



Patient Quiz for Diabetes and Other Blood Sugar Disorders

	Points
I have been diagnosed with pre-diabetes or diabetes.	5
I crave sweets during the day.	1
I can be irritable if I miss a meal.	2
I need coffee to get myself started or to get through the day.	1
I get lightheaded if I miss a meal.	2
Eating relieves my fatigue.	1
I sometimes feel shaky or jittery or experience tremors during the day.	1
I can be agitated, easily upset, or nervous.	1
Sometimes I am forgetful or have a poor memory.	1
Sometimes I experience blurred vision.	1
I am often fatigued after meals.	1
Eating sweets relieves my cravings for sugar.	1
I feel like I “must” have something sweet after dinner.	1
I experience frequent urination.	2



I have had increased thirst and appetite over the past year.	1
I have difficulty losing weight.	1
TOTAL	



Answer Key

	For the Patient	For the Practitioner
Total Points	What Your Points Mean	Treatment Recommendations
0–3	You are likely controlling your blood sugar well.	This patient will benefit from a customized Paleo diet. It begins with a 30-day Reset Diet* that allows high-quality, natural animal meats, bone broths, eggs, starchy and non-starchy vegetables, fermented vegetables, traditional fats, sea salt, and spices. The following foods are completely off limits: dairy, grains, sweeteners, sodas, legumes, processed foods, alcohol, and industrial seed and vegetable oils. The second step is reintroduction of gray-area foods back into the diet (Rebuild), and finally, the Revive step, which serves to customize the Paleo diet for the patient's unique needs. No additional treatment is required.
4–7	You may be experiencing poor blood sugar control.	This patient will benefit from the 3-step program mentioned above (30-day Reset Diet,* Rebuild, and Revive). Consider additional treatments mentioned in “Clinician’s Guide to Diabetes and Other Blood Sugar Disorders” to improve blood sugar control.
8+	You may be experiencing serious blood sugar dysregulation and/or diabetic symptoms.	Normalizing glycemic control should be a major focus of treatment for this patient. Metabolic syndrome, pre-diabetes or diabetes can stand in the way of improvement elsewhere. This patient will benefit from the 3-step program mentioned above (30-day Reset Diet,* Rebuild, and Revive), as well as additional treatments for blood sugar imbalance (see “Clinician’s Guide to Diabetes and Other Blood Sugar Disorders”).

* “The Paleo 30-Day Reset” handout is available for download. Some handouts are included in the Free IN PRACTICE membership and some are accessible by upgrading to a PRO membership. Log in to your member portal to see the full list and accessibility of each handout. PRO members can also customize all free and PRO handouts with their own logo and business name.