

Health Quiz

15 questions

1. How do you feel when you wake up in the morning?

2. Have you had any physical or emotional traumas in the past 10 years (anything that affected you/caused stress)?

3. Do you have any anxiety, nervousness, worry?

4. What is your stress level on a scale from 1 to 10?

5. Are you an emotional eater/non-eater?

6. Do you sleep well?

7. Do you snore?

8. Do you consume tobacco or marijuana?

9. Are you on any prescription medication?

10. Are you regularly constipated?

11. Do you have excessive gas?

12. Do you have declining sexual interest?

13? Do you drink a lot of alcohol?

14? Do you like sugar? And how does sugar make you feel when you eat it (sad, tired, energized, depressed...)?

15. Do you like salt? Do you eat a lot of salt?

16. Do you have dry or thinning hair?

We will look together at these results during our first consultation together.

I see you soon,
Catherine