

HEALTH CHECKLIST

How well are you? Do you suffer from:

Allergies	
Asthma	
Backache	
Bronchitis	
Chronic fatigue	
Cold feet or cold hands	
Constipation or diarrhea	
Depression	
Diabetes	
Fibromyalgia	
Food sensitivities	
Frequent colds and flu	
Hayfever	
Headaches	
High or low blood pressure	
Indigestion or heart-burn	
Insomnia	
Menopausal symptoms	
Migraines	
Muscle spasm or strain	
Neck tension or stiffness	
Palpitations	
Panic attacks	
Period pains	
Poor immunity	
Pre-menstrual tension	
Reflux	
Shortness of breath	
Sinusitis	
Skin problems	
Sleep Apnea	
Stiff or aching joints	
Stiff or aching muscles	
Tired eyes	
Urinary frequency or infections	

Even one tick means that you could feel better than you do!