

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