

Beginner Questionnaire

Welcome to Suppers!

Do your health challenges relate to the food you're eating? Suppers can help *anyone* with diet- and lifestyle-related health and mental health challenges, and we're especially useful for people with issues related to blood sugar and mood chemistry. Take our Beginner Questionnaire to see if Suppers is right for you.

1. Does at least one of the following problems occur in your biological family?

Obesity or struggles with weight
Diabetes or hypoglycemia
Alcoholism or problem drinking

2. Does at least one of the following problems occur in your biological family?

Depression
Anxiety
Learning issues
Insomnia or inadequate sleep

3. Do you personally experience at least one item from both questions 1 and 2?

4. Can you take or leave coffee? chocolate? pastries? chips? cookies? bread? soft drinks? alcoholic beverages?

5. For women: Do or did your answers to question 4 depend on the time of the month?

6. Do you skip breakfast?

7. Is your evening weight more than two pounds greater than your morning weight?

8. Do you mostly eat meals made from whole foods (like fresh vegetables, meat or fish, legumes and whole grains)?

9. Are you satisfied with how you manage your stress level?

10. Do you regularly engage in exercise or some meaningful physical activity?

11. Do you eat regularly at the family table?

12. Do you have satisfying connections with other people?

Interpretation

Questions 1 – 3

If you answered yes to all 3, you are a good candidate for Suppers. Your answers suggest that the solutions to your health challenges need to include diet and lifestyle style change to support stable blood sugar and mood chemistry.

Question 4

If you feel pulled in by these items, you may have a relationship with addictive items in the food supply that are jeopardizing your health or sobriety and affecting mood, sleep, and

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mental function. Again, we'd like to invite you to try Suppers, or Suppers for Sobriety if you're in recovery. Over time, we can give you support you need to reduce your dependence on drug-like foods and beverages and develop a taste for foods that promote health.

Question 5

Increased cravings and mood swings around the cycle can sometimes be normalized with a stabilizing diet. At very least, stabilizing includes a healthy diet.

Question 6

Some of the most dramatic improvements we have seen have been around breakfasting behavior: relief from panic attacks, relief from depression, relief from cravings. At Suppers you'll learn why and get support finding what works for your body.

Question 7

If your evening weight is more than 2 pounds greater than your morning weight, it is likely to be an indication that your body does not tolerate something you are eating or drinking. True weight does not go up in a day. Fluid retention, or edema, can come from consuming something toxic or something to which you are allergic or "hypersensitive". The culprits are likely to be things that are "comfort" foods, i.e., things that give you a temporary lift but set you up for a crash later.

Question 8

All of the health issues listed in questions 1 and 2 relate to food and beverage processing and the havoc it wreaks on blood sugar and mood chemistry. If these items were not in the food supply, the problems would hardly exist. If you would like to learn how to prepare whole foods, we hope you will join us for Suppers.

Question 9

Stress itself is very destabilizing for blood sugar and mood chemistry and can itself increase the chances of relapse. At Suppers you will learn very simple techniques to reduce stress and become more aware of the effects of foods and stress on your body. If you experience a combination of the challenges in questions 1 and 2, your diet itself may be a source of stress. At Suppers, the #1 way we can help is by supporting you as you find the best way for you to eat. A close second is learning to manage stress better, through breathing exercises, the camaraderie of Suppers tables, guided meditations, and body awareness exercises.

Question 10

Everybody already knows we need exercise and meaningful physical activity. The habit is hard to establish. Your therapeutic friends at Suppers meetings can help you set doable goals, even walk or exercise together with you.

Question 11

Research on the positive effects of eating at a family table is clear: Children who eat regular meals with their parents are at reduced risk for alcohol, tobacco and drug use. If you don't know how to make family tables a reality in your household, we hope you'll accept our invitation to Suppers.

Question 12

Good human connections are healing; they reduce stress and provide a healthier source of pleasure. At Suppers you will find people who actively practice non-judgment as part of our commitment to healing for the greatest number.