



The Healing Revolution
is here.™

Personal Health Appraisal

Healthy Mind & Body

Please follow these instructions carefully

Read each product description carefully and score **only those statements which pertain to you** on a 1-5 scale of intensity, 5 being the strongest. You do not have to have all the conditions listed, if there are specific conditions under a list that pertain to you please underline and score in the box.

Score the degree of severity of symptoms in each square below from 1 to 5.

- 1-Very mild or occasional
- 2-Mild
- 3-Moderate
- 4-Severe
- 5-Very severe

EXAMPLE

Hyperactive

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Indications for use: For ADHD, hyperactivity, excitability, impulsiveness, restlessness. For promoting self-control, tranquility, contentment.

Remarks: Consider for both children and adults who are hyperactive or have had a history of hyperactivity.

Possible Related Physical Conditions: Affections of the lungs (esp. asthma, pneumonia) or kidneys, insomnia, diabetes, vertigo.

HEALTHY STRESS RESPONSE

9-1-1 Burnout™

Indications for use: For temporary relief of symptoms due to mental or physical burnout including weak memory, nervousness, nervous exhaustion, confusion, irritability, fatigue, indifference, lack of focus, or weakness.

Remarks: This formula may help when chronic stress has taken a toll on someone's health and may assist in the repair of fatigued adrenal glands.

9-1-1 Stress Control®

Indications for use: For temporary relief of the following symptoms due to mental, emotional or physical stress: tension, nervousness, exhaustion, restlessness, apathy, irritability, over-sensitivity, soreness, melancholy, fearfulness, body pains, or sleeplessness.

Remarks: Assists with the stress of a physical injury or surgery. May be helpful when taken before giving an important presentation. Uses 24 HPUS ingredients to safely balance the stress response.

Possible Related Physical Conditions: Most common may be affections of vision, feet, and/or lower legs.

Anxiety & Nervousness™

Indications for use: For temporary relief of minor mood swings, fear, minor anxiety, nervousness, restlessness, stage fright, upset and tightness in stomach. Helps to relieve over-sensitivity to light, sound, touch, confusion, excitement, overwork, and worry. Helps quiet the nervous system. **NOT intended as a substitute for standard medical care; intended to complement prescribed medication.**

Remarks: This is a helpful formula for people who have a tendency to be uptight, nervous, or "Type A" personality traits. This may relieve the aggravating factor behind many conditions.

Possible Related Physical Conditions: Nail biting, nausea, lack of appetite.

ClaustroPlex™

Indications for use: For temporary relief of minor mood swings, nervous tension and anxiety associated with being in small or closed areas.

Remarks: Consider for any nervous or panic disorder. Also for individuals who feel closed in and constricted by life situations such as relationships or careers.

Possible Related Physical Conditions: Numbness, itching, swollen hands, affections of chest, lungs, heart.

Fears & Nightmares™

Indications for use: For temporary relief of frightening dreams, night terrors, crying, talking, or screaming in sleep, restless tossing, and anxiety, jerking, twitching, and waking up terrified, general fears day or night, and phobias.

Remarks: A natural aid for a peaceful sleep. Can help with a variety of general anxiety or stress related condition. Helpful for both children and adults. This remedy not only corrects the nuisance of interrupted sleep, it works with deeper fears that can impair an individual throughout life.

Possible Related Physical Conditions: Heartburn, indigestion, nausea, sleep disorders.

Fears & Phobias™

Indications for use: For temporary relief from fear of people, places, things, including something happening, being alone, imaginary things, crowds, public places, death, evil, ghosts, losing reasoning, misfortune, poverty, dread of work including anxiety, despair and suspiciousness.

Remarks: May help with a variety of general anxiety or stress related conditions. May help for vague or indefinable fears and anxieties.

Possible Related Physical Conditions: Heartburn, indigestion, nausea, sleep disorders.

HEALTHY EMOTIONS

Good Mood Enhancer™



Indications for use: Temporarily assists in controlling mood swings, melancholy, despondency, despair, sadness, hypersensitivity, and introspection. For easily offended feelings of self-condemnation, worthlessness, and hopelessness.

Remarks: This product may be helpful for a broad range of other disorders like: Seasonal Affective Disorder (SAD). Especially helpful for developing comfort in social settings, and approaching problems with optimism.

Possible Related Physical Conditions: Anemia, affections of the lungs, debility, diarrhea or constipation.

Grief & Guilt Reliever™



Indications for use: For temporary relief of minor emotional or physical conditions arising from grief, guilt, anger, shock or disappointment, emotional oversensitivity; weepy, discouraged, noncommunicative, and self-condemning behavior.

Remarks: Grief and/or guilt can be a hidden problem behind many other conditions. Consider the use of this product in resistant chronic cases that can be linked to a grief or guilt experience before the onset of symptoms.

Possible Related Physical Conditions: Gastrointestinal ulceration and/or pain, hay fever, rheumatism, sleep disorders, weakness of back.

Mood Changes™



Indications for use: For temporary relief of self-condemning, disgusted feelings, feeling worthless, lacking in self-confidence, mood changes from joy to sadness, desires not to communicate.

Remarks: Helpful for mild, moderate or severe shifts.

Possible Related Physical Conditions: Incontinence, eczema, aphasia, cysts, styes.

HEALTHY CONTROL

AddictaPlex™



Indications for use: Provides temporary relief from the symptoms of overconsumption of alcohol or other drugs. Supports brain and nervous system.

Remarks: Helps with cravings and desires, general addictive tendencies, negative effects of substance abuse. Consider for addictive disorders, like compulsive eating.

Possible Related Physical Conditions: Headaches, disorders of sleep and appetite, convulsions or tremors, ulcerations.

Smoke Control™



Indications for use: For temporary relief of cravings for tobacco smoke and chew. Helpful for symptoms including headache, shortness of breath, cough, nervousness, tightness in chest, irritability, restlessness, insomnia, craving for stimulants, nausea, toxic effects of ingested substances, anxiety, and poor concentration.

Remarks: Addresses the three key issues associated with this problem: the cravings, the symptoms of quitting, and the symptoms of smoking.

Possible Related Physical Conditions: Fatigue, coughing, breathing difficulties, nausea.

HEALTHY MIND

Mental Alertness™



Indications for use: For temporary relief of minor confusion and mental fatigue, loss of memory, absentmindedness, forgetfulness, loss of concentration, confusion, loss of confidence, lack of willpower, lethargy.

Remarks: Helpful for recovery from drug use and injuries that have affected the mind. For all ages, from children to the elderly.

Possible Related Physical Conditions: Emaciation, anemia, muscular atrophy, diarrhea or constipation, indigestion, disorders of kidney and/or bladder.

Mental Alertness for Seniors™



Indications for use: Temporarily relieves age-related confusion, forgetfulness, low vitality, loss of confidence. Formulated to promote vigor and clarity of mind, and to strengthen memory and awareness.

Remarks: Appropriate for minor conditions as well as severe mental disorders in the elderly.

Possible Related Physical Conditions: Lethargy, debility and depression of vital power, premature old age, degeneration.

Mental Calm™



Indications for use: Temporarily relieves symptoms of ADD, hyperactive mind, difficulty concentrating, forgetfulness, difficulty reading/writing. May help promote clear thoughts, enhanced concentration, and restful sleep.

Remarks: Helpful for both adults and children. This formula is helpful for a restless mind which may be due to a number of causes ranging from biochemical imbalances to excessive worry.

Possible Related Physical Conditions: Sleep disorders, headaches, adrenal disorders, indigestion spasms.