

Ask Better, Live Better

Critical Questions Every Person Should Be Asking About Their Health, Food, and Healthcare

Brought to you by: The Human Fuel Project

Questions to Ask Yourself - Food & Daily Habits

- Do I know what's actually in the food I eat daily?
- Am I eating out of hunger - or habit?
- How often do I eat something with more than five ingredients I can't pronounce?
- How much sugar (and hidden sugar) am I consuming every day?
- Do I crash mid-afternoon or need caffeine just to function?
- Am I getting enough protein, fiber, and real nutrients - or just calories?

Questions to Ask Yourself - Energy, Mood & Symptoms

- When did I last feel truly energized and mentally clear?
- Am I normalizing brain fog, fatigue, bloating, or poor sleep?
- Have I ever connected my symptoms to what I eat - or what I'm not eating?
- Do I trust my body... or feel like it's working against me?

Questions to Ask Your Doctor - Metabolic & Hormone Health

- Can we look deeper into insulin resistance - not just my fasting glucose?
- Will you order a fasting insulin or C-peptide test?
- Can we test my ApoB and Lp(a) levels to assess my real cardiovascular risk?
- Am I at risk for fatty liver disease, and how can we check for it early?

Questions to Ask Your Doctor - Labs & Root Causes

- What's the root cause of this symptom, not just the treatment?
- Are my labs 'normal' or actually optimal for my age and health goals?
- What can I do through diet and lifestyle before medication?
- Are there safer, earlier interventions to prevent chronic conditions?

Questions to Ask Your Doctor - Transparency & Partnership

- Do you feel confident interpreting advanced metabolic labs or should I get a second opinion?
- Can we work together on a prevention-based plan, not just prescriptions?
- Are you open to discussing nutrition, supplements, and holistic approaches - or should I consult a specialist alongside your care?

Final Thought

You don't have to be an expert to ask smart questions. You just have to refuse to be passive about your health.

Print this out. Bring it to your next appointment. Start the conversation.

And remember - the most powerful thing you can do is get curious.

Want to Learn More or Ask a Question?

This guide is part of The Human Fuel Project, created to help people like you take back their health.

If you have questions, ideas, or just want to share your story, feel free to reach out:

Email: jane@thehumanfuelproject.org

No spam. No sales. Just real conversation from someone who cares.