

Are You Running on Empty?

If you're like most Americans, your answer is "yes!"

It doesn't make sense: In the U.S. we have access to the best "fuel"—healthy foods, dollars for healthcare, and an educated population. Despite this, millions of us are still running on empty, living days high in stress and low in nutrition. The result is that we struggle with obesity, constant fatigue, and chronic sickness. It doesn't have to be this way.

Learn The Untold Truth And You Can Change Your Life!

Running on empty? Find out! Take our personal health and nutrition inventory: (see above for scoring)

1. How many grams of fiber do you eat each day?

- a. 0-5
- b. 5-10
- c. 11-20
- d. 21-30
- e. 30+

2. How many 8-oz. glasses of water do you drink each day?

- a. 0-1
- b. 2-3
- c. 4-5
- d. 5-6
- e. 7-8

3. How often do you take a multivitamin supplement?

- a. Never
- b. Rarely; whenever I remember
- c. Occasionally; 1-2 times per week
- d. Regularly; 3-4 times per week
- e. Every day

SCORING

Using the legend below, tabulate your score.

"a" answers = 2 points

"b" answers = 3 points

"c" answers = 5 points

"d" answers = 8 points

"e" answers = 10 points

Of a possible 50 points, how did you fare? If you're like the "average" American—who eats only 11-13 grams of daily fiber, drinks little water, eats out almost daily, and struggles with a spectrum of health concerns, your score may be very low. Anything below 40 indicates you are not only running on empty, you are running the risk of seriously jeopardizing your current and future health. Learn more now!

4. How often do you eat fast food (or processed snack foods, including chips, soda, and candy bars)?

- a. Every day
- b. Regularly; 3-4 times per week
- c. Occasionally; 2 times per week
- d. Rarely; once or fewer times per week
- e. Never (or less than once per month)

5. Do you suffer from any of the following: regular heartburn, fatigue, overweight/obesity, indigestion/gas, food allergies, constipation, low immunity, dry skin, joint pain, body aches, osteoporosis, or PMS (for women)?

- a. 8 or more
- b. 5 or more
- c. 3 or more
- d. 2 or more
- e. None of the above

For more information on this topic, please contact the person who sent this information to you.

To order more detailed information, go to www.naturestools.com, or dial 1-888-225-6601.