



**Are your migraines caused by
imbalanced blood sugar levels or insulin resistance?**

Find out with the

INSULIN RESISTANCE ASSESSMENT SCORECARD

By Laura van der Velden, Intuitive Healer & Natural Health Consultant

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This guide is not intended as medical or health advice. If in any doubt, or if requiring medical advice, please contact the appropriate health professional. We recommend consulting with a qualified health professional before making major diet and lifestyle changes.

Holistic Approach 2 Health

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A LITTLE ABOUT ME



Hi, I'm Laura, an Intuitive Healer & Natural Health Consultant specialising in Naturopathic Nutrition and Insulin Resistance.

During my Insulin Resistance Practitioner training, I discovered that I was making some pretty major mistakes maintaining my blood sugar balance. On top of that, my partner was diagnosed as pre-diabetic whilst both of us live a healthy lifestyle and have a wholesome and nutritious diet."

"Making this discovery was a life-changer for me, and I was left wondering "why I didn't learn this earlier?". That is why I want to make people aware of how essential our blood sugar balance is. How it affects everybody's health and well-being without you knowing it. Even if you are eating a healthy diet, are slim & fit, and diabetes doesn't run in the family, you are still at risk.

But I also want to make it clear that you can turn this around and that it's not just about food and exercise!"

So, if you have chronic migraines and nothing helped long-term, then take the Insulin Resistance Assessment Scorecard right now!





INSULIN RESISTANCE ASSESSMENT SCORECARD



The Basics

Based on your health profile for the past 30 days, please select the appropriate number, from '0 - 3' on all questions (0 as least/never/no and 3 as most/always/yes).

Check the number you feel best applies, then add the number of checks in each column to create your score. Sum up your total score, divide your grand total by 81 and multiply by 100 to get your score.

Point Scale:

0 = Never or almost never have the experience/effect.

1 = Mild experiences/effects

2 = Moderate experiences/effects

3 = Severe/chronic experiences/effects

For all yes/no questions, 0 = no and 3 = yes

0-10%

Overall good blood sugar balance. Sound nutrition and healthy habits will maintain good balance.

21-35%

In need of a tune-up to restore blood sugar balance before severe illness sets in. Diet and lifestyle improvements should shift to normal.

36-50%

Your blood sugar is out of balance and needs attention.

11-20%

Your blood sugar balance is very compromised, which is likely to significantly affect your health, well-being, and energy level.

51-100%

Your blood sugar balance is severely compromised and requires immediate attention.

Insulin Resistance Symptom Questions	0	1	2	3
Crave sweets				
Binge or uncontrolled eating				
Excessive appetite				
Crave coffee or sugar in the afternoon				
Sleepy in afternoon				
Fatigue that is relieved by eating				
Fatigue after meals				
Headache or shaky if meals are skipped or delayed				
Irritable before meals				
Family members with diabetes: 0 = none 1 = 2 or less 2 = between 2 and 4 3 = more than 4				
Increased thirst and appetite				
Frequent urination				
Slow starter in the morning				
Eating sweets does not relieve cravings for sugar				
Must have sweets after meals				
Waist girth is equal to or larger than hip girth				
Difficulty losing weight				
Crave sweets during the day				
Irritable if meals are missed				
Depend on coffee to keep yourself going or to get started				
Get lightheaded if meals are missed				
Feel shaky, jittery, tremors				
Agitated, easily upset, nervous				
Poor memory, forgetful				
Blurred vision				
Difficult time losing weight despite exercising regularly				
Eat meals that emphasize bread, pasta, rice or potatoes: 0 = rarely or never 1 = once a week or less 2 = between 1 and 3 times per week 3 = 3 or more times per week				
Total for Each Column (number of checkmarks x value)				
Grand Total / 81 * 100 =				

THANK YOU

NEED MORE INSIGHT & SUPPORT?

Book your Free 30-minute
Discovery Call with Laura

Book Today!



Get in touch

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Remote sessions via video chat/Telehealth are also available.

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