

Please check all symptoms you have ever had, even if they do not seem related to your current problem and check the box where you fit on the chart. Your doctor will then be able to recommend what type of care you need to achieve balance . . .
 Where are your loved ones?

BALANCED NERVOUS SYSTEM

- High Energy Few Symptoms Resistant to Infections Positive Mental Attitude
- Mentally Alert Excellent Health Active Vibrant

UNBALANCED NERVOUS SYSTEM

UNDER-AROUSSED

- Poor Attention
- Impulsive
- Easily Distracted
- Disorganised
- Depressed
- Lacking motivation
- Poor Concentration
- Spaciness
- Constipation
- Low pain threshold
- Difficulty waking
- Worry
- Irritable
- Low energy

Low

UNSTABLE

- Migraines
- Headaches
- Seizures
- Sleepwalking
- Hot flashes
- PMS
- Food sensitivities
- Bed wetting
- Eating disorders
- Bipolar disorders
- Mood swings
- Panic attacks

Low

OVER-AROUSSED

- Cold hands
- Cold feet
- Tight Muscles
- Teeth grinding
- Anxiety
- Heart palpitations
- Restless sleep
- Poor expression of emotions
- Poor immune system
- Racing mind
- High blood pressure
- Accelerated aging
- Irritable bowel

Moderate

Moderate

Severe

Severe

EXHAUSTED NERVOUS SYSTEM

- Cancer Rheumatoid Arthritis Diabetes Multiple Sclerosis Depression
- Chronic Fatigue Syndrome Fibromyalgia ALS Epstein-Barr Syndrome