

How to monitor your results when taking the Total Health Pack

First, take stock of the current status of your health and wellbeing so you can monitor your results. You can't quantify it unless you can measure it!

We suggest you print off the following list, date it, check off the symptoms you've been experiencing, and bring it back out in 2-3 months.

To make it even more specific, "rate" the ones you've checked off on a scale of 1-10. For example, if you checked Fatigue and rated it at a 10 (you're always tired), when you review the list in a couple months you might still be experiencing some tiredness but only at a 4, because you feel rested more often than you feel tired. Big progress!

Total Health Pack - Monitor Your Results Checklist (scale of 1-10) - Date: _____

Now -	3 months later
_____	_____ Fatigue
_____	_____ Irritability
_____	_____ Inability to deal with stress
_____	_____ Muscle or joint stiffness / body pain
_____	_____ Cold hands or feet
_____	_____ Headaches
_____	_____ Low or blue moods
_____	_____ Slow to recover from colds/flu or frequent colds/flu
_____	_____ Dull or dry skin
_____	_____ Poor concentration/memory
_____	_____ Gums bleed easily
_____	_____ Bruise easily
_____	_____ Broken capillaries
_____	_____ Shortness of breath
_____	_____ Brittle nails
_____	_____ Lusterless hair
_____	_____ Excess hair loss
_____	_____ Unexplained skin rashes
_____	_____ Nervousness
_____	_____ Food cravings (salt, chocolate, sugar, carbs, fat, etc)
_____	_____ Elevated cholesterol
_____	_____ High blood pressure
_____	_____ Heart palpitations
_____	_____ Loose teeth
_____	_____ Sinus problems
_____	_____ Allergic reactions
_____	_____ Loss of taste or smell
_____	_____ Yawn a lot
_____	_____ Itchy and/or tired eyes
_____	_____ Lose energy mid-afternoon
_____	_____ Poor or interrupted sleep
_____	_____ Difficulty losing weight
_____	_____ PMS (premenstrual syndrome) symptoms
_____	_____ Hot flashes and/or night sweats
_____	_____ _____ -space provided for other noted symptoms

It is also important to note that if you have a specific health challenge you may require some additional nutrients or targeted strategies. For example, the Total Health Pack provides the correct optimal nutrition to reduce and prevent joint pain but if you have Osteoarthritis, you will need to use the packs as your foundation and take additional specialized supplements that are specific to reversing something as severe as osteoarthritis. For more information on health and wellness coaching with Brenda Eastwood through her online Inner Circle Program visit www.BrendaEastwood.com

Every person is different and many factors are involved in achieving results ... such as genetics, your age, diet, exercise, stress, mental attitude, etc.

And of course, your results will also depend on how often the supplements are taken. Remember, supplements that stay on the shelf DON'T WORK! Take them with you, and take them every day.

How quickly you progress depends on where your starting place is.

If you are someone who never eats fruits and vegetables, you will be very nutritionally depleted. The supplements will begin to "do their thing" right away but it will take a long time to refill your depleted levels.

If you are someone who has been eating whole foods and managing your stress, you may already have great energy, skin and moods. Your results might be less obvious because you feel so good already. But it's guaranteed that if you take a good inventory or your current health status you will begin to see subtle changes.

A relatively healthy person is in the BEST position to age gracefully. We are all going to age, that is a fact of life, but how we age is what is important. Keeping your quality of life with such things as your mental faculties and your mobility intact will be important.

So there are also forthcoming results with the Total Health Packs. Taking them now means you are providing your body with nutrients that can be used to protect you from the damage of accelerated aging so that you can keep doing all of the things you love to do.

Chances now become very high that there won't be anything that needs major repair, and your energy and vitality will stay strong right through to a ripe old age.

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