

METABOLIC HEALTH ASSESSMENT

12 SIGNS YOUR BODY IS
ASKING FOR HELP

(AND WHAT TO DO ABOUT IT)



EARNED WELL HEALTH
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WELCOME

Are You Doing Everything 'Right' But Still Struggling?

If you're eating healthy, exercising regularly, and still can't lose weight... if you're exhausted despite getting enough sleep... if your doctor says your labs are "normal" but you feel anything but normal... your metabolism may be sending you distress signals.

Most women over 45 experience a slowed metabolism. Unfortunately, conventional medicine often misses the early warning signs. This guide will help you identify what your body is trying to tell you - and what you can do about it.



12 WARNING SIGNS

Check any signs that apply to you. The more boxes you check, the more likely your metabolism needs support.

SECTION 1

ENERGY AND SLEEP SIGNALS

- FATIGUE THAT DOESN'T IMPROVE WITH REST** - You're getting 7-8 hours of sleep but still wake up tired. You need caffeine to function and experience afternoon crashes.

What it means: Your cells may not be efficiently converting food to energy.

- POOR SLEEP QUALITY** - Difficulty falling asleep, waking between 2-4 AM, or waking unrefreshed.

What it means: Blood sugar imbalances and cortisol dysfunction often disrupt sleep cycles.

- BRAIN FOG & POOR CONCENTRATION** - Trouble focusing, remembering words, or thinking clearly - especially in the afternoon.

What it means: Your brain isn't getting the steady fuel it needs from unstable blood sugar.



SECTION 2

WEIGHT AND BODY COMPOSITION

- ❑ **STUBBORN WEIGHT THAT WON'T BUDGE**- Despite eating less and exercising more, the scale won't move - especially around your midsection.

What it means: Metabolic slowdown and hormonal shifts are working against traditional 'calories in, calories out.'

- ❑ **LOSING MUSCLE, GAINING FAT** - You notice you're getting 'softer' even if your weight stays the same. Clothes fit differently.

What it means: Insulin resistance and declining hormone levels favor fat storage over muscle building.

- ❑ **INTENSE CRAVINGS (ESPECIALLY FOR SUGAR & CARBS)** - You feel like you 'need' sweets in the afternoon or can't stop thinking about food.

What it means: Blood sugar roller coasters drive cravings and indicate metabolic dysfunction.





SECTION 3

HORMONAL AND MOOD SIGNALS

- MOOD SWINGS & IRRITABILITY** - You feel anxious, depressed, or 'short-fused' - especially before meals or during certain times of your cycle.

What it means: Blood sugar crashes and hormonal imbalances directly affect neurotransmitter production.

- HOT FLASHES, NIGHT SWEATS, OR TEMPERATURE SENSITIVITY** - Sudden heat episodes, excessive sweating, or feeling cold when others are comfortable.

What it means: Thyroid dysfunction and hormonal shifts affect your body's temperature regulation.

- LOW LIBIDO** - Decreased interest in sex or difficulty with arousal.

What it means: Hormonal imbalances, fatigue, and stress all impact sexual health.



SECTION 4

DIGESTIVE & PHYSICAL SIGNS

- DIGESTIVE ISSUES** - Bloating, gas, constipation, diarrhea, or acid reflux - especially after meals.

What it means: Gut health is intimately connected to metabolism and nutrient absorption.

- DRY SKIN, HAIR LOSS, OR BRITTLE NAILS** - Your hair is thinning, skin is dry despite moisturizer, or nails break easily.

What it means: Thyroid issues and nutrient deficiencies often show up in hair, skin, and nails first.

- FEELING COLD ALL THE TIME** - Your hands and feet are always cold, you need extra layers when others are comfortable.

What it means: Low thyroid function slows metabolism and reduces body heat production.



WHAT YOUR RESULTS MEAN

0-3 SIGNS CHECKED:

Your metabolism is likely functioning well, but stay vigilant. Prevention is easier than repair. Consider an annual wellness check-in to maintain optimal health.

4-7 SIGNS CHECKED:

Your metabolism is showing signs of stress. This is the perfect time to intervene - before minor issues become major problems. A comprehensive evaluation can identify root causes.

8-12 SIGNS CHECKED:

Your body is sending clear distress signals. Multiple systems are likely affected. The good news? With the right support, you can reverse metabolic dysfunction and feel vibrant again.

THE HIDDEN PROBLEM

Most doctors only test basic markers (TSH, fasting glucose, cholesterol) and consider anything in the "normal range" as fine. But optimal is different than normal. Functional ranges show dysfunction long before disease appears.

WHAT YOU CAN DO RIGHT NOW

1. Comprehensive Lab Testing

Request these labs from your doctor or order them yourself.

- Full Lipid Panel and hsCRP
- Complete thyroid panel (TSH, Free T3, Free T4, Reverse T3, TPO antibodies)
- Fasting insulin and glucose (not just glucose alone)
- Hemoglobin A1C
- Complete metabolic panel
- Vitamin D, B12, ferritin, omega-3 Index
- Sex hormones (if appropriate)

2. Focus on Blood Sugar Stability

- Eat protein with every meal
- Reduce processed carbs and sugar
- Don't skip meals
- Add fiber-rich vegetables

3. Support Your Body's Natural Rhythms

- Get 7-9 hours of quality sleep
- Manage stress (it directly impacts metabolism)
- Move your body regularly (but don't over-exercise)



READY FOR PERSONALIZED SUPPORT?

If you checked four or more signs, you're an ideal candidate for comprehensive wellness evaluation.

Here's How I can help:

- Work with me one-on-one and gain a partner in your journey
- Truly personalized health and lifestyle recommendations
- In-depth health history and symptom analysis
- Lab work review (functional ranges, not just "normal")
- Custom supplement protocol using whole food nutrition
- Ongoing support and accountability

Special Offer for Guide Readers: Book your Initial Wellness Evaluation and receive a full month of virtual wellness visits and accountability check-in calls, completely free. (\$99 value)



Justine V.

Functional Wellness Practitioner



Schedule
Your
Evaluation