

Body Systems Assessment Quiz

..... score each statement in the green columns, then calculate totals for each body system

NEVER - 0 OCCASIONALLY - 1 OFTEN - 2 ALMOST ALWAYS - 3

<p>Cardiovascular</p> <p>Poor concentration or memory.....</p> <p>Cold hands & feet.....</p> <p>Frequent consumption of fried foods.....</p> <p>Smoker / Stressful or sedentary lifestyle.....</p> <p style="text-align: right;">TOTAL</p>	<p>Integumentary</p> <p>Dry, brittle nails.....</p> <p>Complexion or other skin issues.....</p> <p>Rashes, lesions or bruise easily.....</p> <p>Dry, brittle or thinning hair.....</p> <p style="text-align: right;">TOTAL</p>
<p>Digestive</p> <p>Food allergies / difficulty digesting certain foods..</p> <p>Heavy coating on tongue.....</p> <p>Belching, gas or discomfort after meals.....</p> <p>Fewer than 2 bowel movements per day.....</p> <p style="text-align: right;">TOTAL</p>	<p>Lymphatic</p> <p>Lack of energy or chronic fatigue.....</p> <p>Exercise less than 2 times per week.....</p> <p>Swelling or inflammation.....</p> <p>Unexplained chronic issues (headache, skin, etc)</p> <p style="text-align: right;">TOTAL</p>
<p>Emotional Balance</p> <p>Stressful lifestyle or feeling drained.....</p> <p>Express emotions in unhealthy ways.....</p> <p>Feeling irritable, anxious, moody or down.....</p> <p>Feeling that life has little or no purpose.....</p> <p style="text-align: right;">TOTAL</p>	<p>Muscular / Skeletal</p> <p>Sore, painful or weak joints and bones.....</p> <p>Brittle nails or hair.....</p> <p>Muscle cramps or spasms.....</p> <p>Diet high in meats, grains or caffeine.....</p> <p style="text-align: right;">TOTAL</p>
<p>Endocrine</p> <p>Crave or consume sweets, salty or junk foods.....</p> <p>Monthly female issues or low sex drive.....</p> <p>Feeling irritable, anxious, moody or down.....</p> <p>Restless sleep or lack of sleep.....</p> <p style="text-align: right;">TOTAL</p>	<p>Nervous</p> <p>Smoker / regularly consume alcohol or caffeine..</p> <p>Tremors, muscle cramps or spasms.....</p> <p>Stressful lifestyle.....</p> <p>Numness or tingling.....</p> <p style="text-align: right;">TOTAL</p>
<p>Excretory</p> <p>Puffiness under eyes.....</p> <p>Frequent or painful urination/urinary issues.....</p> <p>Diet high in meats and grains.....</p> <p>Sore, painful or weak joints/bones.....</p> <p style="text-align: right;">TOTAL</p>	<p>Reproductive</p> <p>Low sex drive.....</p> <p>(Women) PMS or menstrual irregularities.....</p> <p>(Men) Impotence or prostrate issues.....</p> <p>Hot flashes, sweats, irregular body temperature..</p> <p style="text-align: right;">TOTAL</p>
<p>Immune</p> <p>Frequent illness (more than twice per year).....</p> <p>Frequent use of antibiotics.....</p> <p>Less than 3 servings of fruits & veggies per day....</p> <p>Stressful lifestyle.....</p> <p style="text-align: right;">TOTAL</p>	<p>Respiratory</p> <p>Frequent illness (more than twice per year).....</p> <p>Exposure to air pollutants.....</p> <p>Puffiness under eyes.....</p> <p>Heavy mucus production or congestion.....</p> <p style="text-align: right;">TOTAL</p>

Body Systems Support

Use your highest score(s) from the Assessment Quiz to determine which body system(s) to focus on.

Below are suggested Young Living products that support each body system or for a more detailed list, refer to the Body Systems Cards which can be purchased at GrowingHealthyHomes.com Use suggestions in combination with healthy lifestyle changes to promote wellness and longevity.



Cardiovascular

Essential Oils: Cinnamon Bark Vitality™
Lavender Vitality™ Clove Vitality™

Other: NingXia Red® Master Formula™
OmegaGize™ Mineral Essence™

Integumentary

Essential Oils: Frankincense Vitality™ Lavender
Vitality™ Carrot Seed Vitality™

Other: Sulfurzyme® NingXia Red® Mineral Essence™

Digestive

Essential Oils: Peppermint Vitality™
DiGize Vitality™ Ginger Vitality™

Other: NingXia Red® Life 9™ YL Enzymes™
Alkalime®, Comfortone® Digest & Cleanse™
Master Formula™

Lymphatic

Essential Oils: Citrus Fresh Vitality™ Lemon Vitality™
Lemongrass Vitality™ JuvaFlex Vitality™

Other: NingXia Red® Master Formula™ Cel-lite
Magic™ MultiGreens™

Emotional Support

Essential Oils: Joy™ Release™ Transformation™
Citrus Fresh™ Progessence Plus™ Bergamot
The Feelings Kit™

Other: NingXia Red® CortiStop® FemiGen™

Muscular / Skeletal

Essential Oils: Frankincense Vitality™
Peppermint Vitality™ Marjoram Vitality™

Other: BLM/Agilease™ Sulfurzyme™ MegaCal™
MultiGreens™ Master Formula™ NingXia Red®

Endocrine

Essential Oils: Endoflex Vitality™
Rosemary Vitality™ Frankincense Vitality™

Other: Super B™ Thyromin™ Mineral Essence™
Master Formula™ NingXia Red® EndoGize™
PD 80/20™

Nervous

Essential Oils: Frankincense Vitality™ Vetiver
Peppermint Vitality™ Brain Power™ Cedarwood
Lemongrass Vitality™

Other: MindWise™ NingXia Red® OmegaGize™
Master Formula™

Excretory

Essential Oils: Lemon Vitality™ DiGize Vitality™
Fennel Vitality™ Lemongrass Vitality™

Other: K&B Tincture™ Life 9™ NingXia Red®
Master Formula™ Cleansing Trio Kit™ JuvaPower™

Reproductive

Essential Oils: SclarEssence Vitality™
Endoflex Vitality™ JuvaFlex Vitality™

Other: Master Formula™ NingXia Red® PD 80/20™
MultiGreens™ Mineral Essence™ Progessence Plus™

Immune

Essential Oils: DiGize Vitality™ Lemon Vitality™
Thieves® Frankincense

Other: Longevity™ Inner Defense™ Life 9™
Immu Pro™ NingXia Red® Master Formula™ Alkalime®

Respiratory

Essential Oils: Thieves Vitality™ Lemon Vitality™
Thyme Vitality™ Peppermint Vitality™

Other: NingXia Red® Inner Defense™
Master Formula™ Raindrop Technique/Collection®