

zlife

for the thrill of it

MISS SAXOBEAT

ALEXANDRA STAN

OVERCOMING THE ODDS
INSPIRING INSTRUCTORS AND THEIR SPECIAL STUDENTS

FOOD FOR THOUGHT
VEGANS, CLEAN EATING, AND THE ULTIMATE MUSICAL MEAL!

+ super

ARE YOU MICRONUTRIENT DEFICIENT?

Mira Calton, CN, and Jayson B. Calton, Ph.D, authors of the upcoming "Naked Calories" book, want to know. The book, out this month, aims to show readers the secret to health lies within these micronutrients, vitamins and minerals that are being stripped from diets and depleted by lifestyle. So where do you fall? Take the Caltons' mini-quiz and find out:

(TIP: If your answer is "sometimes" or "once in a while," choose yes. If your answer is "rarely," choose no.)



1. I follow my physician's suggestion and take prescription and/or over-the-counter medications.
Y N
2. I take home and eat leftovers.
Y N
3. I exercise regularly at moderate to high intensity.
Y N
4. I have tried some type of diet regimen to reduce weight.
Y N
5. I drink coffee, tea and/or wine on a regular basis.
Y N
6. I buy the majority of my food from a chain grocery store.
Y N
7. I buy imported exotic fruits and vegetables.
Y N
8. I am currently overweight.
Y N
9. I eat out at restaurants more than two times a week.
Y N
10. I cook my vegetables in an uncovered pot.
Y N

Answers Surprise! All the factors described in this assessment create micronutrient deficiencies. If you answered yes to four or more of the questions, there is a good chance you may be micronutrient deficient. If you answered yes to three or less of the questions, you may be micronutrient sufficient. To be sure, visit CaltonNutrition.com for the complete "Naked Calories" Personal Micronutrient Sufficiency Quiz.

* Visit zlifemag.com to read more about the questions featured in this mini-quiz!