

ARE YOU SUGAR SENSITIVE?

Take our quiz to find out.

Conscious Cleanse Sugar Sensitivity Quiz

- 1 I can't pass up a plate of cookies or (insert your favorite sweet treat here) without over-indulging.
- 2 I LOVE and crave sweet foods all of the time.
- 3 It's hard to get out of bed in the morning.
- 4 After having fruit or even a green smoothie with lots of fruit my head feels foggy.
- 5 I have digestive problems i.e. constipation, gas, bloating or diarrhea.
- 6 I have been on antibiotics more than once for a significant amount of time (2 weeks or longer).
- 7 I feel emotionally up and down throughout the day, irritable or even edgy at times.
- 8 I've struggled with alcohol and drug addiction or someone has in my family.
- 9 I need to end my day with something sweet.
- 10 My family loves sugar too!



If you answered yes to 3 or more of the above questions, it's very likely that you have a sugar sensitivity.