



# DO YOU HAVE INSULIN RESISTANCE?

## Check List

Please check the boxes with apply to you (answers based on without medications)

- Diagnosis of cancer or diabetes
- Blood pressure is over 120/80 (without medication)
- I am over 10 pounds of my ideal body weight
- I have been told my total cholesterol is high (over 150mg/dl (3.9mmol))
- My HA1c is over 5.6%
- My fasting glucose is over 100mg/dl
- I crave sugar in between meals
- I get tired after eating a meal
- Low energy most of the day
- Excessive thirst and/or hunger

**3+ Checkmarks?**

**Pay attention to Daily Check List - Tools page**