

## Cleanse Questions

Yes

No

- \_\_\_\_\_ \_\_\_\_\_ Do you drink less than 75 oz. of water a day?
- \_\_\_\_\_ \_\_\_\_\_ Do you smoke or use alcohol regularly?
- \_\_\_\_\_ \_\_\_\_\_ Do you wake up tired?
- \_\_\_\_\_ \_\_\_\_\_ Do you have skin issues: acne, boils, psoriasis?
- \_\_\_\_\_ \_\_\_\_\_ Do you have allergies, allergic reactions?
- \_\_\_\_\_ \_\_\_\_\_ Do you have low energy?
- \_\_\_\_\_ \_\_\_\_\_ Do you have difficulty staying focused?
- \_\_\_\_\_ \_\_\_\_\_ Do your bowels move twice a day?
- \_\_\_\_\_ \_\_\_\_\_ Do you have frequent gas, belching?
- \_\_\_\_\_ \_\_\_\_\_ Do you have joint pain?
- \_\_\_\_\_ \_\_\_\_\_ Do you have headaches?
- \_\_\_\_\_ \_\_\_\_\_ Do you feel bloated and puffy?
- \_\_\_\_\_ \_\_\_\_\_ Do you not eat 6 servings of green leafy vegetables a day?
- \_\_\_\_\_ \_\_\_\_\_ Do you have trouble sleeping?
- \_\_\_\_\_ \_\_\_\_\_ Do you have depression or mood changes?
- \_\_\_\_\_ \_\_\_\_\_ Are you impatient and angry?
- \_\_\_\_\_ \_\_\_\_\_ Do you find that you can't remember names, can't think of words?
- \_\_\_\_\_ \_\_\_\_\_ Do you have hot flashes?
- \_\_\_\_\_ \_\_\_\_\_ Do you have Hypothyroid / Hyperthyroid?
- \_\_\_\_\_ \_\_\_\_\_ Do you crave sweets?
- \_\_\_\_\_ \_\_\_\_\_ Do you have an inflammatory disease, high blood pressure, diabetes, arthritis, IBS, colitis?