
Personal Health Appraisal

Healthy Mind & Body

FOR PROFESSIONAL USE ONLY
SafeCareRx
precise medicine™ By kingbio®

Name: _____	Phone (home) : _____
Address: _____	Phone (business): _____
_____	E-mail: _____
_____	Occupation: _____
Birthdate: _____	Referred by: _____

Please Follow These Instructions Carefully

IMPORTANT: The information requested in this form is of vital importance to you and your health facilitation. It is designed to help you understand your current state of health. This information is completely confidential and will be shared only between you and your doctor. Filling out your PHA with total honesty will allow your doctor to accurately identify the natural medicines and therapies best suited to the dynamic restoration of *YOUR* health.

Read each product description carefully and score *only those statements which pertain to you* on a 1-5 scale of intensity, 5 being the strongest. You do not have to have all the conditions listed, if there are specific conditions under a list that pertain to you please underline and score in the box.

E X A M P L E

Score the degree of severity of symptoms in each square below from 1 to 5.

- 1-Very mild or occasional
- 2-Mild
- 3-Moderate
- 4-Severe
- 5-Very severe

HT 1010



Indications for use: For ADHD, hyperactivity, excitability, impulsiveness, restlessness. For promoting self-control, tranquility, contentment.

Remarks: Consider for both children and adults who are hyperactive or have had a history of hyperactivity.

Possible related physical conditions: Affections of the lungs (esp. asthma, pneumonia) or kidneys, insomnia, diabetes, vertigo.

Healthy Temperament (HT)

Physical Anger

HT 1010

Indications for use: For rage, physically violent tendencies, volatile temper, uncontrollable anger. For promoting gentleness, peacefulness, positive self-expression, receptiveness, stability.

Remarks: For those who have become, or feel as if they could become, physically violent with their anger. Can assist in healing individuals whose rage stems from emotional pain, such as a being physically abused in the past. Can ease violence and frustration in young children who cannot adequately express their anger verbally.

Possible Related Physical Conditions: Inflammation of the eyes, thirst, headache, liver disorders, inflammation, swelling and/or ulceration of lips and tongue.

Easily Angered

HT 1020

Indications for use: For impatience, irritability, volatile temperament, quickness to anger, discontent. For promoting patience, contentment, emotional stability, impulse-control.

Remarks: Individuals experiencing bodily discomfort and irritation often become mentally irritable as well. Also helpful for irritable and volatile temper due to side-effects of some prescription drugs.

Possible Related Physical Conditions: Gout, tooth infection, hernia, affections of the kidney and/or liver, goiter.

Healthy Temperament (HT)

Stubborn & Contentious

HT1030

Indications for use: For tendencies toward a disputatious, defiant temperament, stubbornness, contentiousness, irritability. For promoting positive self-expression, openness & understanding, peacefulness, tolerance.

Remarks: Can assist in the general healing process of an individual by allowing them to be more receptive to the efforts of their healthcare practitioner and concerned friends and family. For adolescents and children with tendencies to talk back and argue with parents and others.

Possible Related Physical Conditions: Affections of the knee, liver and/or lungs, eruptions or blotches on face, rheumatism.

Vindictive

HT1040

Indications for use: For vindictiveness, resentfulness, contempt, excessive irritability, cruelty. For promoting compassion, forgiveness & mercy, peacefulness, emotional stability.

Remarks: Can assist those struggling with recurring thoughts to get even with others they feel have done them wrong. Helpful for the "mean-spirited" child or adult. Assists the individual in perceiving other's points-of-view and acknowledging and releasing the emotions behind their resentment.

Possible Related Physical Conditions: Warts, affections of the ear and/or liver, cough, fevers.

Personality Changes

HT1050

Indications for use: For confused personal identity, split personality, maniacal impulses, absence of restraint, excessive irritability, impulsive desire to harm oneself & others. For promoting clarity of personal identity, self-control & awareness, inner-stability, peacefulness & centeredness.

Remarks: Consider for those whose personalities dramatically change when consuming alcohol or other recreational drugs. Work closely with a mental healthcare profession when using this formula for individuals diagnosed with personality disorders.

Possible Related Physical Conditions: Eczema, parasites, squinting, affections of the anus.

Verbal Anger

HT1060

Indications for use: For tendencies to be verbally abusive, curse, swear, use violent language, scold, insult, yell & scream, be insolent, rude and/or derogatory. For promoting positive self-expression, self-control, kind, respectful language.

Remarks: Also helpful for those who feel they are not being listened to or who feel frustrated in their ability to honestly express their feelings. Assists the individual in becoming aware of their tendency to rely on verbal abusiveness to get their way.

Possible Related Physical Conditions: Affections of bladder, spasms, stricture, or chronic inflammation of urethra, sour breath, frequent urination or incontinence, diarrhea.

Self Abuse

HT1070

Indications for use: For internalized anger, self-contempt & blame, dissatisfaction with life, violent thoughts/actions, depression, self-inflicted violence. For promoting self-esteem, loving internal dialogue, self-acceptance, optimism.

Remarks: Can be helpful for a number of internalized health issues including, anorexia, cutting, and other conditions that relate to hurting one's self. Watch for signs of self-inflicted violence in depressed individuals, especially common in teenage girls. Self-abusiveness is often evident in the language of individuals as they tend to speak of themselves in negative terms.

Possible Related Physical Conditions: Pain in lumbar and/or sacrum, foul smelling excretions, angina pectoris, heart palpitations, hyperpyrexia, anemia.

Criticize & Contradict

HT1080

Indications for use: For tendencies to criticize & contradict, be fault-finding, insulting, censorious, take everything amiss, complain about others. For promoting harmony, compassion, positive self-expression and the ability to compliment others.

Remarks: Can be helpful for those who live in continuous recurring conflict. Those with a tendency to find fault in others are often hardest on themselves or most dissatisfied with their own lives. Check for the need of a complementary formula in this area.

Possible Related Physical Conditions: Varicose veins, high blood pressure, kidney stones, low libido, tendency to miscarriage, inflammation of ovaries and/or breasts.

Healthy Sexuality (HS)

Expressed Sexual Issues

HS1250

Indications for use: For tendencies toward lewdness & lasciviousness, sexual compulsiveness, exhibitionism, inappropriate sexual excitement. For promoting healthy sexual expression & fulfillment.

Remarks: Can be helpful for those whose sexuality controls them rather than them controlling their sexuality. Helps individuals balance their sexual energy.

Possible Related Physical Conditions: Venereal diseases (esp. syphilis, gonorrhea, herpes), uterine prolapse, impotence, priapism (prolonged erection without stimulation), spermatorrhea (discharge of semen without orgasm), inflammation of the prostate, abnormal menstruation, offensive vaginal discharge.

Repressed Sexual Issues

HS1260

Indications for use: For sexual repression, negativity toward sexual matters, misdirected or harmful erotic thoughts, guilt over sexual issues, effects of sexual abuse. For promoting healthy sexual expression & fulfillment, ability to transcend past negative experiences.

Remarks: Can be helpful for those whose sexuality controls them rather than them controlling their sexuality.

Possible Related Physical Conditions: Affections of prostate, testicles or ovaries, impotence, sterility, seminal emissions, priapism (prolonged erection without stimulation), spermatorrhea (discharge of semen without orgasm), abnormal menstruation, venereal diseases.

Healthy Sexuality (HS)

Sexual Identity

HS 1270

Indications for use: For confusion about sexual identity, sexual guilt & depression, denial of sexuality. For promoting self-knowledge & self-acceptance, healthy sexual expression & fulfillment.

Remarks: Helpful for individuals who have acknowledged or unacknowledged confusion about, difficulty accepting, or absolute denial of their sexual orientation. Also helpful for over-identification with one's sexuality and the resultant lack of respect for or recognition of the total self.

Possible Related Physical Conditions: Abnormal menstruation, ulceration of tongue, throat, and/or gums, affections of eyes, ovaries or prostate, asthma.

Healthy Mind (HM)

Apathy

HM 1500

Indications for use: For indifference, apathy, lethargy, lack of willpower. For promoting vitality and vigor, enthusiasm, interest in life, sense of purpose, emotional responsiveness.

Remarks: Can be helpful for passivity and inability to take a stand or who are easily swayed. Apathy may accompany physical lethargy and fatigue. Check for the need of complementary formulas and encourage physical activity to stimulate mental activity.

Possible Related Physical Conditions: Anemia, debility, headache, rheumatism, tuberculosis, liver disorders.

Hyperactive

HM 1510

Indications for use: For ADHD, hyperactivity, excitability, impulsiveness, restlessness. For promoting self-control, tranquility, contentment.

Remarks: Consider for both children and adults who are hyperactive or have had a history of hyperactivity.

Possible Related Physical Conditions: Affections of the lungs (esp. asthma, pneumonia) or kidneys, insomnia, diabetes, vertigo.

Sluggish Mind

HM 1520

Indications for use: For absent-mindedness, confusion, forgetfulness, slow perception/comprehension. For promoting clarity, mental alertness & vigor.

Remarks: Helpful for recovery from drug use and injuries that have affected the mind. For all ages, from children to the elderly.

Possible Related Physical Conditions: Emaciation, anemia, constipation, muscular atrophy, diarrhea or constipation, indigestion, disorders of kidney and/or bladder.

Restless Mind

HM 1530

Indications for use: For ADD, hyperactive mind, difficulty concentrating, forgetfulness, difficulty reading/writing. For promoting clear thoughts, enhanced concentration, restful sleep.

Remarks: Helpful for both adults and children. This formula is helpful for a restless mind which may be due to a number of causes ranging from biochemical imbalances to excessive worrying.

Possible Related Physical Conditions: Sleep disorders, headache, adrenal disorders, indigestion, spasms

Spaced Out

HM 1540

Indications for use: For tendencies to daydream, reminisce, be absentminded, unobservant, feel dreamy, spaced-out. For promoting groundedness, clarity, mental focus.

Remarks: Can be helpful for children, adults, drug recovery, injuries, and general health enhancement. Assists the individual in the desire and the ability to live more fully in the present moment.

Possible Related Physical Conditions: Sleep disorders, fainting, weak eye sight, affections of the throat, headache.

Serious

HM 1550

Indications for use: For seriousness, firmness, stoicism, excessive earnestness, aversion to laughter & amusement. For promoting joy, light-heartedness, playfulness, emotional healing.

Remarks: For people who take life too seriously and it's associated health problems. This remedy is suited to both children and adults. Often needed in individuals who were taught to suppress their emotions, or who are focusing on money or position in society at the expense of a joyful life.

Possible Related Physical Conditions: Psoriasis, eczema, affections of heart, joint, pancreas, and/or brain.

Mental Alertness for Seniors

HM 1560

Indications for use: For age-related: confusion, forgetfulness, depressed vitality, loss of confidence. For promoting vigor & clarity of mind, strengthened memory & awareness.

Remarks: This formula is appropriate for minor conditions as well as severe mental disorders in the elderly. For absent-mindedness, dementia, and general breakdown.

Possible Related Physical Conditions: Lethargy, debility and depression of vital power, premature old age, muscular atrophy, degeneration.

Seasonal Affective Disorder

HM 1570

Indications for use: Mild depression, drowsiness, fatigue, sugar cravings, irritability, difficulty concentrating, avoidance of social situations, oversensitivity.

Remarks: Seasonal Affective Disorder (SAD) is more common in northern geographic regions. SAD may occur in any season but is particularly common in the winter.

Possible Related Physical Conditions: Heavy limbs, tendency to oversleep, weight gain, hypothyroidism.

Healthy Stress Response (HSR)

Intense Anxiety HSR 1750

Indications for use: For anxiety attacks, hysteria, anguish, apprehension, fear, despair. For promoting inner-strength, tranquility, tenacity, fortitude, harmony.

Remarks: Particularly helpful when used prior to entering situations which induce intense anxiety. Additional relief will be found by instructing the individual to breathe deeply after each dosage.

Possible Related Physical Conditions: Sciatica, affections of vision, feet, and/or lower leg, headache.

First Aid for Mind & Body HSR 1770

Indications for use: For physical, mental, emotional stress & trauma: abrasions/bites/burns/bruises, strains, sprains, surgical procedures, minor anxiety, nervousness, tension, and shock. Use before, during, after stressful situations.

Remarks: This is a broad-spectrum product for people of all ages, from newborn to elderly. Use orally and topically for any stressful or traumatic event from performance anxieties to a scraped knee. Can help us face daily stresses or extreme stress, and the variety of related health issues.

Possible Related Physical Conditions: Many conditions relating to stress, shock, and/or trauma.

Fatigue Relief for Mind & Body HSR 1780

Indications for use: For physical, mental, emotional burnout from: overwork, long term stress, lack of sleep, illness and nervousness, exhaustion, indifference, muscle weakness, blood sugar imbalances. For promoting restoration of a fried nervous system, and a vibrant state of strength and stability.

Remarks: This product is not a stimulant. May be used before sleeping to promote a more sound sleep. Use preventatively to avoid the development of chronic fatigue. Consider as an ideal compliment to First Aid for Mind & Body.

Possible Related Physical Conditions: Cramps, headache, diabetes, fluid retention, chronic rheumatism.

Fears & Phobias HSR 1790

Indications for use: For apprehension & anxiety, fears & phobias including: heights, crowds, animals, people, places, being alone, public speaking, death, misfortune, ghosts, the unknown. For promoting realism, courage, peacefulness.

Remarks: Can help with a variety of general anxiety or stress related conditions. Also consider this formula for vague or indefinable fears and anxieties.

Possible Related Physical Conditions: Heartburn, indigestion, nausea, sleep disorders.

Hypochondria HSR 1800

Indications for use: For hypochondria, health anxieties, worry & apprehension, despair of recovery, uneasiness respecting the future. For promoting confidence, contentment, vitality & vigor, healthy self-image.

Remarks: Can help with a variety of general anxiety or stress related conditions. Also consider this formula in aiding who have stagnated in the healing process due to excessive focus on their physical health.

Possible Related Physical Conditions: Many related conditions of psychosomatic origin.

Fears & Nightmares HSR 1810

Indications for use: For frightening dreams, night terrors, restless tossing. For promoting peaceful, restorative sleep, insightful dreams.

Remarks: Can help with a variety of general anxiety or stress related conditions. Helpful for both children and adults. This remedy not only corrects the nuisance of interrupted sleep, it works with deeper fears that can impair an individual throughout their life.

Possible Related Physical Conditions: Heartburn, indigestion, nausea, sleep disorders.

Claustrophobia HSR 1820

Indications for use: For claustrophobia, panic, nervous tension. For promoting clarity & calm in constricted environments.

Remarks: Can help with a variety of general anxiety or stress related conditions. Consider with any nervous or panic disorder. Consider also for individuals who feel closed in and constricted by life situations such as relationships, career, etc.

Possible Related Physical Conditions: Numbness, itching, swollen hands, affections of chest, lungs, heart.

Obsessions/Compulsions HSR 1830

Indications for use: For anxiety, compulsive behaviors, obsessive thoughts, peculiar mental impulses. For promoting peacefulness, fearlessness, self-awareness.

Remarks: Can help with a variety of general anxiety or stress related conditions. For individuals with Obsessive-Compulsive Disorder as well as those whose obsession or compulsion occur only infrequently or to a lesser extreme. Individuals may obsess over a source of anxiety without being fully aware of this tendency in themselves.

Possible Related Physical Conditions: Affections of the spleen, insomnia, disorders of taste and/or smell, local paralysis, glandular swelling.

Healthy Stress Response (HSR)

Perfectionism HSR 1840

Indications for use: For perfectionistic tendencies, fear of failure, worry, inquietude, overly-cautious & conscientious tendencies, dissatisfaction. For promoting self-acceptance, contentment, fulfillment in life.

Remarks: Can help with a variety of general anxiety or stress related conditions. This remedy is also helpful for individuals responding to social pressures, academic pressures, performance pressures, etc.

Possible Related Physical Conditions: Quinsy (peritonsillar abscess), emaciation, hair loss, hiccough, writer's cramp, disordered vision.

9-1-1 Stress Control HSR 1850

Indications for use: For a broad spectrum of stress-induced states including: nervous tension, minor anxiety, fearfulness, over-sensitivity. For promoting calm, confidence, peacefulness.

Remarks: This formula is especially helpful for individuals who tend to be uptight, nervous, or a Type A personality. May relieve the aggravating factor behind many conditions.

Possible Related Physical Conditions: Many related conditions, most common may be affections of vision, feet, and/or lower legs.

Healthy Emotions (HE)

Lonely HE 2000

Indications for use: For loneliness, tearfulness, despondency, desire for sympathy and/or company. For promoting resiliency, inner-strength, emotional stability.

Remarks: Can help with a variety of general anxiety or stress related conditions. An individual may suffer loneliness even if he or she is never physically alone if there is an absence of meaningful relationships. Assists individuals in developing self-respect and self-reliance so that they may approach relationships with openness and stability.

Possible Related Physical Conditions: Nosebleeds, hemorrhages, vision disorders and/or eye pain, back pain, bone disorders.

Melancholic HE 2010

Indications for use: For pessimism, depression, melancholy, discontent, ill-humor, gloominess. For promoting joy & optimism, contentment, positive self-image.

Remarks: For general negativity that can't be shaken. The individual in need of this formula may feel exceedingly vulnerable, and maintain a negative outlook as a means of avoiding full involvement in their own lives. This formula is also helpful for general depression, including that which is of biochemical origin.

Possible Related Physical Conditions: Cataracts, appetite loss, gout, hypothyroidism, abnormal urine.

Mood Changes HE 2020

Indications for use: For mood changes from extreme joy to sadness, manic-depressive, bipolar tendencies. For promoting emotional balance & stability.

Remarks: Can be helpful for either mild, moderate or severe shifts. Consider for hormonal mood shifts, as well as manic depression. Work carefully with the prescribing physician when treating medicated individuals. Can be used in combination combination with other medications.

Possible Related Physical Conditions: Incontinence, eczema, aphasia (disorder of the complex language function), cysts, styes.

Heart Ache HE 2030

Indications for use: For disappointed/lost love, heavy heart, discouragement, sadness, dejection, grief, overly-sympathetic tendencies. For promoting emotional healing, vibrancy, healthy ability to love again.

Remarks: Can be used for the ill health effects of the above experiences. Consider for "broken-heartedness" in both children and adults.

Possible Related Physical Conditions: Back and chest weakness, weak or lost voice, spinal irritation, chronic fatigue, sleep disorders.

Chagrined HE 2040

Indications for use: For discouragement, disappointment, humiliation, bitterness, intolerance of criticism, rejection & contradiction. For promoting harmony, self-confidence, contentment, positive attitude.

Remarks: Can be used for the ill health effects from the above experiences. For individuals who are presently experiencing these symptoms, or who may be suffering from the effects of humiliating or discouraging events in their past.

Possible Related Physical Conditions: Eye disorders, neuralgias, indigestion, obesity, high blood pressure.

Healthy Emotions (HE)

Guilt HE 2050

Indications for use: For emotional & physical effects of guilt, remorse, heavy conscience, tormenting thoughts. For promoting forgiveness, positivity, inner-strength.

Remarks: May be a hidden cause behind many other conditions. Can help with a variety of general anxiety or stress related conditions.

Possible Related Physical Conditions: Gastrointestinal ulceration and/or pain, hay fever, neuralgia, impotence, rheumatism, sleep disorder, weakness of back.

Grief HE 2060

Indications for use: For physical & emotional effects of grief, despair, hopelessness, worries, despondency. For promoting joy & contentment.

Remarks: This may be a hidden cause behind many other conditions. Also helpful in breaking through denial and expressing emotional pain and sadness. Can help with a variety of general anxiety or stress related conditions.

Possible Related Physical Conditions: Diabetes, affections of the heart, ears and uterus, sciatica, loss of voice, problems sleeping, headache, inflammation of the eyes, ovarian cancer.

Overly Sensitive HE 2070

Indications for use: For tendencies to be over-sensitive, take offense, feel vulnerable, cry easily. For promoting inner-strength, enhanced tolerance to chaotic energy, emotional stability.

Remarks: Helpful for the individual who is sensitive emotionally, physically and/or energetically. Can help with a variety of general anxiety or stress related conditions.

Possible Related Physical Conditions: Urine incontinence, kidney disorders, reoccurring sore throat and cough, skin cracks, intertrigo (inflammation in moist skin folds).

Good Mood Enhancer HE 2080

Indications for use: For mild depression, disinterest &/or discontent. For promoting cheerfulness & joy, vivacious energy, enthusiasm, light-heartedness.

Remarks: Can be helpful for seasonal affective disorder (SAD). This remedy is a pleasant enhancement to any experience. Especially helpful for developing comfort in social settings, and approaching problems with optimism.

Possible Related Physical Conditions: Anemia, affections of the lungs, debility, diarrhea or constipation.

Healthy Interaction (HI)

Gossipy HI 2250

Indications for use: For tendencies to gossip, talk incessantly, be hasty, indiscrete & meddlesome, feel uneasy during silence. For promoting improved listening skills, self-control, understanding & patience with self & others.

Remarks: For people that have a tendency to control conversations and have difficulty listening to others. Also helpful when used prior to situations in which one normally becomes gossipy or loquacious. Can help the individual progress in their desire to listen and speak with intent.

Possible Related Physical Conditions: Foul breath and/or sour saliva, jaundice, stroke, constipation.

Paranoid HI 2260

Indications for use: For distrust, unfounded anxiety, skepticism, suspiciousness, paranoia. For promoting clarity, peacefulness, inner-strength.

Remarks: Can be helpful for general fears or anxiety. Also helpful for healing the effects of a trust-breaking past experience.

Possible Related Physical Conditions: Epilepsy, twitches, tremors, stiff neck, colitis, pneumonia.

Deceitful HI 2270

Indications for use: For tendencies to have difficulty speaking the truth, be deceitful, sly, mistrustful, mischievous, have hidden and/or irrational motives. For promoting integrity, sincerity, honesty with oneself & others.

Remarks: Can be used for the most devious and destructive to the most innocent having difficulty with little white lies. Consider also for individuals struggling with the inability to maintain healthy, open relationships with others.

Possible Related Physical Conditions: Flatulence, belching, affections of larynx, constipation, fistula.

Reserved HI 2280

Indications for use: For introversion, mild & reserved disposition, sensitivity to noise, sensory overload, tendency to avoid social interaction, verbal timidity. For promoting enhanced tolerance to chaotic energy, enhanced communication ability, assertiveness & expressiveness.

Remarks: For generally backward children or adults that avoid healthy social interaction. Especially helpful for strengthening individuals prone to sensory "burn out".

Possible Related Physical Conditions: Varicose veins, painful menstruation, headache, cough, chilblains (congestion and swelling attended with severe itching and burning in reaction to cold), nails which are diseased, splitting, or ingrown.

Healthy Interaction (HI)

Immature HI 2290

Indications for use: For immaturity, childish behavior, talk and/or fantasies, temper tantrums, awkwardness. For promoting emotional maturity, behavioral awareness, groundedness.

Remarks: Helps promote social maturity for both children and adults.

Possible Related Physical Conditions: Nosebleeds, itching, speech disorders, tetanus, eczema.

Complaining HI 2300

Indications for use: For tendencies to complain, grumble, mutter, whine, and/or spread negativity. For promoting contentment, positive attitude & expression, self-assurance.

Remarks: Can be helpful for general negative attitudes. Also helpful for the individual who complains out of habit or as a means of getting attention.

Possible Related Physical Conditions: Affections of liver, joints, and veins, debility and exhaustion, offensive breath and body odor, sore throat.

Calloused HI 2310

Indications for use: For hard-heartedness, fear of losing control, indifference, coldness toward others. For promoting the ability to feel & care for self & others, compassion, forgiveness, light-heartedness.

Remarks: For an enhanced ability to understand of one's self and others. Individuals in need of this formula may have traumatic experiences in their past. In this case, also consider complementary formulas that can promote focused healing of the past issues.

Possible Related Physical Conditions: Numbness, paralysis, psoriasis, pleurodynia (intercostal muscle pain or muscular rheumatism), stiff neck, indigestion.

Prejudice HI 2320

Indications for use: For feelings of separateness, repressed fears, bias, arrogant tendencies. For promoting understanding & respect of others, ability to honor & accept differences, harmonious interactions, compassion.

Remarks: Can also be helpful for general interactive disorders toward those of the same race or beliefs. There are often many issues underlying a prejudiced outlook and complementary formulas may enhance the healing process.

Possible Related Physical Conditions: Constipation, affections of eyes and ovaries, menstruation disorders.

Extravagant HI 2330

Indications for use: For tendencies to shop habitually, spend excessively, strive to live beyond one's means, dress & act extravagantly, extreme eccentric behavior. For promoting groundedness, self-esteem, contentment & fulfillment.

Remarks: Can be helpful for recurring debt from living beyond our means or the desire to do so. This mental state may stem from (among other things) addictive tendencies, a desire for attention, or dissatisfaction with oneself and one's life. This formula can also help the individual become aware of these underlying factors.

Possible Related Physical Conditions: Sciatica, affections of the heart, uterus, ears and eyelids, diarrhea.

Healthy Self-Image (HSI)

Egotistical HSI 2510

Indications for use: For tendencies toward excessive pride, arrogance, boasting, bragging, vanity. For promoting understanding & respect of others, grounded sense of self, harmonious interactions, compassion.

Remarks: Consider for both children and adults.

Possible Related Physical Conditions: Gallstones, affections of pancreas and/or ovaries, ulcers, bruises, cancer.

Envious HSI 2520

Indications for use: For jealousy, envy, selfishness, greed. For promoting contentment, self-acceptance, generosity, harmony.

Remarks: Also for individuals who put too much focus and value on material things.

Possible Related Physical Conditions: Constipation, affections of kidney, intermittent fevers, fluid retention, pain in trachea.

Self-Pity HSI 2530

Indications for use: For tendencies to pity oneself, feel unfortunate, pathetic, discontent, and desire sympathy & consolation. For promoting contentment, self-acceptance, positive attitude & self-image.

Remarks: Can stimulate individuals to move through this essential stage in the healing process. Consider for Victim mentalities.

Possible Related Physical Conditions: Affections of breast and/or vision, itching, impetigo, headache.

Religious Issues HSI 2540

Indications for use: For religious melancholy, mania, alienation and/or fanaticism, despair of salvation, self-condemnation & deprivation. For promoting healthy spirituality, free-thinking, unconditional love, forgiveness & acceptance.

Remarks: Can help one overcome the abuses and misuses of spiritual authority. Also for the individual who desires greater, healthier spirituality in their life.

Possible Related Physical Conditions: Tapeworm, epilepsy, abnormal menstruation, skin disorders, insomnia.

Healthy Self-Image (HSI)

Neglectful HSI 2550

Indications for use: For self-neglect, untidiness, aversion toward domestic duties, indifference toward home matters & personal appearance. For promoting aesthetic awareness, self-esteem & dignity, organization, neatness & cleanliness.

Remarks: Can help enhance an appreciation for one's own life, others, and things. There may also be underlying issues of neglect that this formula can be helpful with.

Possible Related Physical Conditions: Adenoids, offensive breath and/or body odor, debility, seborrhea, itching, glandular swelling.

Insecurity HSI 2560

Indications for use: For insecurity, feelings of inadequacy, nervousness, apprehension, irresolution. For promoting confidence, assuredness, self-acceptance, positive self-image.

Remarks: Helps develop a more positive outlook. Also use preventively before entering situations which commonly make one feel insecure or inadequate.

Possible Related Physical Conditions: Asthma, speech disorders, affections of the uterus, gastric ulcers, indigestion.

Healthy Adaptation (HA)

Shy HA 2750

Indications for use: For timidity, shyness, lack of self-confidence, passivity, tendency to embarrass easily, feelings of inferiority & inadequacy, susceptibility to peer pressure. For promoting self-confidence & acceptance, assertiveness, independence, moral strength.

Remarks: Can help those who are easily influenced and swayed from what they know is the right action. Especially helpful for individuals who feel held back by their social awkwardness.

Possible Related Physical Conditions: Aches and inflammation of eyes, ears, teeth, jaw, obesity, asthma, hair loss, affections of feet.

Procrastination HA 2760

Indications for use: For tendencies to procrastinate, leave tasks incomplete, avoid responsibility, lose track of time. For promoting mental & physical stamina, self-motivation, perseverance.

Remarks: Also helpful for individuals who have difficulty completing more abstract life issues.

Possible Related Physical Conditions: Hemorrhoids, neuralgia, locomotor ataxy (disordered gait and loss of sense of position of lower limbs), genital pains, spinal irritation, paralysis.

Indecision HA 2770

Indications for use: For indecisiveness, irresolution, dissatisfaction, aversion to responsibility, avoidance of high pressure situations, fickleness. For promoting clarity, courage, power of choice.

Remarks: Helps promote a more proactive life. For the fear of making a wrong decision. Consider also for individuals who need assistance in focusing firmly on their goals.

Possible Related Physical Conditions: Parasites, lupus, debility, affections of teeth and/or tongue.

Nostalgia HA 2780

Indications for use: For homesickness, nostalgia, excessive sentimentality, sadness, feelings of isolation. For promoting contentment, groundedness, security & independence.

Remarks: Can be helpful for preparing for positive change. Especially helpful for children dealing with their first sleepover, or summer camp. Consider also for individuals who have recently moved and are having difficulty becoming grounded in their new location.

Possible Related Physical Conditions: Affections of the nose, acne, leg pains, vomiting, disordered menstruation.

Aversion to Mental/Physical Exertion HA 2790

Indications for use: For aversion to work, aversion to mental and/or physical exertion, languor, lack of will power, despondency about business. For promoting vitality & vigor, self-motivation, will-power.

Remarks: Especially helpful for unemployed individuals who are finding it difficult to become motivated in their job search, or employed individuals who desire greater ambition and motivation regarding their job.

Possible Related Physical Conditions: Varicose veins, ankle swelling/weakness, chorea (characterized by jerky, spasmodic movements), neuralgia, hemorrhoids, affections of bone, tongue coated or ulcerated.

Aversion to Change HA 2800

Indications for use: For fear of change, resistance to change, aversion to change, inflexibility, apprehension, dogmatism, obstinate. For promoting flexibility, fearlessness, self-confidence & security, ability to embrace change.

Remarks: Can be helpful for preparing for positive change. Helpful also for individuals who may be consciously or subconsciously maintaining their illness by considering the illness an identifying aspect of themselves.

Possible Related Physical Conditions: Myopia, inflammation (esp. of heart, intestine, or breast), bronchitis, feet which burn and perspire or are cold and sore.

Healthy Control (HC)

Addictions HC 3000

Indications for use: For cravings & desires, general addictive tendencies, negative effects of substance abuse. For promoting recovery, restoration, relief, metabolic functions of the brain & nervous system, self-control & contentment.
Remarks: Can be helpful for a variety of general addictive behaviors. Consider this product for addictive disorders or personalities as well, such as those suffering from compulsive eating.
Possible Related Physical Conditions: Headache, disorders of sleep and appetite, convulsions or tremors, ulcerations

Gambling HC 3010

Indications for use: For compulsive gambling & stealing, lottery & stock market obsession, recklessness, impulsive & extreme risk-taking, opportunistic obsessions. For promoting self-control, contentment & fulfillment, emotional stability.
Remarks: Can be helpful for a variety of general addictive behaviors. Also consider for individuals who consider themselves "adrenaline junkies".
Possible Related Physical Conditions: Toothache, altered or lost taste, heartburn, chapped, painful and/or perspiring hands, syphilis, locomotor ataxy (disordered gait and loss of sense of position of lower limbs), tongue ulcerations.

Alcoholism HC 3020

Indications for use: For mood changes from extreme joy to sadness, manic-depressive, bipolar tendencies. For promoting emotional balance & stability.
Remarks: Can be helpful for either mild, moderate or severe shifts. Consider for hormonal mood shifts, as well as manic depression. Work carefully with the prescribing physician when treating medicated individuals. Can be used in combination combination with other medications.
Possible Related Physical Conditions: Incontinence, eczema, aphasia (disorder of the complex language function), cysts, styes.

Smoke Control HC 3030

Indications for use: For fast relief of cravings for tobacco smoke and chew. Helps with nervousness, anxiety, irritability, difficulty concentrating and forgetfulness when quitting. Relieves cough, shortness of breath, and the sensation of weight on the chest.
Remarks: Addresses the three key issues associated with this problem; the cravings, the symptoms of quitting and the symptoms of smoking.
Possible Related Physical Conditions: Fatigue, asthma, emphysema, nausea, diarrhea.

The information I have provided is to the best of my knowledge, accurate and true.

Signature of Patient or Guardian: _____ **Date:** _____

THANK YOU FOR COMPLETING THIS QUESTIONNAIRE.