

# THE BODY WISDOM QUIZ

DISCOVER THE HIDDEN  
HEALTH ISSUES  
SABOTAGING YOUR SUCCESS

# The Body Wisdom Quiz

## Welcome to The Body Wisdom Quiz

Your body might be sending warning signs—fatigue, brain fog, gut issues, or stress—but are you listening?

This quick quiz will help you uncover the hidden health imbalances that may be quietly sabotaging your energy, focus, and success. Let's find out what your body's really trying to tell you.

**Body Wisdom Quiz: Discover the ONE Body System Sabotaging Your Success**

Unlock the hidden block that's costing you energy, clarity, and productivity—something 87% of high-performers completely overlook.

### Instructions:

For each statement, rate how often it applies to you from 1 (Never true) to 5 (Always true).

Be honest—your body already knows the answers.

At the end, add up your scores for each section to reveal your biggest hidden block and get your personalized protocol to realign your body and performance.

## Section 1: Energy & Performance

1. **I hit a wall around 2–4 PM and struggle to power through the rest of the day.**

1  2  3  4  5

2. **I wake up tired, even after 7–8 hours of sleep.**

1  2  3  4  5

3. **I need multiple cups of coffee or stimulants just to feel normal.**

1  2  3  4  5

4. **My mental sharpness fluctuates unpredictably throughout the day.**

1  2  3  4  5

5. **I feel mentally sharp in the morning but can't sustain it throughout the day.**

1  2  3  4  5

6. **My energy feels artificial or forced rather than naturally sustained.**

1  2  3  4  5

Section 1 Total: \_\_\_/30

## Section 2: Gut & Brain Health

1. **I feel bloated, sluggish, or uncomfortable after meals.**

1  2  3  4  5

2. **I struggle with gas, constipation, or unpredictable digestion.**

1  2  3  4  5

3. **My digestive issues distract me or disrupt important meetings/calls.**

1  2  3  4  5

4. **I'm unsure which foods fuel peak performance and which ones drain me.**

1  2  3  4  5

5. **I eat healthy but still feel suboptimal.**

1  2  3  4  5

6. **My mood or irritability correlates with my digestive state.**

1  2  3  4  5

Section 2 Total: \_\_\_/30

## Section 3: Stress, Mood & Intuition

1. **I feel stressed, anxious, or overwhelmed despite being organized.**

1  2  3  4  5

2. **I second-guess myself or experience decision paralysis.**

1  2  3  4  5

3. **I feel disconnected from my intuition or inner guidance.**

1  2  3  4  5

4. **I don't feel emotionally grounded or resilient under pressure.**

1  2  3  4  5

5. **Small stressors trigger disproportionately large emotional reactions.**

1  2  3  4  5

6. **I struggle to "turn off" work mode and truly relax.**

1  2  3  4  5

Section 3 Total: \_\_\_/30

## Section 4: Productivity & Flow

1. **I know I'm capable of more, but my body feels resistant.**

1  2  3  4  5

2. **I start projects with enthusiasm but can't maintain momentum.**

1  2  3  4  5

3. **I know exactly what I should do but feel physically resistant to doing it.**

1  2  3  4  5

4. **My body feels heavy or sluggish when I try to tackle important tasks.**

1  2  3  4  5

5. **I'm pushing through resistance instead of flowing with natural energy.**

1  2  3  4  5

6. **My peak performance feels random and unrepeatable.**

1  2  3  4  5

Section 4 Total: \_\_\_/30

## Calculate Your Results

Add up your scores for each section. The section with the highest total is your primary body-based barrier to success.

### Scoring Guide:

- **6–12:** Well-regulated system (minor tweaks needed)
- **13–18:** Minor optimization needed
- **19–24:** Significant performance drain
- **25–30:** Critical intervention required

## What is Your Score?

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## **Your Personalized Body Wisdom Profile**

### **Type 1: Energy & Performance (Energy Drain)**

#### **Your Biggest Block:**

Your energy systems are out of sync, likely due to adrenal burnout, poor sleep, or blood sugar imbalances.

#### **Why This Matters:**

Unstable energy costs you hours of peak performance daily and makes you less reliable to clients and teams.

#### **What's Possible:**

Imagine sustaining mental clarity and physical vitality from 6 AM to 6 PM without crashes or artificial stimulants.

#### **Action Step for Today:**

Start your day with 20–30g of protein and stabilize meals with healthy fats to avoid energy crashes and stay sharp through your workday.



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## **Type 2: Gut & Brain Health (Gut Disruption)**

### **Your Biggest Block:**

Your digestive system is inflamed or imbalanced, affecting your clarity and emotional steadiness.

### **Why This Matters:**

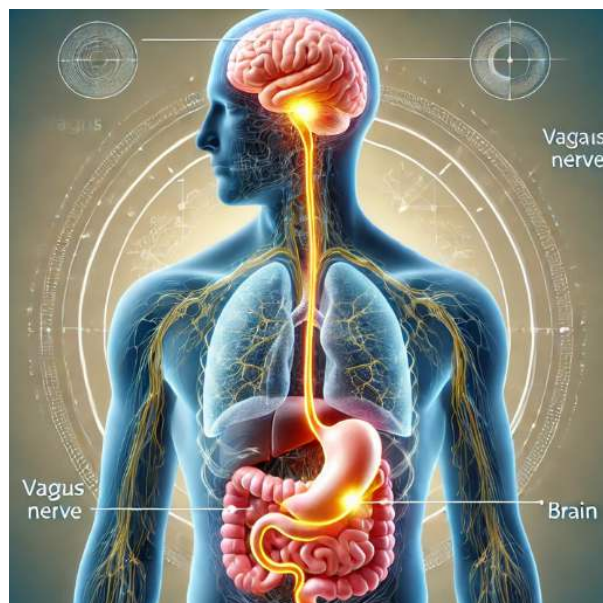
Your gut produces 90% of your serotonin and directly impacts decision-making, mood stability, and cognitive function.

### **What's Possible:**

Experience consistent mental clarity, stable moods, and the confidence that comes from a body that supports rather than sabotages your goals.

### **Action Step for Today:**

Remove common gut disruptors like gluten, dairy, and excess sugar for 7 days and track how your focus and energy shift.



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## **Type 3: Stress, Mood & Intuition (Nervous System Overload)**

### **Your Biggest Block:**

Your body is stuck in chronic stress response, limiting your ability to think clearly, trust your intuition, or make aligned decisions.

### **Why This Matters:**

When your nervous system is dysregulated, you're operating from survival mode instead of your highest intelligence.

### **What's Possible:**

Access calm confidence, crystal-clear intuition, and the ability to make decisions from a grounded, centered place even under pressure.

### **Action Step for Today:**

Pause 3 times daily to take 3 slow, deep breaths. Even 30 seconds of nervous system regulation can reboot clarity and calm.



## **Type 4: Productivity & Flow (Performance Misalignment)**

### **Your Biggest Block:**

Your body and brain aren't synced with your goals—leading to mental fatigue, decision paralysis, and inconsistent output.

### **Why This Matters:**

When your physiology fights your ambitions, you're exhausting yourself while achieving a fraction of your potential.

### **What's Possible:**

Experience effortless productivity, sustained motivation, and the satisfying feeling of your body fully supporting your biggest goals.

### **Action Step for Today:**

Block 90 minutes each morning for focused, body-aligned productivity. Hydrate, move briefly before work, and limit digital noise to reclaim your mental edge.



### **What If You Have Tied or Multiple High Scores?**

If two or more sections tie, prioritize the one that feels most disruptive to your daily performance. Healing one system often benefits the others.



### **Are You Ready to Stop Letting Your Body Hold Back Your Business?**

Then Claim *your personalized* Body Wisdom Action Plan!

book a free call for deeper support.

**[Click Here To Schedule Your Free Appointment](#)**



## **Hi, I'm Dr. Patricia May**

**I believe that true healing begins with understanding—not just what's going on in your body, but what's going on in your life.**

**My work is deeply personal. It was shaped by my own journey through chronic health struggles, and by listening to clients who were exhausted, overwhelmed, and tired of being dismissed. That's why I created Natural Wellness Healthcare—not just as a place for treatment, but as a safe, supportive space where real transformation begins.**

**Through root-cause functional medicine and personalized holistic care, I help people break free from fatigue, gut issues, and hormonal chaos—so they can feel clear, focused, and vibrant again. My clients don't just get better labs—they get their lives back.**

**No more urge to purge or sitting and straining. They feel sharp at work, present with their families, and steady throughout the day. They laugh again, feel calm again, and finally start thriving—not just surviving.**

**Because at the end of the day, health isn't just about adding years to your life—it's about bringing life back into your years.**

## **Body Wisdom Quiz Disclaimer**

The information provided in this Body Wisdom Quiz is intended solely for general informational and educational purposes and is not a substitute for professional medical advice, diagnosis, or treatment. The quiz and its results are designed for self-reflection and awareness only and should not be used to diagnose, treat, or prevent any health condition or disease.

Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition, health concerns, or before making any significant changes to your diet, exercise, or wellness routines. Never disregard professional medical advice or delay seeking it because of something you have read in this quiz or its results.

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