AM I READY FOR A
reset?

Questionnaire 1

1. Do you dine out/grab fast food on-the-go 3 or more times a week?
2. Do you commute on a major highway 3 or more times a week?
3. Do you work in a closed office?
4. Do you eat conventional produce?
5. Do you use conventional household cleaning and/or self-care products?
6. Do you consume 5 or more alcoholic beverages a week?
7. Do you eat or drink from plastic containers?
8. Have you taken anti-biotics or more than 1 medication over the past year?
9. Do you consume non-organic dairy?
10. Do you regularly work with chemicals/chemical products or live near an industrial or chemical processing site?
11. Do you have 2 or more mercury fillings?
12. Do you spend regular time close to a cellphone, TV, Microwave, computer, fluorescent lighting?

If you answer YES to three or more of the above questions, 10-day Body Reset is a great plan for you. If you answered yes to 7 or more, you may want to consider adding in the supplements recommended. Your little liver could likely use an extra lift!

....

Questionnaire 2
Rarely (R) | Sometimes (S) | Frequently? (F)

1. ____ I have sugar cravings
2. ____ My digestion is sluggish (This means that you often find yourself unable to poop)
3. ____ I am tired even when I get enough sleep
4. ____ I have mood swings or feel depressed frequently
5. ____ I have low energy
6. ____ I have trouble sleeping.
7. ____ I have skin issues like acne, eczema,
8. ____ I have "foggy brain" or trouble concentrating
9. ____ I'm having trouble losing weight
10. ____ I struggle with bad breath
11. ____ I get headaches or migraines
12. ____ I am sensitive to strong chemical smells and scents.

If you answered "frequently" to 5 or more of these questions, again, I suggest that you add in the supplements to help improve any nutritonal imbalances and give your system some temporary and rebalancing extra support.

Mary Purdy
Dietitian - Writer - Speaker