

Health Evaluation

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 have more energy; we can sleep less and eat less; our mental clarity, ability to focus and memory improves; our emotions even out; food cravings disappear and excess weight drops away. Most people have no idea of the healing power of their bodies, nor of the high level of wellness that is available to them.

The categories listed below are where people typically notice improvements during the Cell Saturation Process. Often, people do not attribute the below improvements to Body Balance. Hence, we have you rate yourself, BEFORE you begin the process of cell saturation on a scale of 1- 10, with 10 being the highest level of health FOR EACH CATEGORY as a whole. This will give you a base line from which to track your progress.

Your coach, or the person who shared Body Balance with you, will be asking you to re-rate your progress every week or so for each category. This way you can see the changes that are taking place that are subtle enough you might not have noticed them. Ironically, as people's symptoms disappear they forget they ever had them!

This is the beginning of your Million Dollar Story, should you ever decide you want to share this yourself with your own friends. It's how this works. People end up feeling so great, they can't help sharing it with friends.

You only have one chance to capture your own story and it's while going thru this Cell Saturation Process. Your body is always talking to you whether you are listening or not. You are about to learn a whole new language I call "Body Talk" that will open the communication between you and your body and learn about the most fascinating subject there is. You ! This is a once I a lifetime process. When people complete this process they typically report that they experience a level of Wellness that didn't even know existed. Enjoy the journey and here's to your Extreme Health!

Food Cravings Category includes your relationship to any or all of the below

- Sugar
- Coffee
- Carbs
- Junk
- Alcohol
- Dairy

Sleep Category includes your relationship to any or all of the below

- How deeply
- How long
- How many times up in the night need to get up
- How easy to go back to sleep
- How refreshed do you wake up

Emotional Well Being Category includes your relationship to any or all of the below

- Volatility
- Stress
- Depression
- PMS

Physical Energy Category includes your relationship to any or all of the below

- Stamina and Endurance
- Recovery Time from exercise
- Consistent Energy throughout the day
- Need for Naps
- Sleepy after meals
- Exercise. Do you?

Mental Clarity Category includes your relationship to any or all of the below

- Ability to focus
- Length of time able to concentrate
- Memory

This is a guideline to help you on the way to creating your own story as you move towards cell saturation/remineralization. Therefore, please also note in your communication to me any other existing conditions such as: allergies, asthma, chronic fatigue, auto immune, digestive disorders, constipation, lupus, MS, hepatitis c, fibromyalgia, migraines, seizures, arthritis, hormones imbalances etc.

To Your Health