

Every symptom below can be traced to an imbalance in the body. This tool helps pinpoint areas of imbalance as they relate to vitamins and minerals.   
*This assessment is not meant for diagnosis or treatment purposes.*

1. Read each statement and evaluate it in terms of whether it applies to you on a scale of 0–5.   
 If the statement does NOT RING TRUE for you, insert a 0 in the column to the right of the statement. If the   
 statement RINGS VERY TRUE for you, then apply 5. Use the numbers 1, 2, 3, and 4 as a sliding scale   
 between these two poles.

2.Once you have completed the form, save it as “YOUR NAME Sample”.

3. Create a return email with the subject title “My Scores” and please send it as an attachment.

Name:

|  |  |
| --- | --- |
| Issues related to co-ordination, drop items |  |
| Memory issues, forgetfulness or confusion |  |
| Easily startled |  |
| Anxiety or abnormal apprehension |  |
| Feeling low or apathetic |  |
| Hyperactivity |  |
| Frequently impatient, annoyed or angry/nervous |  |
| Intense or urgent desire for chocolate |  |
| Hair dry, thin or falling out |  |
| Hair/nails grow slowly |  |
| Lightheadedness or dizziness |  |
| Headaches |  |
| Nosebleeds |  |
| Face bloated or puffy |  |
| Itchy or burning red eyes |  |
| Dimmed vision |  |
| Mercury/silver coloured dental fillings |  |
| Loose or sensitive teeth |  |
| Tooth or gum sensitivity |  |
| Teeth prone to decay, frequent toothaches |  |
| Gums inflamed or bleeding |  |
| Lips, fingers or toes tingle |  |
| Eczema/Psoriasis |  |
| Skin has little pink spots or areas |  |
| Rough, dry, flaky or scaly skin |  |
| Skin bruises easily |  |
| Wounds heal poorly |  |
| Intense body odour |  |
| Heart palpitations or irregular heartbeat |  |
| High blood pressure |  |
| Feeling as though may vomit |  |
| Long, painful periods (F) |  |
| Cramps in calf muscle |  |
| Restless legs, particularly at night |  |
| Cold hands or feet |  |
| Cramping feet or toes |  |
| Fingernails easily break or crack |  |
| Finger cuticles rip easily |  |
| Slow growing hair or nails |  |
| Stiffness or achy joints |  |
| Achy or cramping muscles |  |
| Involuntary muscular movement, twitching or tremors |  |
| Osteoporosis |  |
| Poor bone development |  |
| Tendency to become injured |  |
| Poor quality sleep, restlessness |  |
| Tire easily, lack endurance |  |
| Anemic, pale or low iron level |  |
| Sick frequently, catch infections easily |  |
| Rickets |  |