**CELL SALTS - HEALTH SOLUTIONS**

**QUESTIONNAIRE**

**Do you have: Check the Box**

1. Poor circulation, varicose or enlarged veins? (1) [ ]

2. Cuts or cracks in the skin, eg. eczema or cracked / dry lips? (1) [ ]

3. Sagging skin / face, prolapsed organs or haemorrhoids? (1) [ ]

4. Impaired digestion and / or allergies, itchiness or nasal polyps? (2) [ ]

5. Nervousness, fidgeting and forgetfulness? (2) [ ]

6. Bone only healing fractures, or disruptions to tooth and bone structure? (2) [ ]

7. Leg cramps and fatigue? (2) [ ]

8. Sprains and strains or inflammations, eg. the beginning of a sore throat? (3) [ ]

9. Burning sensation of cheeks / ears (not due to exercise or hot weather)? (3) [ ]

10. Anaemia or muscle limpness? (3) [ ]

11. Glandular inflammation, tonsillitis, pneumonia, pleurisy, measles, scarlet fever,

mumps, conjunctivitis, hoarseness, whooping cough, middle ear catarrh, tenosynovitis? (3 & 4) [ ]

12. Coughs, colds or bronchitis? (4) [ ]

13. Digestive disturbance, especially from fatty foods? (4) [ ]

14. Thick blood? (4) [ ]

15. Anxiety and nervous conditions, eg. headaches, nervous exhaustion, depression,

 insomnia, shingles, dyspepsia (impaired digestion), lack of memory, irrational fears? (5) [ ]

16. Chronic infections with yellow mucus, ear discharge, chronic sinusitis, eczema, acne,

 psoriasis, peeling skin, ear wax? (6) [ ]

17. Brittle nails and thin or balding hair? (6) [ ]

18. Muscular twitches, wandering or darting pains, cramps, or sensitivity to noise? (7) [ ]

19. Menstrual cramps / craving sweet foods? (7) [ ]

20. Migraines, neck pain / stiffness or eye pain? (7) [ ]

21. Muscle fatigue, weakness during exercise or constant yawning? (7) [ ]

22. Excessive moisture anywhere in body, eg. involuntary tears or excess saliva? (8) [ ]

23. Excessive dryness, with symptoms of headaches, dry skin, eczema, dandruff,

 or creaking joints? (8) [ ]

24. Dry cracks around corners of mouth or many lip creases? (8) [ ]

25. Excessive blackheads? (8) [ ]

26. Coldness along spine or frailness? (9) [ ]

27. Upset stomach, heart burn, indigestion or colic reflux? (9) [ ]

28. Rheumatic pain, stiffness, gout, sciatica, kidney infections or arthritis? (10) [ ]

29. Water retention, flu, liver problems, constipation, gall bladder issues, nausea

 or rheumatism? (10) [ ]

30. Constantly cold / can’t warm up? (10) [ ]

31. Pimples, boils, abscesses or other skin conditions with pus? (10) [ ]

32. Early aging, dental ulcers, sties or ganglions? (11) [ ]

33. Cracked, brittle nails, dull-looking hair, or rheumatic pain? (11) [ ]

34. Sweaty feet or light sensitivity? (11) [ ]

35. Skin problems, slow healing wounds, acne, chronic sinusitis or ‘ear-nose-throat’? (12) [ ]

36. Kidney and urinary tract infections, liver and gall illness or aging spots? (12) [ ]

Search for any patterns that link to the same cell salt. Note the number in brackets next to the boxes ticked as this refers to the mineral cell salt associated with such ailments. Choose which issue you would most like to address and refer to the linked page on cell salts.

*DISCLAIMER*

*This is not a diagnostic tool, but is simply indicative of whether or not your cells are functioning in a healthy way, and, their possible deficiencies in said cells.*

*NB. Despite a healthy diet which contains plenty of minerals, a cell that is not functioning healthily may be incapable of absorbing the required nutrients.*