



## Lesson 11: Homework

- 1) Evaluate your gut health by asking yourself a handful of questions. (Worksheet 1)
  - a. If you answered “no” to any of these questions, what could you do to improve?
  - b. Paste this worksheet on the fridge or somewhere else you’ll see it to remind yourself why you’re making healthy choices!
- 2) Test your knowledge of Candida with a simple quiz! (Worksheet 2)
- 3) Keep following the Club Reduce nutrition and lifestyle guidelines.
- 4) Download and listen to the Self-Mastery Technology (SMT) session for this week.

*Learn it Live it Lose it*

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## Worksheet 1: Evaluating Your Own Gut Health

Evaluate your gut health by asking yourself a handful of questions. Circle the response that best describes you. Paste this worksheet on the fridge or somewhere else you'll see it to remind yourself why you're making healthy choices!

Do you avoid soda, candy, and other foods that contain lots of refined sugar?

YES    NO

Do you avoid bread, donuts, bagels, chips, and other foods that contain lots of refined grains?

YES    NO

Do you eat plenty of high-fiber fruits and vegetables?

YES    NO

Do you avoid alcoholic beverages?

YES    NO

Do you avoid tobacco?

YES    NO

Do you eat a rainbow of brightly colored vegetables every day?

YES    NO

Do you avoid using antibiotics to treat minor conditions that go away on their own?

YES    NO

Do you have regular, daily bowel movements?

YES    NO

Do you remember to take your Solutions4 Probiotic Blend every day?

YES    NO

If you answered "no" to any of these questions, what could you do to improve? \_\_\_\_\_

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## Worksheet 2: Candida Quiz

Test your knowledge of Candida with a simple quiz!

What types of food does Candida thrive on?

- A. Brightly colored vegetables
- B. Dark leafy greens
- C. Sugary and starchy foods
- D. Unrefined, cold-pressed oils

What is Candida, anyway?

- A. A type of bacteria
- B. A type of fungus
- C. A type of virus
- D. An essential nutrient

Which of the following is NOT a symptom of Candida?

- A. Fatigue
- B. Weight gain
- C. Depression
- D. Clear skin

Which of the following will harm the friendly gut bacteria that normally keep Candida in check?

- A. Antibiotics
- B. Rutabagas
- C. Ginger
- D. Solutions4 Probiotic Blend

Why is Candida difficult to eradicate?

- A. Because Candida doesn't need to eat to survive
- B. Because Candida makes your body crave what the Candida needs to survive
- C. Because Candida yeasts don't respond to dietary changes
- D. Because Candida yeasts survive on everything, even leafy greens

What can you do if you develop Candida?

- A. You can't do anything, it's permanent (and incurable)
- B. You can eat a simple diet that consists only of potatoes
- C. You can limit your sugar and starch intake and boost your nutrition
- D. You wait for it to go away on its own