

Triple Switch: Insulin Resistance Survey.

Insulin Resistance occurs when people's bodies are unable to properly metabolise the amount of carbohydrates they consume. Take the following survey to figure out if you potentially have intolerance to carbohydrates.

1. **Do you experience poor concentration or sleepiness after meals?**
2. **Do you experience intestinal discomfort after meals?**
Especially Gas or Bloating.
3. **Do you have polycystic ovaries?**
(Ovarian cysts).
4. **Are you often hungry between or soon after meals?**
5. **Are you often fatigued?**
Once per week or more.
6. **Do you sleep poorly?**
Don't sleep uninterrupted for 7-9 hours.
7. **Has your waist increased with age?**
Clothing fits tighter. Large waist at bellybutton.
8. **Do you have a low-fat or low-protein diet?**
9. **Do you crave sweets or caffeine daily?**
10. **Do you have a personal or familial history of chronic disease?**
Heart disease, stroke, cancer, alzheimer's, diabetes, etc.

Count the "YES" answers to the above questions.

If you have 2 or more YES answers, you are at a higher risk for Insulin Resistance.
If you have less than 2 YES answers, you are at a lower risk for Insulin Resistance.

A higher level of risk doesn't mean that you have a serious health condition. It means that due to your present situation (lifestyle, health, and habits), you are in danger of having a health condition associated with that risk factor

If you have a higher risk for Insulin Resistance:

We highly recommend that you follow the Tribal Triple Switch Protocol.