

Retest Questionnaire

Name

Date

Phone

Age

On a scale of 0-5, how closely have you been following your Personalized Active Care Plan? 0 = not at all 5 = doing well

Diet Dry Skin Brushing Coffee Enema Meditation

Castor Oil Packs Sauna/Sauna Light Supplements Sleep

Describe changes you've noticed in your symptoms or condition since you began your Personalized Active Care Plan.

Do you have questions about your supplements and detoxification procedures?

Is anything interfering with your ability to follow the program?

Is there anything else you want me to know as I update your Personalized Active Care Plan?

What are typical examples of your meals and snacks?

Breakfast

Beverage

Mid-morning Snack

Beverage

Lunch

Beverage

Mid-afternoon Snack

Beverage

Dinner

Beverage

Evening Snack

Beverage

Health Issues & Life Experiences

- acne
- addiction – alcohol
- addiction – other substances
- addiction – other
- allergies – other than food
- anemia
- anger
- angina
- anxiety
- arteriosclerosis
- arthritis – osteo
- arthritis – rheumatoid
- asthma
- attention deficit disorder
- autism
- bipolar disorder
- bloating
- blood pressure – lo
- blood pressure – high
- body temperature – lo
- brain fog
- bronchitis
- bruising – easy
- bursitis
- cataracts
- cholesterol – high
- circulation – poor
- cirrhosis
- cold – feeling of
- colitis
- confusion
- constipation
- cough
- depression
- dermatitis
- development – delayed
- diabetes
- diarrhea
- diverticulitis
- dizziness
- dry skin
- dyslexia
- eczema
- emphysema
- eyes – glaucoma
- eyes – macular degeneration
- fatigue
- fear
- fissures
- food – allergies
- food cravings – fats
- food cravings – starches
- food cravings – sweets
- food cravings – other
- food – can't skip meals
- fractures

- gallstones
- gout
- hair loss
- headaches – migraine
- headaches – sinus
- headaches – tension
- heart attack
- heart – atrial fibrillation
- heart – palpitations
- heart rate – rapid
- heartburn
- hemorrhoids
- hives
- hunger – excessive
- hunger – little to none
- hyperkinesis
- hyperglycemia
- hyperthyroidism
- hypoglycemia
- hypothyroidism
- infection – bacterial
- infection – fungal / candida
- infection – urinary tract
- infection – viral
- infertility
- intestinal gas
- irritability
- irritability – before meals
- joint pain
- joint stiffness
- kidney infections
- kidney stones
- learning disability
- memory – poor
- meniere's disease
- mind racing
- mood swings
- multiple sclerosis
- muscle – cramps
- muscle – pain
- muscle – weakness
- neuritis
- obsessive/compulsive
- osteoporosis
- panic attacks
- parkinson's disease
- postnasal drip
- psoriasis
- schizophrenia
- scleroderma
- seizures
- sinus – congestion
- sleep – insomnia
- sleep – disturbance
- smoking
- stomach pain

- sugar reactions
- suicidal thoughts
- teeth – decay
- teeth – dental amalgams
- teeth – excessive plaque
- teeth – gum disease
- triglycerides – high
- tumors/cancer
- ulcer
- urination – frequent
- urination – painful
- vertigo
- water retention
- weight – tend to gain
- weight – tend to lose
- wound healing – slo

Men

- impotence
- prostate problems

Women

- breasts – fibrocystic
- breasts – tumors
- cramps
- fibroid tumors
- hot flashes
- menopause
- menstruation – none
- menstruation – heavy
- menstruation – irregular
- menstruation – light
- ovarian cysts
- pap smear – abnormal
- pregnant – currently
- premenstrual syndrome
- water retention
- yeast infection

Trauma

- abuse – emotional
- abuse – physical
- abuse – sexual

Comments