

Fill out the following questionnaire and see if the Tru Detoxification cleansing program would benefit YOU:

Rate the following **No=0** **Rare=1** **Often=2**

1. Do you feel tired, lethargic, sluggish on waking and throughout the day? 0 1 2
2. Do you have difficulty concentrating or have slow or surreal thinking? 0 1 2
3. Do you feel depressed or have mood swings? 0 1 2
4. Do you get more than one or two colds per year? 0 1 2
5. Do you get post-nasal drip, congestion or "stuffed up" in your nose or sinuses on waking or waking or during the day? 0 1 2
6. Do you have bad breath, a coated tongue or a bitter or metallic taste in your mouth? 0 1 2
7. Do you have strong body odor? 0 1 2
8. Do you have strong smelling / foul urine? 0 1 2
9. Do you have trouble sleeping or feel unrefreshed upon waking? 0 1 2
10. Do you have sore muscles or joints for no apparent reason? 0 1 2
11. Are your nails weak, soft or brittle? 0 1 2
12. Do you have dark circles under your eyes? 0 1 2
13. Do you have digestive disturbances such as bloating, gas or indigestion a couple hours after eating? 0 1 2
14. Do you have less than one bowel movement per day? 0 1 2
15. Do you feel anxious or stressed out? 0 1 2
16. Are you sensitive to odors, foods or chemicals? 0 1 2
17. Do you have allergies to various environmental and household products, dust and molds?
0 1 2
18. Do you have eczema, dry skin, and acne or skin rashes? 0 1 2
19. Do you gain weight easily? 0 1 2

20. Do you have food cravings – especially carbohydrate rich foods? 0 1 2

21. Do you have pain or discomfort under your right ribcage occasionally or after eating?
0 1 2

22. Does dietary fiber cause constipation? 0 1 2

23. Do you feel like you're not as healthy as other people your age? 0 1 2

24. Do you have a negative inner critic who is convincing you that you can never reach your health goals? 0 1 2

25. Are you unable to lose weight no matter how much you have changed your diet and lifestyle? 0 1 2

Total Score

1-15: The Tru Detoxification cleanse is something you should consider.

16-22: The Tru Detoxification cleanse is something you should strongly consider.

>23: The Tru Detoxification cleanse is a MUST.