

## Essential Omega-3 Fatty Acids Quiz

- ☐ My skin is dry, itchy, scaling or flaking.
- ☐ My nails are soft, cracked or brittle.
- ☐ I have dandruff.
- ☐ I have earwax.
- ☐ I have tiny bumps on the backs of my arms or on my trunk.
- ☐ I am thirsty most of the time.
- ☐ My joints feel achy or stiff.
- ☐ I have fewer than two bowel movements a day.
- ☐ My stool is light-colored, hard, or foul smelling.
- ☐ I am depressed, have ADD/ADHD and/or memory loss.
- ☐ My genetic background is Irish, Scottish, Welsh, Scandinavian, or coastal Native American.
- ☐ I have fibrocystic breasts.
- ☐ My blood pressure is higher than it used to be.
- ☐ My LDL cholesterol is too high, my HDL cholesterol is too low and my triglycerides are high.

\_\_\_\_\_ **TOTAL** (each question is worth 1 point)