

CLAIRE CLERKIN

NUTRITIONAL THERAPY

ENERGY ROOT CAUSE CHECKLIST

This simple quiz may help you to figure out some of the root causes of your low energy.

This will then help you prioritise practical changes to diet and lifestyle to improve your energy.

This is not a diagnostic tool and is not intended to diagnose any medical condition.

LOW ENERGY ASSESSMENT QUIZ

1. RATE YOUR ENERGY LEVELS OUT OF 10 (1 IS WORST AND 10 IS BEST)

1 2 3 4 5 6 7 8 9 10

2. CONSIDER THE FOLLOWING STATEMENTS.

Tick any that apply to you most of the time.

Observe if any of the categories have more ticks than the others. This might be a good area to focus on to improve your energy levels.

ENERGY NUTRIENTS

- Eat fewer than 5 portions of vegetables daily
- History iron deficiency / anaemia
- Diagnosed low vitamin D / rare exposure to the sun
- Eat green vegetables <5 times a week
- More than 50% of meals pre-packed / ready meal / takeaway
- Infrequent /rare intake of oily fish or shellfish
- Currently take statin medication
- Take PPI regularly (e.g. Gaviscon / omeprazole)
- Drink less than 1 litre of water daily
- Rely on coffee / caffeinated drinks or sugar for energy

GUT HEALTH

- Constipation(<1 bowel movement daily)
- Regular diarrhoea
- Regularly experience bloating
- Extended use of antibiotics in last three years
- Celiac disease
- Crohn's Disease / Ulcerative Colitis
- Other digestive symptoms (bloating, cramping, IBS, reflux)

FEMALE HORMONES

- Irregular / no periods
- Painful / heavy periods
- Mood swings / tender breasts before period
- Menopause



ENDOCRINE SYSTEM

- Wake feeling tired
- Sugar craving
- Salt craving
- Can get 'Hangry'
- Dizzy if skip a meal
- Sensitive to caffeine
- Underactive thyroid
- Extreme hangovers
- Excessive thirst
- Wired, but tired at night

STRESS AND LIFESTYLE

- Difficulty falling asleep
- Regularly sleep less than 6.5 hours
- Trouble staying asleep
- Regular high intensity exercise after 7pm
- Infrequently exercise
- High levels of stress or anxiety
- Long term / chronic stress
- History of personal trauma (bereavement, accident etc)
- Low resilience to handle stress
- Regular smoker
- No regular stress management practice (e.g. meditation, yoga, hobby)

TALLY YOUR TICKS!

Where are most of your ticks?

- ENERGY NUTRIENTS
- GUT HEALTH
- FEMALE HORMONES
- ENDOCRINE SYSTEM
- STRESS & LIFESTYLE

Functional Nutrition provides personalised diet and lifestyle advice for most health problems.