BEYOND CHEMICAL BALANCE

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Speed** of healing is determined by **Chemical balance** in the body. Chemical balance is determined, in large, by **what you eat.** Please indicate the amounts and frequency that you partake in the following … **BE HONEST!**

|  |  |  |
| --- | --- | --- |
|  | **PER DAY** | **PER WEEK** |
| 1. Coffee (caff/decaff) | \_\_\_\_\_\_\_\_\_\_\_\_\_cups | \_\_\_\_\_\_\_\_\_\_\_\_\_cups |
| 1. Tea (regular/herbal) | \_\_\_\_\_\_\_\_\_\_\_\_\_cups | \_\_\_\_\_\_\_\_\_\_\_\_\_cups |
| 1. Sugar, sweets, dessert etc. | \_\_\_\_\_\_\_\_\_\_\_\_\_times | \_\_\_\_\_\_\_\_\_\_\_\_\_times |
| 1. Salt, salty snacks, crisps etc. | \_\_\_\_\_\_\_\_\_\_\_\_\_times | \_\_\_\_\_\_\_\_\_\_\_\_\_times |
| 1. Do you add salt to your food? | YES \_\_\_\_\_\_\_\_\_NO\_\_\_\_\_\_\_\_\_ | SOMETIMES \_\_\_\_\_\_\_\_\_\_ |
| 1. Red meat (beef, pork, bacon etc) | \_\_\_\_\_\_\_\_\_\_\_\_\_times | \_\_\_\_\_\_\_\_\_\_\_\_\_times |
| 1. Chicken / Fish | \_\_\_\_\_\_\_\_\_\_\_\_\_times | \_\_\_\_\_\_\_\_\_\_\_\_\_times |
| 1. Milk | \_\_\_\_\_\_\_\_\_\_\_\_\_cups | \_\_\_\_\_\_\_\_\_\_\_\_\_cups |
| 1. Other dairy (cheese, ice cream etc) | \_\_\_\_\_\_\_\_\_\_\_\_\_times | \_\_\_\_\_\_\_\_\_\_\_\_\_times |
| 1. Fresh fruits | \_\_\_\_\_\_\_\_\_\_\_\_\_times | \_\_\_\_\_\_\_\_\_\_\_\_\_times |
| 1. Fresh vegetables (non canned) | \_\_\_\_\_\_\_\_\_\_\_\_\_times | \_\_\_\_\_\_\_\_\_\_\_\_\_times |
| 1. Pasta/breads (white flour) | \_\_\_\_\_\_\_\_\_\_\_\_\_times | \_\_\_\_\_\_\_\_\_\_\_\_\_times |
| 1. Whole grain foods | \_\_\_\_\_\_\_\_\_\_\_\_\_times | \_\_\_\_\_\_\_\_\_\_\_\_\_times |
| 1. Artificially sweetened products | \_\_\_\_\_\_\_\_\_\_\_\_\_times | \_\_\_\_\_\_\_\_\_\_\_\_\_times |
| 1. Fast food | \_\_\_\_\_\_\_\_\_\_\_\_\_times | \_\_\_\_\_\_\_\_\_\_\_\_\_times |
| 1. Fats (nuts, avocado, coconut, oils etc) | \_\_\_\_\_\_\_\_\_\_\_\_\_times | \_\_\_\_\_\_\_\_\_\_\_\_\_times |
| 1. Processed foods (cereals, boxed/ frozen meals) | \_\_\_\_\_\_\_\_\_\_\_\_\_times | \_\_\_\_\_\_\_\_\_\_\_\_\_times |
| 1. Alcoholic beverages | \_\_\_\_\_\_\_\_\_\_\_\_\_cups | \_\_\_\_\_\_\_\_\_\_\_\_\_cups |
| 1. Soft drinks (regular/caffeine free) | \_\_\_\_\_\_\_\_\_\_\_\_\_cups | \_\_\_\_\_\_\_\_\_\_\_\_\_cups |
| 1. Diet sodas | \_\_\_\_\_\_\_\_\_\_\_\_\_cups | \_\_\_\_\_\_\_\_\_\_\_\_\_cups |
| 1. Cigarettes/cigars etc | \_\_\_\_\_\_\_\_\_\_\_\_\_packs | \_\_\_\_\_\_\_\_\_\_\_\_\_packs |
| 1. Water | \_\_\_\_\_\_\_\_\_\_\_\_\_cups | \_\_\_\_\_\_\_\_\_\_\_\_\_cups |

**Cravings (circle all that apply)** SALT SUGAR CHOCOLATE BITTER CARBS/STARCHES ICE

What is a typical breakfast for you?

What is a typical lunch for you?

What is a typical evening meal for you?

List any vitamins/minerals you are currently taking\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Major life changes (divorce / loss / trauma etc) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_