

ESSENTIAL FATTY ACIDS QUIZ

Please check all that apply:

- I have soft, cracked or brittle nails.
- I have dry, itchy, scaling or flaking skin.
- I have hard earwax.
- I have chicken skin (tiny bumps on the backs of arms or on the trunk).
- I have dandruff.
- I feel aching or stiffness in my joints.
- I am thirsty most of the time.
- I am constipated (have fewer than two bowel movements a day).
- I have light-colored, hard or foul smelling stools.
- I have depression, ADHD and/or memory loss.
- I have high blood pressure.
- I have fibrocystic breasts.
- I have premenstrual syndrome.
- I have high LDL cholesterol, low HDL levels and high triglycerides.
- I am of North Atlantic genetic background: Irish, Scottish, Welsh, Scandinavian or coastal Native American.

_____ **TOTAL**