

MARY MARSHALL- EAT, LEARN, LIVE  
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Mary  
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# Personal Health Survey

We often dismiss chronic symptoms as just something we have to live with. These symptoms actually are important signals that something is up - the body needs attention.

They are not “normal aging” or “just the way it is”. Our bodies are designed to be vital and strong... and we should feel good in them!

Take the survey below-**YES** answers could warrant closer attention.

Do you often wake up feeling tired?  Yes  No

Do you feel that you should have more energy?  Yes  No

Are you unhappy with your weight or body?  Yes  No

Do you repeatedly gain and lose weight?  Yes  No

Do you experience lack of mental clarity or memory loss?  Yes  No

Do you have problems with digestion?  Yes  No

Do you have constipation on a regular basis?  Yes  No

Do you have allergies?  Yes  No

Do you get sick often (sinus infections, colds, etc)?  Yes  No

Do you experience bouts of depression or anxiety?  Yes  No

Do you have arthritis?  Yes  No

Do you have body pain?  Yes  No

Do you have trouble going to sleep or sleeping through the night?  Yes  No

Are you experiencing menopausal symptoms?  Yes  No

Do you ever feel bloated or uncomfortable after eating?  Yes  No

Are you taking over-the-counter or prescribed medications regularly?  Yes  No

If you would like help addressing your “yes” answers – contact me  
for a free 20-30 minute discovery session

