

HEALTH EVALUATION QUESTIONNAIRE

Our bodies naturally want to be rebuilding, repairing, and regenerating. They need the best possible nutrients to do so. When our bodies have what they need; we typically have more energy; we can sleep less and deeper and often people report eating 20% to 50% less. Our mental clarity, ability to focus and memory often improves; our emotions even out; food cravings disappear and our bodies strive to reestablish our biological weight, hence people report losing weight without even trying! Most people have no idea of the healing power that lives in their bodies, nor of the high level of wellness that is available to them if they simply give the body what it needs so it can do what it is designed to do.

The categories listed below are where people typically notice improvements during the Cell Saturation Process. People do not always attribute their improvements to remineralizing their bodies with the Cell Saturation Process. Hence, we have you rate yourself BEFORE you begin the process of Cell Saturation to get your Baseline. Then we have you rate yourself again DURING and again AFTER so you can see for yourself the changes and shifts that are happening. These changes are often so subtly from one day to the next, that you might not even notice them and ironically, as people's symptoms disappear, they tend to forget they ever had them! Hard to believe but true!!

This is the beginning of your MILLION DOLLAR STORY, should you ever decide you want to share what happened to you with your own friends and acquaintances. People end up feeling so great; they can't help sharing their good news!!

You only have one chance to capture your Million Dollar Story and it's while going thru this Cell Saturation/re-mineralization process. Your body is always talking to you whether you are listening and understanding what it is trying to tell you or not. Doing this Cell Saturation Process will give you an opportunity to learn a whole new language and open the communication between you and your emotional and mental abilities and your body. When people complete this process they typically report that they experience a level of wellness they didn't even know existed. Enjoy the journey and here's to your Abundant God Given Health!

Also, be sure to make notes in your communication to me other existing, conditions such as: allergies, arthritis, asthma, auto immune, chronic fatigue, digestive disorders, constipation, fibromyalgia, hepatitis-c, hormones imbalances, lupus, migraines, MS, seizures, etc. They will be part of your personal story but will not be things that everyone is dealing with or can relate to. That is why I choose the below categories, because everyone can relate!!

Health Evaluation Questions

Food Category - which includes your relationship to any or all of the below: 10 being high. Ex. food addictions, eat a lot of sugar foods or drink a lot or addicted to coffee

Sugar, alcohol, carbs, dairy	1	2	3	4	5	6	7	8	9	10
Coffee	1	2	3	4	5	6	7	8	9	10
Overeating	1	2	3	4	5	6	7	8	9	10
Always hungry	1	2	3	4	5	6	7	8	9	10
Digestive issues	1	2	3	4	5	6	7	8	9	10
IBS	1	2	3	4	5	6	7	8	9	10
Tired after eating	1	2	3	4	5	6	7	8	9	10

Sleep Category - which includes your relationship to any or all of the below: 10 being high and good

Sleep deeply	1	2	3	4	5	6	7	8	9	10
Wake up refreshed	1	2	3	4	5	6	7	8	9	10
Sleep thru the night	1	2	3	4	5	6	7	8	9	10
Easy to go back to sleep	1	2	3	4	5	6	7	8	9	10
Feel rested all day	1	2	3	4	5	6	7	8	9	10

Emotional Well Being Category - which includes your relationship to any or all of the below: 10 IS NOT GOOD ex. If you have a lot of stress you are at the high end of the scale like an 8 or higher.

Emotions goes up and down	1	2	3	4	5	6	7	8	9	10
Stressed	1	2	3	4	5	6	7	8	9	10
Depression	1	2	3	4	5	6	7	8	9	10
PMS	1	2	3	4	5	6	7	8	9	10
Menopause symptoms	1	2	3	4	5	6	7	8	9	10
Anxiety	1	2	3	4	5	6	7	8	9	10

Easy to anger	1	2	3	4	5	6	7	8	9	10
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Energy Category - which includes your relationship to any or all of the below: 10 being high and desirable. Ex. No need for naps is a 10

Consistent energy throughout day	1	2	3	4	5	6	7	8	9	10
Don't need to take naps	1	2	3	4	5	6	7	8	9	10
Have energy for creative projects	1	2	3	4	5	6	7	8	9	10
Eating food energizes you	1	2	3	4	5	6	7	8	9	10
Motivated to exercise 3 time a week	1	2	3	4	5	6	7	8	9	10
Have plenty of stamina and endurance	1	2	3	4	5	6	7	8	9	10
Recover quickly from exercise	1	2	3	4	5	6	7	8	9	10

Mental Clarity Category - which includes your relationship to any or all of the below: 10 being high and good

Ability to stay focused and alert	1	2	3	4	5	6	7	8	9	10
Able to concentrate for extended hours	1	2	3	4	5	6	7	8	9	10
Memory - ability to recall both short and long term	1	2	3	4	5	6	7	8	9	10
Don't lose things	1	2	3	4	5	6	7	8	9	10
Experience a sense of well-being	1	2	3	4	5	6	7	8	9	10