



Your Gut I.Q.

How smart is the brain in your gut? How functional is your brain-gut connection? How much damage has your enteric nervous system sustained? How easy will it be for you to reverse the dysfunction and start healing? It's time to find out.

Your score will translate into a minimum number of weeks that you should spend at each of the four Prime stages. If you have a smarter gut, you can move through the program quickly. If you have a dumber gut (which is quite common, so don't be surprised or offended if this is you!), you will be much better served by moving through the program more slowly, letting every stage really work in your body and minimizing uncomfortable detox symptoms.

The Gut I.Q. Test

For each question, think about your life and your symptoms during the past year. Do you have the experience never, sometimes, often, or always?

		Never (0)	Rarely (1)	Sometimes (2)	Often (3)	Always (4)
1	I am constipated.					
2	I feel bloated, especially after eating.					
3	After eating, I get congested or I get phlegm in my throat.					
4	After eating, I get heartburn or acid indigestion.					
5	I get a lot of gas and flatulence, especially after eating.					
6	My tongue is coated with a thick whitish film, especially in the morning.					

THE PRIME; Stop Dieting Backward to Gain a Sharper Brain, Smarter Gut, and Spontaneous Weight-Loss

Kulreet Chaudhary • 9781101904312 • On Sale: 1/12/2016

7	In the morning, I feel foggy and muddled—I don't have a clear head. It takes me a while to feel like I'm really awake.					
8	My body feels heavy and slow.					
9	I feel tired during the afternoon (starting around 2 p.m.), even when I had eight hours of sleep.					
10	After eating, I feel out of breath. I tend to feel that something is not functioning properly in the body.					
11	I feel lazy and unmotivated. I can't seem to break out of this feeling of malaise.					
12	I have congested sinuses or lungs, and/or chronic allergies.					
13	I feel mentally cloudy most days. I don't have that "sharp mind" I used to have.					
14	I tend to spit repeatedly or have a bad taste in my mouth.					
15	Often I have no taste for food and no real appetite.					
16	I have a dull, heavy, achy feeling in my stomach, like I am carrying a weight around.					
17	I get colds and other minor viruses frequently. It seems like I catch everything.					
18	I don't have a bowel movement every day—maybe every other day, or even just once two or three times a week.					
19	I get out of breath from minor exertion, like walking up a few stairs or walking quickly. I know I'm not that unfit!					
20	Exercise, or physical exertion in general, exhausts me rather than energizes me.					

After you've answered all the questions, tally up your score:

Point totals:

Never answers: _____ × 0 points = 0 points

Rarely answers: _____ × 1 point = _____ points

Sometimes answers: _____ × 2 points = _____ points

Often answers: _____ × 3 points = _____ points

Always answers: _____ × 4 points = _____ points

TOTAL SCORE: _____ **points**

50–80 points: The Gentle Track—four weeks per stage. Your gut definitely needs some work, but don't feel bad; this is quite common. Life in our modern world is particularly conducive to gut and brain degradation, and many of my patients fall into this category. I strongly suggest you move through the program slowly. Trust me, going slowly can sometimes be the fastest way to success. Take a good four weeks for each stage—that may seem like a long time, but at this rate, the changes will really stick.

People tend to think that the faster they go, the more effective a program will be, but it's actually the opposite. Fast results could come with uncomfortable detox symptoms that you won't be able to manage, that could compromise your ability to stick with the program. They also often result in a relapse, with subsequent weight gain. People often gain back even more weight than they lost and can find themselves with worse brain fog and lower energy.

Also, for this program, each stage will work best if the previous stage has truly had a chance to do what it is designed to do. For example, until you get the digestion and lymphatic system working better, it won't help work on cravings. Until you increase your nutritional support, you can't really ask your liver to work harder. Each stage builds on the next.

Trust me when I tell you that there is real wisdom in progressing slowly. Imagine if you tried to build a house as quickly as possible. Just because you really want your house to be built doesn't mean you should rush through with a slapdash foundation. You don't start building the rooms until the foundation is set and strong, and you don't start decorating the rooms until you have the walls and the roof up. Slow changes become permanent changes, and your body needs time to adjust as it slowly

releases toxic materials that impede your progress. The point of this program is to lose the sludge and the weight once, and never gain it back.

20–50 points: The Moderate Track—three weeks per stage. You have an average-intelligence gut, but your gut could definitely be smarter, and it’s definitely impacting your brain function and energy level. On The Prime, your detox symptoms won’t be as severe as someone who has a higher score, so you can move along a bit faster, if you choose. Of course, you don’t have to move faster. Move through each stage at a pace that feels right to you. No faster, though!

1–20 points: The Fast Track—two weeks per stage. You have a pretty smart gut, and that’s good news! You probably aren’t far from your health and weight goal, but you still need a little push to get you there. Even smart guts can achieve genius status! Even though you probably feel pretty good, you could be thinking even more clearly, have more energy, and finally get rid of those last few pounds. After The Prime, you’ll also be less susceptible to environmental influences that can tip you easily from feeling good to out of balance. You can move through the program pretty quickly. Two weeks at each stage should do the trick, although, again, if you prefer to go more slowly, go ahead! Make it your Prime.

No matter what your score, The Prime will help you turn things around by building a smarter gut. If your gut is “dumb” because it is malfunctioning, it allows gut bacteria to call the shots and run your choices and even your mood via neurotransmitters sent to the brain. The result is that you can’t follow a diet. The urge to eat foods that lead to weight gain and disease is simply too strong because it is coming directly from your bad gut bacteria and “passing” as neuronal signals to your brain via the vagus nerve. This is not a war of willpower—this is a biochemical battle.