

Addendum...

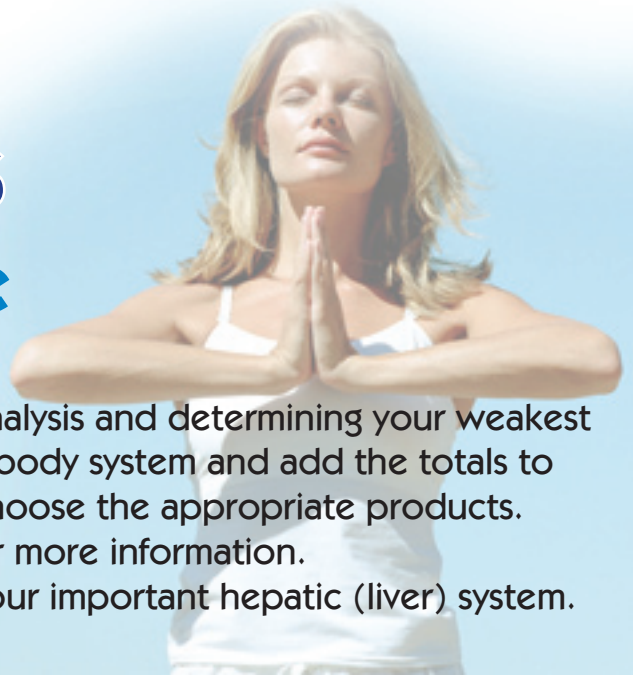
Lifestyle Analysis

Build • Cleanse

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Instructions: Following completion of the Lifestyle Analysis and determining your weakest body system(s), answer the questions in each weak body system and add the totals to determine cleansing or building therapy, and then choose the appropriate products. Also, see the Body Systems & Key Products Guide for more information.

Bonus System: See the reverse for a special test of your important hepatic (liver) system.



| Build Digestive System Cleanse | |
|---|---|
| <input type="checkbox"/> Poor protein digestion, carbohydrate cravings <input type="checkbox"/> Cold extremities, pale in colour <input type="checkbox"/> Dry mouth <input type="checkbox"/> Acid burning with possible dull pain <input type="checkbox"/> Foul belching <input type="checkbox"/> Lack of appetite <input type="checkbox"/> Tooth decay/gum disease | <input type="checkbox"/> Heavy feeling in stomach after eating and could last for hours afterwards <input type="checkbox"/> Tendency to nausea <input type="checkbox"/> Yellow mucus coat on the tongue <input type="checkbox"/> Bad taste in mouth often <input type="checkbox"/> Gas with abdominal sensation of pressure <input type="checkbox"/> Heavy mucus production <input type="checkbox"/> Hangover feeling |
| Total Build UC-C Stock 1891-4 | Total Cleanse ULC-R Stock 917-9 |

| Build Intestinal System Cleanse | |
|--|--|
| <input type="checkbox"/> Irritable bowel disorders or colitis <input type="checkbox"/> Anal fissures <input type="checkbox"/> Chronic bad breath/body odour <input type="checkbox"/> Diarrhea alternating with constipation <input type="checkbox"/> Insufficient stool for food eaten <input type="checkbox"/> Fatigue and general weakness <input type="checkbox"/> Dry mouth, tongue and skin | <input type="checkbox"/> Regular but sluggish bowel movements <input type="checkbox"/> Dry, thick or sticky stool <input type="checkbox"/> Lack of muscle tone in abdomen <input type="checkbox"/> Hemorrhoids <input type="checkbox"/> Full feeling in abdomen <input type="checkbox"/> Chronic skin condition <input type="checkbox"/> Lack of fiber in diet |
| Total Build UC3J Stock 1105-8 | Total Cleanse Tiao He Pak, Stock 4005-7 |

| Build Circulatory System Cleanse | |
|---|--|
| <input type="checkbox"/> Rheumatism <input type="checkbox"/> Dull groggy feeling in the morning <input type="checkbox"/> Tendency to be revitalized in the evening <input type="checkbox"/> Excessive thinking <input type="checkbox"/> History of heart disease <input type="checkbox"/> Noticeable crease in middle of earlobe <input type="checkbox"/> Broken or visible capillaries on nose | <input type="checkbox"/> Memory loss, absent mindedness, difficulty concentrating <input type="checkbox"/> Tendency to fall asleep when sitting <input type="checkbox"/> Difficulty or slow healing of wounds on extremities <input type="checkbox"/> Ringing in the ears <input type="checkbox"/> Poor circulation to extremities <input type="checkbox"/> Tendency to fluid retention |
| Total Build Cardio Assurance, Stock 807-7 | Total Cleanse MC Stock 4002-8 |

| Build Nervous System Cleanse | |
|---|--|
| <input type="checkbox"/> Fatigue with insomnia <input type="checkbox"/> Restless sleep and disturbing dreams <input type="checkbox"/> Frequent urination at night <input type="checkbox"/> Mood swings <input type="checkbox"/> Quivering tongue <input type="checkbox"/> Easily confused or flustered <input type="checkbox"/> Emotional sensitivity | <input type="checkbox"/> Difficulty relaxing and getting to sleep <input type="checkbox"/> Chronic muscle tension <input type="checkbox"/> Tension headaches <input type="checkbox"/> High blood pressure <input type="checkbox"/> Rapid digestion <input type="checkbox"/> Difficulty focusing |
| Total Build HS-C Stock 1884-7 | Total Cleanse Stress Formula, Stock 1645-6 |

| Build Immune System | | Cleanse | |
|---|--|---|--|
| <input type="checkbox"/> Cold conditions, chills | <input type="checkbox"/> Flushed or fever | <input type="checkbox"/> Little or no coating on tongue | <input type="checkbox"/> Swollen lymph nodes |
| <input type="checkbox"/> On-going or recurring conditions | <input type="checkbox"/> Heavy/yellow coating on tongue | <input type="checkbox"/> Fatigue | <input type="checkbox"/> Acute cold or flu-like symptoms |
| <input type="checkbox"/> Feel better with heat | <input type="checkbox"/> Feels better with cold | <input type="checkbox"/> Digestive weaknesses | <input type="checkbox"/> Swelling or edema |
| <input type="checkbox"/> Elderly | <input type="checkbox"/> Mucus drainage or post-nasal drip | | |
| Total | Build | Total | Cleanse |
| IMM-C | Stock 1892-6 | IGS II | Stock 964-3 |

| Build Respiratory System | | Cleanse | |
|---|---|--|--|
| <input type="checkbox"/> Dry unproductive cough | <input type="checkbox"/> Thick mucus, often yellow | <input type="checkbox"/> Dry mouth and skin | <input type="checkbox"/> Chronic sinus congestion |
| <input type="checkbox"/> Mucus difficult to expel | <input type="checkbox"/> Tendency to sinus headaches | <input type="checkbox"/> Symptoms aggravated by dry weather and wind | <input type="checkbox"/> White coating on the tongue |
| <input type="checkbox"/> Chronic wheezing, shortness of breath | <input type="checkbox"/> Tendency to asthma and hay fever | <input type="checkbox"/> Chronic respiratory infections | <input type="checkbox"/> Frequent ear infections |
| <input type="checkbox"/> History of smoking or in a smoking household | <input type="checkbox"/> Redness or itchy eyes | | |
| Total | Build | Total | Cleanse |
| LH-C | Stock 1890-3 | AL-J | Stock 778-8 |

| Build Urinary System | | Cleanse | |
|--|--|--|---|
| <input type="checkbox"/> Low or frequent back pain | <input type="checkbox"/> Water retention | <input type="checkbox"/> Weak knees and ankles | <input type="checkbox"/> Scanty, clear urine |
| <input type="checkbox"/> Tendency to arthritis or osteoporosis | <input type="checkbox"/> Skin stays white more than two seconds when pressed | <input type="checkbox"/> Incontinence | <input type="checkbox"/> Puffiness under the eyes |
| <input type="checkbox"/> Impotence | <input type="checkbox"/> Sharp pain when urinating | <input type="checkbox"/> Kidney or gall stones | <input type="checkbox"/> Watery eyes |
| <input type="checkbox"/> Urinary tract infections | <input type="checkbox"/> Skin eruptions | | |
| Total | Build | Total | Cleanse |
| KB-C | Stock 1883-3 | K-C | Stock 1872-5 |

| Build Glandular System | | Cleanse | |
|--|--|--|--|
| <input type="checkbox"/> Fatigue and lack of stamina with insomnia | <input type="checkbox"/> Anxiety or rapid heart rate | <input type="checkbox"/> Dark circles under eyes | <input type="checkbox"/> Afternoon fatigue |
| <input type="checkbox"/> Tendency to low blood pressure or sudden drop in blood pressure | <input type="checkbox"/> Dry skin and hair loss | <input type="checkbox"/> Cravings for sweets and carbohydrates | <input type="checkbox"/> Weight gain |
| <input type="checkbox"/> Unbalanced insulin and hormone levels | <input type="checkbox"/> Lowered immune response | <input type="checkbox"/> Low body temperature | <input type="checkbox"/> Loss of muscle mass with development of abdominal fat |
| <input type="checkbox"/> Mood swings | <input type="checkbox"/> Depression, stress | | |
| Total | Build | Total | Cleanse |
| Master G Formula, Stock 2874-6 | | TS II | Stock 1092-0 |

| Build Structural System | | Cleanse | |
|--|---|---|---|
| <input type="checkbox"/> Broken bones, sprains, pulls | <input type="checkbox"/> Chronic skin conditions: acne, boils, abscesses, rashes, etc | <input type="checkbox"/> Brittle nails, hair | <input type="checkbox"/> Muscle stiffness |
| <input type="checkbox"/> Weak bones | <input type="checkbox"/> Exposure to chemicals or environmental pollutants | <input type="checkbox"/> Dry skin | <input type="checkbox"/> Inflammation of joints, muscles or connective tissue |
| <input type="checkbox"/> Slow wound healing | <input type="checkbox"/> Inflammation of joints, muscles or connective tissue | <input type="checkbox"/> Dull or chronic pain | <input type="checkbox"/> Sharp or shooting pains |
| <input type="checkbox"/> Injury or trauma – burns, bumps, abrasions, sprains | <input type="checkbox"/> Calcifications: bone spurs, kidney stones | | <input type="checkbox"/> Joint pain |
| Total | Build | Total | Cleanse |
| Herbal CA | Stock 819-2 | ART-A | Stock 798-9 |

| BONUS SYSTEM Build Hepatic System | | Cleanse | |
|---|--|---|--|
| <input type="checkbox"/> Dry skin | <input type="checkbox"/> Bloating, stuffy feeling under right rib cage | <input type="checkbox"/> Lack of appetite for fats and proteins but craving for sugar | <input type="checkbox"/> Difficulty digesting fats |
| <input type="checkbox"/> Blood loss, anemia or heavy menstruation | <input type="checkbox"/> Nervous energy in the evening | <input type="checkbox"/> Fatigue and weakness | <input type="checkbox"/> Insomnia with difficulty getting to sleep |
| <input type="checkbox"/> Hypoglycemia and/or diabetes | <input type="checkbox"/> Grogginess in the AM | <input type="checkbox"/> Frequent headaches | <input type="checkbox"/> Migraines, especially behind the eyes |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Acne, boils, rashes and other skin conditions | | |
| Total | Build | Total | Cleanse |
| BP-C | Stock 1882-1 | All Cell Detox, Stock 1078-2 | |