



**HealthyBodyHealthyLife**  
with *Melissa Koerner*

## **Total Transformation**

### **Module 1 – Part 6:**

# **Completing Your 4 Key Health Assessments**

**With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner**

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### **There are 4 key assessments to complete:**

- Inflammation Susceptibility Questionnaire
- Metabolic Typing Nutrition Assessment
- Colon Transit and Retention Test
- Baseline Body Measurements

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## Inflammation Susceptibility Questionnaire

- This questionnaire is designed to create a general picture of your **lifestyle** and help you identify which lifestyle **habits** are triggering inflammation in your body.
- 4 key** areas you'll be evaluating:
  - Nutrition & Digestion
  - Stress & Emotions
  - Sleep & Energy
  - Exercise & Strength
- Your answers to these questions will help you create a **baseline** to work from and track of your **progress** as you make changes in your eating habits, stress management, sleep habits, physical activity, and personal development.



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## Inflammation Susceptibility Questionnaire

- You'll chart your **total scores** to help you:
  - Identify which areas need **attention**.
  - Determine the **key action steps** you'll incorporate in your holistic action step plan.
- You'll focus on the **highest** scores from left to right.
  - Addressing **one** area has a Domino effect - each area on the left affects the areas on the right.

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Score Chart

Date: \_\_\_\_\_

	Nutrition & Digestion	Stress & Emotions	Sleep & Energy	Exercise & Strength	Total Score
High Priority	356	204	180	120	860
	60	60	60	60	⊖
	40	40	40	40	160
Moderate Priority	30	30	30	30	⊖
	20	20	20	20	80
Low Priority	10	10	10	10	⊕
Score Totals					

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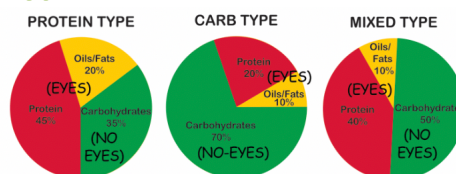
## Metabolic Nutrition Assessment

- This assessment helps you determine your **Metabolic Nutritional Type**.
- Knowing your Metabolic Nutritional Type gives you a general **starting point** for planning healthy, balanced meals for your unique nutritional needs.
- We each have a **genetic** requirement for a given amount of plant and animal foods – proteins, fats and carbs (“macronutrients”).
  - Our needs are based on what our ancestry **programmed** into our genes by the selective pressures of nature—the availability of foods.
  - Most of us are of mixed racial heritage; combined with stress and illness can **alter** optimal plant to animal ratio.

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## Metabolic Nutrition Assessment

- There are **3 Metabolic Nutritional Types**:
  - Protein Type (Paleo)
  - Carb Type (Plant-Based)
  - Mixed Type
- Each type requires **ideal** amounts of healthy proteins, fats and carbs to create balanced meals.
- The Metabolic Nutrition Assessment helps you determine the **right** balance of macronutrients for **YOU**!
  - It's **NOT** about following nutritional dogma.



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## Colon Transit and Retention Test

- Constipation and **diseases** of the colon like hemorrhoids, colitis, cancer and auto-toxicity (self-poisoning) are very **common** in our culture.
- Many of these **problems** are associated with the consumption of poor-quality food, chronic stress, and lack of exercise.
- Studies of primitive cultures have shown a correlation between **healthy colons** and good overall health to large stools and a **normal transit time**.

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**Colon Transit and Retention Test**

Constipation and diseases of the colon like hemorrhoids, colitis, cancer and auto-toxicity (self-poisoning) are very common in our culture. Many of these problems are associated with the consumption of poor-quality food. Studies of primitive cultures have shown a correlation between healthy colons and good overall health to large stools and a normal transit time.

A normal transit time is between 12-24 hours. That is, when you eat something you should be eliminating it 12-24 hours after eating it. Unfortunately, for most people in our culture their transit time is much longer. A longer transit time indicates sub-optimal colon health. A shorter transit time indicates poor absorption and assimilation of food and nutrients. Both conditions are problematic and need to be corrected.

A normal retention time is between 48-55 hours. That means that after eating food, in a healthy digestive system, it should take 48-55 hours to leave the body completely.

A good way to assess your colon health is to do a colon transit and retention test. Follow these three easy steps below:

**Step 1: Eat beets with a meal, preferably breakfast. Write down the date and time.**

Date (day/month/year)	Time (hour:minutes)
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**Step 2: Look at your stools each time you have a bowel movement. Document when you *first* see the beets in your stools.**

Date (day/month/year)	Time (hour:minutes)
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**Step 3: Continue to look at your stools each time you have a bowel movement. Document when you *last* see the beets in your stools.**

Date (day/month/year)	Time (hour:minutes)
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## Colon Transit and Retention Test

- A normal transit time is between **12-24 hours**.
  - When you eat something you should be eliminating it **12-24 hours after** eating it.
  - Unfortunately, for most people in our culture their transit time is much **longer**.
  - A longer transit time indicates **sub-optimal** colon health.
  - A shorter transit time indicates **poor absorption** and **assimilation** of food and nutrients.
  - Both conditions are **problematic** and need to be corrected.

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## Colon Transit and Retention Test

- A normal retention time is between **48-55 hours**.
  - **After eating food**, in a healthy digestive system, it should take **48-55 hours** to leave the body completely.
- A good way to assess your colon health is to do a **Colon Transit and Retention Test**.

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## Slow Colon Transit and Retention Times

- Slow transit and/or retention times indicates **constipation**.
- Constipation means not removing **waste** = body **backed up** with rotting, undigestible foodstuffs and toxic bacteria, microorganisms and other toxins.
- Left long enough this can cause **disease** (i.e. colon cancer) and other **systemic** inflammatory issues.



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## Colon Transit and Retention Test

### 3 Steps to Perform the Colon Transit and Retention Test :

- **Step 1:** Eat beets with a meal, preferably breakfast. Write down the **date** and **time**.
- **Step 2:** Look at your stools each time you have a bowel movement. Document when you **first** see the beets in your stools.
- **Step 3:** Continue to look at your stools each time you have a bowel movement. Document when you **last** see the beets in your stools.

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## Baseline Measurements and Before Photos (If you have weight/fat loss goals)

- Take your **baseline** measurements ASAP.
  - Weigh yourself for your **current** weight.
  - Measure **7 sights** on your body: chest, abdomen, hips, thigh, calf, upper arm and forearm.
  - Weigh yourself and retake your measurements **every 30 days**.
- Take your **before** photos ASAP.
  - Take **3 photos**: from the front, the back, and the side.
  - Retake your photos **every 30 days**.
  - Post them in the HBHL Support Community - We're all here to **root** you on!
  - You have a guide with **instructions** for taking photos and measurements.
- I want **YOU** to be the next **success story**!

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