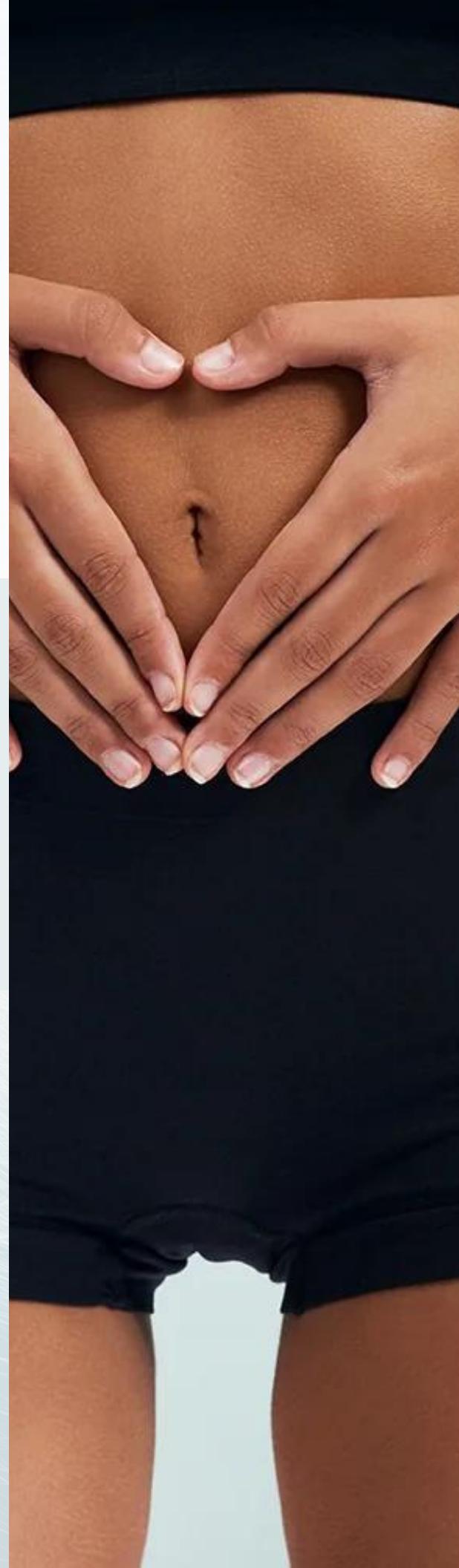


Radiant Health Method

Gut Health Symptoms *Quiz*



www.sonlighthhealth.com





Hello My Beautiful Friend!

A Healthy Weight & Vibrant Living After 50 Do *NOT* Have To Be Difficult!

Right around the age of 50 a variety of unwanted physical and emotional symptoms may start to appear. Before you go in search of the latest diet, exercise or hormone replacement therapy to fix that sudden belly bulge, low energy, and those chronic aches and pains, let's explore some possible underlying causes.

The answers just might surprise you!

Getting to the root cause of WHY these symptoms show up requires looking beyond the age old "diet and medication" solution. The amount of **toxins** we accumulate *in and around* our bodies, the way in which we digest, absorb, and process the nutrients from the foods we eat (**our GUT health**) and our **hormonal balance** all play a significant role in our ability to achieve and maintain our ideal body size and shape. No amount of exercise or dieting will get the results we desire. If we want to experience vibrant overall health and optimal weight management, its vital that we understand the **impact these 3 components** have on our ability to lose stubborn belly fat and make **SIMPLE lifestyle changes** to address them. This can make all the difference in how we feel as we enter our 50's and beyond!

Because good **Gut Health** is such a foundational step in the overall picture, I wanted to give you a sneak peek into the importance of that specific component in this FREE resource

Take my **Gut Health Symptom Quiz** on the next few pages and then reach out so we can discuss a roadmap to bring you closer to your desired weight and the vibrant health you deserve!

Let's Do This Together!!
Sincerely,



Margie Settle
PT.,MS.,CN

Ephesians 2:10 – "For we are God's masterpiece. He has created us anew in Christ Jesus, so that we can do the good things He planned long ago for us to do."



Disclaimer

The information contained within these materials is for general and informational purposes only. The information is not, nor intended to be, a substitute for professional or clinical advice.

If you have any concerns about your health, please contact me or your personal licensed healthcare practitioner.



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Answer ALL 10 Questions

Gut Health Quiz

Print the following quiz pages and fill them out the best you can.

1.

How often do you experience bloating?

☐

A) Almost never

☐

B) A few times a month

☐

C) Several times a week

☐

D) Daily

2.

How would you describe your bowel movements?

☐

A) Regular and easy

☐

B) Sometimes irregular but no discomfort

☐

C) Often irregular and difficult

☐

D) Constipated or diarrhea-prone

3.

Do you consume fermented foods?

☐

A) Regularly (at least 3 times a week)

☐

B) Occasionally (once a week)

☐

C) Rarely (once a month)

☐

D) Never

4.

How would you describe your diet?

☐

A) Diverse with many types of vegetables, fruits, and fibers

☐

B) Moderately varied, with some vegetables and fruits

☐

C) Limited variety and few vegetables or fruits

☐

D) Predominantly processed foods with minimal fresh produce

Gut Health Quiz

5.

How often do you experience heartburn or acid reflux?

☐

A) Almost never

☐

B) A few times a month

☐

C) Several times a week

☐

D) Daily

6.

Do you feel fatigued or sluggish often, even after a full night's sleep?

☐

A) Almost never

☐

B) Occasionally

☐

C) Frequently

☐

D) Almost always

7.

How often do you eat fiber-rich foods?

(like whole grains, legumes, vegetables)

☐

A) Daily

☐

B) A few times a week

☐

C) Once a week

☐

D) Rarely or never

8.

Do you experience frequent flatulence?

☐

A) Almost never

☐

B) Occasionally

☐

C) Frequently

☐

D) All the time

Gut Health Quiz

9.

Do you regularly take or have taken antibiotics in the past six months?

☐

A) No

☐

B) Once in the past six months

☐

C) Multiple courses in the past six months

☐

D) Currently on a course

10.

How much water do you consume daily?

☐

A) 8 glasses or more

☐

B) 4-7 glasses

☐

C) 1-3 glasses

☐

D) Almost none or exclusively sugary drinks

Scoring:

For each question:

Give yourself 4 points for every A answer.

Give yourself 3 points for every B answer.

Give yourself 2 points for every C answer.

Give yourself 1 point for every D answer.

Results:

36-40 points: Your gut health seems to be in good shape! Continue with your habits, and always stay informed.

25-35 points: There might be some room for improvement in your gut health. Consider incorporating more fiber-rich and fermented foods in your diet, and remember to stay hydrated.

15-24 points: Your gut may need some attention. It might be beneficial to consult with me one-to-one or with your doctor about your symptoms and consider making dietary changes.

10-14 points: It's essential to prioritize your gut health. Consider consulting with me or your doctor to get personalized advice and recommendations.



Thank You For Taking The Quiz!

How Did You Do?

If you scored a **35 or less** your gut health is likely affecting *not only* your weight but your overall health as well

In my 6 month Radiant Health Freedom program I provide you with a simple ROADMAP to guide you on your journey toward sustainable weight loss and vibrant health.. the way our Creator intended. A healthy gut is foundational for reducing inflammation...one of the leading causes of chronic pain, illness and disease. Combined with toxin removal at the cellular level and a metabolic reboot through hormone balancing, you can finally get results you haven't yet been able to achieve on your own.

Let me help you to



Margie Settelof
PT.,MS.,CN

Let Your Light Shine !!

Book your private
[HEALTH AUDIT SESSION HERE](#)

We can discuss a plan personalized for YOU to bring you closer to that desired weight and vibrant health you deserve!