

Slim and Sexy Mums Club

WHAT'S STOPPING YOUR WEIGHT LOSS?



TERESSA
Todd

Conquering Health Naturopath,
Biochemist

www.teressatodd.com

IS YOUR LIVER OVERBURDENED?

Please put a check on the symptoms that applies to you.

- Have a bloated or full feeling one hour after a meal
- Fatty or rich foods cause indigestion and/or nausea
- Unexplained nausea
- Sensitive to smells, perfumes and other fragrances
- Pain under ribs especially on right side
- Dark circles under eyes
- Skin issues including acne and dermatitis
- Unexplained itchy skin
- Yellow discolouration of skin or eyes
- Pale clay coloured stools
- Dark urine and strong smell of urine
- Fluid retention in legs and ankles
- Blood sugar imbalances
- Premenstrual syndrome symptoms such as mood changes, cramps, clotting, sore breasts, acne and sugar cravings
- Struggle to lose weight
- Easy bruising
- Low motivation
- Irritability and quick to anger
- Tight muscles
- Waking up during early hours of the morning (between 1 to 3 am) and struggle to get back to sleep

*After ticking off the list, please tally up the total. If you scored **8 or more**, your liver may be overburdened and in need of support. An overburdened liver may be hindering your weight loss.*

IS IT ADRENAL FATIGUE?

Please put a check on the symptoms that applies to you.

- Struggle to wake up in the morning; or feel unrefreshed after sleep
- Feel tired in the morning, need a coffee or stimulant to 'wake up' and then feel tired again around 2 to 5 pm
- Struggle to fall asleep at night even though you feel tired
- Feel extremely tired in the evenings but get a 'second wind' after 10 pm
- Gained weight recently, especially around your middle
- Need to snack regularly to keep from feeling tired and shaky
- Suffer recurrent infections
- Feel shaky, cranky or fatigued if you skip meals
- Have brain fog or poor memory
- Have trouble concentrating
- Feel anxious often
- Difficulty dealing with stress or deadlines
- Feel dizziness, especially upon standing
- Find it hard to relax or feeling tense all the time
- Unable to cope with small added pressures or feel overwhelmed easily
- Noticed loss of muscle tone recently even though there are no changes in exercise routine
- Suffer premenstrual syndrome symptoms such as heavy bleeding, mood changes, or fatigue with menstrual cycle
- Have low libido

*After ticking off the list, please tally up the total. If you scored **8 or more**, you may be suffering from adrenal fatigue. This may be hampering your weight loss.*



Need more insight & support?

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info@teressatodd.com or click [HERE](#)

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[Clarity Call](#) if it's your first time seeing

me.

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