

## RETEST MINERAL ANALYSIS FORM

please email back to [info@hairanalysisuk.com](mailto:info@hairanalysisuk.com)

Disclaimer: Nutritional balancing is a means to reduce stress on the body and is not intended as diagnosis, treatment or prescription for any condition or disease. (Cressida Elias is a certified nutritional consultant and not a doctor )

DATE:	NAME:
AGE:	POSTAL ZIP CODE:
TEL:	STATE OR PROVINCE:
	CITY:
	NATION:

**Please answer the questions below to help us set up your new program:**

*1. On a scale of 0-5, how closely have you been following your program? 0=not at all 5=perfectly*

DIET:	SUPPS:	WATER:	LIFESTYLE:	REST:
SAUNA OR HEAT LAMP:	PUSH DOWN EXERCISE:	REFLEXOLOGY:	COFFEE ENEMAS:	SPINAL TWIST:

*2. What is your current diet?*

<b><i>Breakfast:</i></b>	<b><i>Beverages:</i></b>
<b><i>Lunch:</i></b>	<b><i>Beverages:</i></b>
<b><i>Supper:</i></b>	<b><i>Beverages:</i></b>

***Any Snacks:***

***Confirm the supplements you are taking please:***

- 3. Describe changes you have noticed in your symptoms over the past several months.*
- 4. Do you have any questions about your supplements, diet program, sauna therapy or coffee enemas?*
- 5. Do you have any questions re lifestyle or emotional aspects?*
- 6. Are there other concerns you would like us to address when updating your healing program?*

Name:

## SYMPTOM SHEET

**Directions:** CHECK any conditions that presently describe you. Put a STAR next to the most important symptoms

Joint Pain  
Joint Stiffness  
Arthritis, Osteo  
Arthritis, Rheumatoid  
Muscle Pain  
Muscle Weakness  
Muscle Cramps  
Bursitis  
Fractures  
Osteoporosis  
Gout

Sweet Cravings  
Sugar Reactions  
Irritable before meals  
Can't Skip Meals  
Hypoglycemia  
Crave Starches  
Fat Cravings  
Other Food Cravings  
Food Allergies  
Excessive hunger  
No hunger

Diabetes  
Rapid Heart Rate  
Skipped Heart Beats  
Heart Palpitations  
Heart Attack  
Poor Circulation  
Dizziness  
Low Blood Pressure  
High Blood Pressure  
Angina  
Arteriosclerosis  
High Cholesterol \_\_\_\_\_  
High Triglycerides \_\_\_\_\_

Cough  
Bronchitis  
Asthma  
Post-nasal Drip  
Sinus Congestion  
Allergies  
Emphysema

Fatigue  
Hypothyroidism  
Low Body Temperature  
Cold in Winter/Dry Skin  
Tend to Gain Weight  
Hyperthyroidism

Eye conditions \_\_\_\_\_

Acne  
Eczema  
Fungal Infections/Candida  
Psoriasis  
Hives  
Hair Loss  
Slow Wound Healing  
Cataracts  
Glaucoma  
Meniere's Disease  
Tooth Decay  
Excessive Plaque on Teeth  
Gum Disease

Get Infections Easily  
Epstein-Barr Virus  
Tumors/Cancer  
Multiple Sclerosis  
Parkinson's Disease  
Scleroderma  
Anger  
Anxiety  
Bipolar Disorder  
Brain Fog  
Confusion

Depression  
Irritability  
Mind Races  
Mood Swings  
Obsessive/Compulsive  
Panic Attacks  
Poor Memory  
Suicidal thoughts  
Schizophrenia  
Trouble Sleeping  
Autism  
Attention Deficit  
Hyperkinesis  
Dyslexia  
Seizures  
Learning Disability  
Mental Retardation  
Delayed Development

Bladder Infections  
Kidney Infections  
Trouble Urinating  
Frequent Urination  
Painful Urination  
Kidney Stones  
Water Retention  
Painful Urination  
Kidney Stones  
Water Retention

Sinus Headaches  
Tension Headaches  
Migraine Headaches- occasional  
Neuritis

Constipation  
Diarrhea  
Intestinal Gas  
Bloating  
Heartburn  
Ulcer  
Stomach Pain  
Colitis  
Gall Stones  
Fissures  
Hemorrhoids  
Cirrhosis  
Diverticulitis  
Tend to Gain Weight  
Tend to Lose Weight

Anemia  
Easy Bruising

Abuse  
Drug Addiction  
Alcoholism  
Smoking

### **WOMEN:**

Premenstrual Syndrome  
Water Retention  
Cramps  
No Menstruation  
Heavy periods  
Light Periods  
Irregular Periods  
Ovarian Cysts  
Fibroid Tumors  
Abnormal Pap Smear  
Menopause  
Fibrocystic Breasts  
Breast Tumors  
Yeast Infections  
Hot Flashes

### **MEN:**

Prostate Problems  
Impotence  
Infertility

**Other Symptoms or Comments:**