

SECTION A CHRONOLOGICAL AGE

What is your chronological age?

SECTION B EATING HABITS

How often do you eat fried or grilled food?

Often = 4
Once a day = 3
A couple of times a week = 2
Once a week = 1
Very rarely = -2

How often do you eat virgin oils that have NOT been heated or used for frying (e.g., organic flaxseed oil, coconut oil, or extra virgin olive oil)?

Never = 2
Once a week = 1
Daily = 0
2+ times daily = -2

How many portions of fiber-rich and colorful vegetables and berries do you eat per day (1 portion = 1 piece, 100g, or 4oz)?

I almost never eat any = 3
A couple of times a week = 2
1 portion per day = 1
2 portions per day = -2
3 portions daily = -3

How often do you eat wholegrain products and/or fibers (e.g., whole-meal flour, sunflower seeds, brown/wild rice, flaxseed, rye bread with seeds, or oats)?

Very rarely = -2
Once a week = -1
A couple of times a week = 0
Often = 2

<p>How many glasses of water do you drink per day? (Coffee, black tea, soft drinks, and alcohol do NOT count).</p>	<p>I rarely drink water = 3 1 glass per day = 2 4 glasses per day = 0 8 glasses per day = -1 10+ glasses per day = -2</p>
<p>How often do you consume sugar, foods containing added sugar, sweets or candy, soft drinks, or white flour in bread, cakes, etc., and white rice?</p>	<p>3+ times daily = 4 Once a day = 2 A couple of times a week = 1 Almost never -3</p>
<p>How many standard units of alcohol do you drink per week?</p>	<p>12+ drinks per week = 3 8 drinks per week = 2 4 drinks per week = 1 2 drinks per week = 0 Almost never drink = -1</p>
<p>How often do you sprinkle industrial salt on your food?</p>	<p>On all my food = 2 Daily = 1 A couple of times a week = 0 Once a month = 0 Almost never = -1</p>

**TOTAL SCORE,
SECTION B**

**SECTION C
FOOD SUPPLEMENTS**

<p>How often do you take good multivitamins or mineral supplements?</p>	<p>Almost never = 2 Once a week = 1 A couple of times a week = 0 Every day = -2</p>
<p>How often do you take antioxidants (e.g., vitamin C, natural vitamin E, selenium, grape seed extract, or green tea extract)?</p>	<p>Almost never = 3 Once a week = 2 A couple of times a week = 1 Daily = -2</p>

**TOTAL SCORE,
SECTION C**

SECTION D DAILY HABITS AND ACTIVITIES

<p>How often do you exercise / are you physically active (30 minutes of continuous physical activity)?</p>	<p>Almost never = 3 Once a week = 2 3 – 4 times a week = -2 5 + times a week = -3</p>
<p>How often do you exercise for more than 2 hours at a time? (Score “4” if you never exercise).</p>	<p>Almost every day = 3 50% of the time = 2 Almost never = 0</p>
<p>How often do you sleep well and wake up well rested?</p>	<p>Rarely = 3 Sometimes = 2 Most of the time = -1 Always = -2</p>
<p>How often do you pass stools?</p>	<p>Once a week = 4 Once every four days = 3 Once every second day = 2 Daily = -1 2+ times daily = -2</p>

**TOTAL SCORE,
SECTION D**

SECTION E MEDICAL BACKGROUND

<p>Do any of the following diseases run in your family: cancer, diabetes, cardiovascular disease, depression, obesity/excess weight, liver problems/diseases, high cholesterol, or high blood pressure?</p>	<p>Two or more of these = 1 One of these = 0 None of these = -1</p>
<p>Have you ever suffered from any of the following health problems: cancer, diabetes, cardiovascular disease, depression, obesity/excess weight, liver problems/diseases, high cholesterol, or high blood pressure?</p>	<p>Two or more of these = 3 One of these = 2 None of these = -2</p>

How often do you suffer from one or more of the following: headache, fever, sore throat, sore muscles not due to exercise, cold or flu, itching/rash, or swelling?	Every day = 3 Every week = 2 Every month = 1 Rarely = 0
Are you ever exposed to environmental toxins or similar? (For example, from car mechanic workshops, at the hairdresser, during beauty treatments.)	Every day = 3 Every week = 2 Every month = 1 Rarely = 0
Do you have any amalgam fillings in your teeth?	3+ fillings = 4 2 fillings = 2 1 filling = 1 No fillings = 0

**TOTAL SCORE,
SECTION E**

**SECTION F
STRESS FACTORS AND LOADS**

How many large meals do you eat per day? (Snacks do NOT count).	None = 3 4+ per day = 3 3 per day = 1 2 per day = -1 1 per day = 0
How much time do you spend in front of electronic equipment at work and/or at home (e.g., in front of the television or the computer, or near high voltage power lines)?	8+ hours per day = 3 6+ hours per day = 2 A couple of hours per day = 1 I rarely spend any time = 0
How often do you smoke or are you exposed to passive smoking?	Most of the day = 4 A couple of times per day = 3 A couple of times per week = 1 Very rarely = -2
How often do you take recreational drugs?	Daily = 4 Once a week = 3 Once a month = 1 Never = 0

How often do you drive in heavy traffic?	I constantly drive as part of my work = 3 3 + hours daily = 2 1 - 2 hours daily = 1 Almost never = -1
How much do you feel stressed at work or at home?	A great deal = 4 Quite a lot = 3 A moderate amount = 2 A little = 1 Almost none = -2

**TOTAL SCORE,
SECTION F**

**CALCULATE YOUR
BIOLOGICAL AGE**

Section B – eating habits	
Section C – food supplements	
Section D – daily habits and activities	
Section E – medical background	
Section F – stress factors and loads	
Total score for sections B, C, D, E and F	
Your biological age	
Add the total score from sections B, C, D, E and F to your chronological age.	

YOUR BIOLOGICAL AGE

COMMENTS

Minus 11 years or less (your biological age is 11 or more years less than your chronological age).

Your health is probably as good as it can be, and the prospect that it will remain like that is really good. You make the right choices when it comes to taking care of yourself. Continue with what you're doing! Some of my advice may, however, be of use to you, and you would benefit from the detox program once a year.

Minus 1–10 years (your biological age is 1–10 years less than your chronological age).

Your health is probably really good, and the prospect that it will remain that way is good. Focus on maintaining your healthy lifestyle with good food, stress management/control, exercise, and so on. Look at how much grain you are eating. The detox program once a year would be good for you.

Your biological age equals your chronological age.

Your health is probably good, and the prospect that it will remain like that is reasonable. However, if you want optimum health and maximum energy, you'll have to make some changes. The right food can do wonders. And look into exercise habits. You might want to make some changes.

Plus 1–10 years (your biological age is 1–10 years less than your chronological age).

Your health is probably OK, but if you continue in the same way, you'll further increase your biological age. The long-term consequences are an increased risk of disease and health problems. Better eating habits and an improved lifestyle would make a huge difference. Follow the 10 years younger program.

Plus 11–20 years (your biological age is 11–20 years more than your chronological age).

Your health is probably average for the Western world. You run a moderate risk of experiencing health problems and disease within the next five years. Your energy has probably already begun to diminish, and it'll get worse with time. Better eating habits and an improved lifestyle are essential and would make a huge difference. You are in a very good place. You have everything to gain, and once you get started, you will experience positive effects quite quickly.

Plus 21 years or more (your biological age is 21+ years more than your chronological age).

Your health isn't good, and there's a great risk that you'll experience health problems or disease within the next couple of years, if you are not already. Your energy levels and wellbeing will decline considerably over the next couple of years, if this hasn't already happened. A marked change in eating habits and lifestyle is required right now. Your stress levels must be reduced. The 10 years younger program is designed for you! Improving your diet and exercise habits is an excellent way to reduce stress, increase energy levels, and improve your health.

HOW TO USE THE RESULT

You're your age or younger

Congratulations! You are in a good place and you need to keep up the good work and maintain and or upgrade and do even better. Read the book and make use of all the important information and follow the program. Use the recipes and super products. Consider making an appointment with Thorbjörg to further optimize your anti age lifestyle.

You're 1-5 years older than your birth certificate

Follow the program in the book and you will benefit from doing the three weeks detox program. Everyone needs to cleanse once or twice a year no matter what biological age. Perhaps you are one of the many women challenged by too much sugar and bread following ups and downs in energy and balance. Perhaps you need personal support and coaching from Thorbjörg during the change.

You're close to 10 years older or more

You will with no doubt benefit from following the whole program. Going sugar free and gluten free and eating only anti inflammatory food and optimizing your body with good quality food supplements in order to regain metabolic health and vitality. You might be one of many women experiencing your body as "stuck". Your body needs to be reset and rejuvenated with healthy food, supporting food supplements, cleanse and detox, hormonal balance, calmness and love. While following the 10 Years Younger program you might want to consider personal support and order a consultation with Thorbjörg.