

INSPIRIT CLEANSE QUESTIONNAIRE

Grab a pen and note your Yes or No answer to each of the following questions

Do you experience any bloating, gas or abdominal discomfort?

Do you experience indigestion or find it hard to digest food?

Do you experience nausea or indigestion after eating high fat or fried foods?

Are you constipated (not passing a stool daily, require straining, pass hard or pellet-like stools)?

Do particular foods give you digestive discomfort or affect the regularity of stools?

Do you experience diarrhoea or loose stools with increased frequency?

Do you experience allergies or hay fever?

Do you experience acne, eczema, psoriasis or itchy, dull, dry skin?

Are you often tired and fatigued or experience dramatic swings in energy levels?

Do you have trouble sleeping or wake unrefreshed?

Do you experience headaches or migraines?

Do you experience general body aches, pains, or stiff joints?

Do you feel run-down or get sick with a cold, flu or infection frequently?

Do you experience pre-menstrual symptoms such as fluid retention, breast tenderness, food cravings, irritability, anxiety or low mood on a cyclical basis?

Are you experiencing reproductive or fertility concerns?

Are you currently taking or have recently taken antibiotics or other prescription medication?

Do you regularly consume alcohol?

Do you smoke cigarettes or take recreational drugs?

If you answered Yes to 6 or more of the above a practitioner-led wholefood cleanse is recommended.

Your body is clever and symptoms or signs are its way of communicating and singing out for help.

If you did indeed answer Yes to 6 or more of the above you are likely to benefit from a safe and effective cleanse that supports the organs of elimination and enhances overall health. However, no one knows what's best for you than you so, I recommend doing one of the following:

1. Book in for a naturopathic consult or the Inspirit Whole-food Cleanse Program with PT and customised prescription
2. Make a plan (and write down steps) to implement healthy changes
3. Continue what you are doing until you are ready and motivated for change

You are the boss of your body.

Yours in health,



BUNMARK
HEALTH