

MARY MARSHALL- EAT, LEARN, LIVE
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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