you eat out more than three times per week?
- Do you eat boxed foods more than twice per week?
- Do you drink any type of soda?
- Do you eat less than 5 servings of vegetables per day?
- Do you drink less than 4 glasses of water per day?
- Do you feel "addicted" to certain foods?
- Do you typically opt for lower fat and lower calorie foods when given the choice?
- Do you eat white flour, white rice, or white bread?
- Do you use artificial sweeteners like Aspartame, Splenda, and Nutrisweet, or consume foods that contain them?
- Do you eat fried foods more than once per week?
- Do you eat processed "deli" meat, bacon, sausage, or hot dogs?
- Do you feel you get all your needed nutrients from food, and therefore pass on supplements including multivitamins and fish oil?
- Do you use canola oil or vegetable oils in cooking or in salad dressings?
- Do you use margarine?
- Are most of the fruits and vegetables you eat conventionally grown (non-organic)?
- Do you consume milk and dairy products from the grocery store?
- Are the majority of your animal products from the meat counter or freezer at the grocery store (as opposed to a health food store or local farmer)?
- Do you consider price and convenience of food to be more important than nutritional quality?
- Do you eat sweets or candy more than once per week?
- Do you drink more than 1 alcoholic beverage, three times per week?
- Do you eat while rushed or under stress?
- Do you, your doctor or family feel that you should lose some body fat?
- Do you have irregular blood sugar, diabetes, or pre-diabetes?
- Do you have blood pressure over 115/75?
- Do you suffer from sinus issues, asthma, or allergies (including rashes, eczema, hives)?
- Do you have gastrointestinal issues?
- Do you frequently experience fatigue or insomnia?
- Do you have emotional/mental challenges or trouble concentrating?
- Do you suffer from joint pain or muscle aches?
- Do you have hormonal imbalances?

HOW MANY BOXES DID YOU CHECK OFF?

0-5 GREAT

You are obviously a nutritionally conscious person and are off to a good start! Like most of us, you may need to make some minor improvements to your nutrition plans. We trust the core principles of the Maximized Living Nutrition Plans will help you take your health to the next level.

6-10 GOOD

You are doing pretty well, but likely need stronger discipline with your eating habits. If you can target and stick to the basic principles of the Maximized Living Core Nutrition Plan, you will likely experience speedy improvements in your health.

11-15 IMPROVEMENT NEEDED

Although you may not realize it, your diet needs some work. It's quite likely that you are doing your best, following other food guides and counting calories, but many popular nutritional guides are sorely outdated and are probably doing some harm to your health. You will probably learn some surprising things in the Maximized Living Nutrition Plans that contradict traditional wisdom. Rather than becoming overwhelmed, take small steps you can easily manage one at a time. Be sure to identify any conditions listed in our resource guide, the "Maximized Living Nutrition Plans," that make you a candidate for the Advanced Plan, which you may need to follow in order to reach your health goals. Small successes can get you motivated to make more changes. Aim to get your score below 6 within six months.

16-20 PRE-DISEASE

Though you may feel well today, your eating habits will not be without serious health consequences. If you haven't already started to experience symptoms, or have not yet been diagnosed with any disease, that day is around the corner if immediate changes are not made. Fortunately, your score is low enough that following the Maximized Living Advanced Nutrition Plan will help you reduce your score even further—and improve your health significantly—within six months' time. However, long-standing illness or other factors may prolong your recovery. You will probably struggle during your first few weeks, but once your body adapts you will undoubtedly achieve the same positive results seen by the hundreds of thousands of Maximized Living patients across the globe.

21+ CRISIS

It is time to pull out all the stops. Whether or not your doctor has diagnosed it, you are in a serious state of health crisis and are moving in the wrong direction. The Maximized Living Advanced Nutrition Plan is designed to help you reverse the track you are on. Start moving in the right direction today. The longer you wait, the less likely you are to ever start. Even if you begin slowly, just get started. You are better off moving in the right direction slowly than the wrong direction quickly.

SUMMARY:

As you may have guessed, all of the items on the list are problematic when it comes to being healthy. After all, the ideal score is "zero." A score of 30 out of 30 would go to someone following the Standard North American Diet religiously. Sadly, North Americans hold the dubious honor of having the unhealthiest diet on the planet, as well as the most lifestyle-related diseases, such as heart disease, diabetes, high blood pressure and cancer.

At some point in their lifetimes, everyone must decide to make health their top priority. We trust you will make this decision today—not tomorrow.

YOUR INITIAL NUTRITION REVIEW IN OUR OFFICE INCLUDES:

- Personal Dietary Assessment to determine which nutrition plan is right for you
- Overview of the Maximized Living Nutrition Plans
- Fundamental supplementation guidelines and recommendations, if necessary
- Review of our local Shopping Guide

MY SCORE

