

Cleansing Questionnaire  
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- 1 How do you rate your diet?

Very Healthy	2
Fairly Balanced	1
Unhealthy	0
  
- 2 Do you skip breakfast?

Never	2
Sometimes	1
Always	0
  
- 3 Do you eat sugary snacks (i.e. sweets, biscuits, cakes) between meals?

Never	2
Sometimes	1
Always	0
  
- 4 Do you eat salted snacks (i.e. pretzles, chips)?

Never	2
Sometimes	1
Always	0
  
- 5 How many fresh portions (1 cup) of fruits and vegetables do you eat daily?

5+	2
2 - 4	1
0 - 1	0
  
- 6 How much water do you drink daily?

6-8 glasses	2
Several glasses	1
None	0
  
- 7 How many alcoholic beverages do you have weekly?

0 - 4	2
5 - 8	1
more than 8	0
  
- 8 How many cups of coffee or caffinated tea do you drink daily?

None	2
Less than 6	1
more than 6	0
  
- 9 Do you drink carbonated (fizzy) and soft drinks?

Never	2
Sometimes	1
Often	0
  
- 10 How many cigarettes do you smoke daily?

None	2
5 or less	1
5+	0
  
- 11 How often do you eat fast food?

Never	2
Once a week	1
Often	0
  
- 12 How often do you eat prepared meals (frozed, canned or packaged)?

Never	2
1-2 times weekly	1
3+ weekly	0

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- 13 Do you eat when you are not hungry, when bored or stressed?  
Never 2  
Sometimes 1  
Often 0
- 14 Do you find yourself craving certain foods?  
Never 2  
Sometimes 1  
Often 0
- 15 Do you try to diet often?  
Never 2  
Sometimes 1  
Always dieting 0
- 16 Is it difficult for you to take off weight?  
No 2  
Fairly difficult 1  
Very difficult 0
- 17 Do you take over-the-counter medications such as aspirin or ibuprofen or acetaminophen?  
Never/Rarely 2  
Once a week 1  
Often 0
- 18 Do you feel tired and lethargic?  
Never 2  
Occasionally 1  
Most/All the time 0
- 19 Do you often feel bloated?  
Never 2  
Sometimes 1  
Often 0
- 20 Do you suffer with heartburn/indigestion/flatulence?  
Never 2  
Sometimes 1  
Often 0
- 21 Do you suffer from irritable bowel syndrome?  
Never 2  
Sometimes 1  
Often 0
- 22 Do you suffer from constipation?  
No 2  
Rarely 1  
Sometimes 0
- 23 Do you have allergies?  
None 2  
One or two 1  
Lots 0
- 24 Are you prone to skin problems?  
Never 2  
Now and then 1  
Often 0

- 25 Is your hair dry/dull/lacking in lustre?  
Never 2  
Sometimes 1  
Often 0
- 26 Are your nails brittle and flaky?  
Never 2  
Sometimes 1  
Often 0
- 27 Do you suffer with headaches?  
Never 2  
Sometimes 1  
Often 0
- 28 Is your breath bad and/or your tongue coated?  
Never 2  
Sometimes 1  
Often 0
- 29 Do you suffer with menstrual irregularities such as PMS?  
Never 2  
Sometimes 1  
Often 0
- 30 Do you have cellulite?  
No 2  
Very slightly 1  
Yes 0
- 31 Do you recover quickly from illnesses such as a cold?  
Yes 2  
Within a week 1  
It lingers on 0
- 32 Do your joints feel stiff and your muscles ache?  
Never 2  
Sometimes 1  
Often 0
- 33 Do you suffer from fluid retention?  
Never 2  
Sometimes 1  
Often 0
- 34 Do you sleep well?  
Always 2  
Usually 1  
Hardly ever/Never 0
- 35 Are you prone to mood swings and irritability?  
Never 2  
Sometimes 1  
Often 0
- 36 Do you find it difficult to focus and concentrate?  
Never 2  
Sometimes 1  
Often 0

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37 Do you feel depressed and/or tearful?

Never	2
Sometimes	1
Often	0

38 Is your memory sharp?

Always	2
Most of the time	1
Not often/Never	0

39 Does your head feel "woolly"?

Never	2
Sometimes	1
Often	0

40 Do you find it difficult to motivate yourself?

Never	2
Sometimes	1
Often	0

**YOUR SCORE:**

60+ If your score is over 60, you seem to be in good health. And, by following a seasonal detoxification program you should be able to feel even more energetic and positively glow with health!

31-60 If your score is between 31 and 60 then it seems that your body is out of balance. Although you may not feel "ill" there are some warning signs that all is not as it should be. Now is the time to heed those alarm bells and to detox before your symptoms get any worse. Keep all those vital organs of elimination working to their full capacity and rid yourself of those toxins with a detoxification program.

0-30 In our experience, if your score is between 0 and 30 then your health will most certainly improve greatly from following a detoxification program. You seem to be suffering from a lot of health complaints which could be caused by poor eating habits and an overburdened liver. Your body will work more efficiently once cleansed and renewed with healthy nutrients.