

## Quick Check

**If you are experiencing any of these conditions or situations we may be able to help**

We may be able to help you get well, feel better and regain your wellbeing

Area	Are You Currently Experiencing	Sometimes	Often
<b>Energy</b>	<ul style="list-style-type: none"> <li>Loss of energy</li> <li>Loss of vitality</li> <li>Loss of wellness</li> <li>Loss of get up and go</li> <li>Loss of resilience</li> </ul>		
<b>Physical Body</b>	<ul style="list-style-type: none"> <li>Loss of mobility or flexibility</li> <li>Restriction in joint movement</li> <li>Stiffness or aching back or joints</li> <li>General aches or pain</li> <li>Joint sprains or strains</li> </ul>		
<b>General Health</b>	<ul style="list-style-type: none"> <li>Recurrent Colds / Flu's</li> <li>Sore throats</li> <li>Ear aches</li> <li>Period problems / aching</li> <li>Urinary problems</li> <li>Asthma / Respiratory problems</li> <li>Allergies</li> <li>Constipation</li> <li>Loose Bowels</li> <li>Gut / Intestinal problems</li> </ul>		
<b>Emotional</b>	<ul style="list-style-type: none"> <li>Work Stress</li> <li>Relationship Stress</li> <li>Study Stress</li> <li>Family Stress</li> <li>Feeling Lost in Life</li> <li>Depression</li> <li>Feeling Overloaded</li> </ul>		
<b>Spiritual</b>	<ul style="list-style-type: none"> <li>Desire to grow awareness</li> <li>Desire to be more</li> <li>Desire for inner peace</li> </ul>		