

Which of these burdens are you carrying?

- ☐ Age
- ☐ Alcohol and drug use
- ☐ Cola
- ☐ Corticosteroids
- ☐ Dieting/underweight
- ☐ Digestive weakness
- ☐ Early menopause
- ☐ Heavy metals
- ☐ High caffeine use
- ☐ High fats
- ☐ High salt
- ☐ Hormonal imbalance
- ☐ Inadequate fruit and vegetable intake
- ☐ Inflammation
- ☐ Lack of sleep
- ☐ Low sun exposure = poor vitamin D
- ☐ Nutrient deficiency
- ☐ Ovary removal & hysterectomy
- ☐ Pesticides
- ☐ pH imbalance
- ☐ Poor eating habits
- ☐ Processed food
- ☐ Sedentary lifestyle
- ☐ Smoking
- ☐ Some prescription drugs
- ☐ Stress, anxiety, and worry
- ☐ Sugar
- ☐ Too much animal protein
- ☐ Toxins

