



**BEFORE**

**AFTER**

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**AFTER**

**Digestive Problems**

- \_\_\_ Bloated feeling after eating
- \_\_\_ Heartburn
- \_\_\_ Ulcers
- \_\_\_ Diverticulitis
- \_\_\_ Poor appetite
- \_\_\_ Frequent urination during night
- \_\_\_ Crohn's disease
- \_\_\_ Grave's disease
- \_\_\_ Constipation
- \_\_\_ Frequent diarrhea
- \_\_\_ Nausea
- \_\_\_ Vomiting
- \_\_\_ Colitis
- \_\_\_ Blood in stool
- \_\_\_ Diarrhea
- \_\_\_ Abdominal pain
- \_\_\_ Belching, passing gas

**Joint/Muscles**

- \_\_\_ Pain or aches in joint
- \_\_\_ Cramps in legs
- \_\_\_ Stiffness, limitation of movement
- \_\_\_ Feeling of weakness or tiredness
- \_\_\_ Arthritis
- \_\_\_ Osteoporosis
- \_\_\_ Pain or aches in muscles

**Lungs**

- \_\_\_ Chest congestion
- \_\_\_ Difficulty breathing
- \_\_\_ Pneumonia 1 or more times per year
- \_\_\_ Bronchitis 1 or more times per year
- \_\_\_ Shortness of breath
- \_\_\_ Asthma
- \_\_\_ Laryngitis 1 or more times per year

**Mind**

- \_\_\_ Poor memory
- \_\_\_ Learning disabilities
- \_\_\_ Confusion, poor comprehension
- \_\_\_ Difficulty making decisions
- \_\_\_ Poor concentration
- \_\_\_ Slurred speech
- \_\_\_ Poor physical coordination
- \_\_\_ Stuttering or stammering

**Mouth/Throat**

- \_\_\_ Metallic taste in mouth
- \_\_\_ Decreased saliva
- \_\_\_ Chronic coughing
- \_\_\_ Canker sores
- \_\_\_ Gagging
- \_\_\_ Frequently clearing throat
- \_\_\_ Bleeding gums
- \_\_\_ Increased saliva
- \_\_\_ Sore throat
- \_\_\_ Loss of voice
- \_\_\_ Loosening teeth, periodontal disease
- \_\_\_ Hoarseness
- \_\_\_ Swollen/discolored tongue or gums

**Nose**

- \_\_\_ Stuffy Nose
- \_\_\_ Hay fever
- \_\_\_ Excessive mucus formation
- \_\_\_ Bloody nose
- \_\_\_ Sneezing attacks
- \_\_\_ Dry, crusty membranes
- \_\_\_ Sinus problems
- \_\_\_ Loss of smell

**Endocrine**

- \_\_\_ Under active thyroid
- \_\_\_ Over active thyroid
- \_\_\_ Diabetes
- \_\_\_ Menstruation painful
- \_\_\_ Cold hands or feet
- \_\_\_ Irregular menstruation
- \_\_\_ Chronically sub-normal temperature
- \_\_\_ Prostrate problems