

# ADDICTIVE BEHAVIOR APPRAISAL & REMEDY EVALUATION

**IMPORTANT:** This appraisal is designed to help discern products that may optimize a higher quality of health and an easier recovery by easing underlying issues driving addiction.

Read each product description carefully and score **only those statements which pertain to you** on a 1-5 scale of intensity, 5 being the strongest. **You do not have to have every addictive symptom listed in each section** in order for the appropriate remedy to be effective. At the end of the appraisal, prioritize the remedies with the highest score. Remedies, when used in combination, improve effectiveness.

**1 = Symptoms of occasional significance**

**2 = Symptoms of slight significance**

**3 = Symptoms of moderate significance**

**4 = Symptoms of severe significance**

**5 = Symptoms of very severe significance**

## ADDICTIVE BEHAVIOR

The remedies from this category support the generalized issues of addiction and may be used as the basis of all treatments.

### ADDICTIONS

#### General:

- cravings & desires
- addictive tendencies
- negative effects of substance abuse
- inability to change
- regression during recovery

#### Possible Related Physical Conditions:

- Headache,
- disorders of sleep and
- disorders of appetite
- convulsions or tremors
- ulcerations

### OBSESSIONS/COMPULSIONS

#### General:

- anxiety
- compulsive behaviors
- obsessive thoughts
- peculiar mental impulses
- fixed ideas

#### Possible Related Physical Conditions:

- affections of the spleen
- disorders of sleep, insomnia
- disorders of taste and/or smell
- local paralysis
- glandular swelling

### PERFECTIONISM

#### General:

- perfectionist tendencies
- worry
- fear of failure
- inquietude, dissatisfaction
- overly cautious and conscientious
- overly conscientious
- intolerance of others mistakes

#### Possible Related Physical Conditions:

- Quinsy (peritonsillar abscess)
- emaciation
- hair loss
- hiccough
- writer's cramp
- disordered vision

### CALM

#### General:

- impulsiveness
- ADHD
- hyperactivity
- excitability
- restlessness
- nervousness

#### Possible Related Physical Conditions:

- affections of the lungs
- asthma and pneumonia)
- insomnia
- diabetes
- vertigo
- nausea

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## **LOVE YOURSELF**

### **General:**

- self-inflicted violence
- self-hate
- volatile temperament
- quickness to anger
- discontent
- negative self-talk

### **Possible Related Physical Conditions:**

- pain in lumbar and/or sacrum,
- angina pectoris, heart palpitations
- anemia
- hyperpyrexia (very high body temp.)

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## **SMOKE CONTROL**

### **General:**

- cravings for tobacco smoke and chew
- nervousness
- irritability
- poor concentration/ and forgetfulness when quitting
- cough, shortness of breath
- heavy chest due to shallow breathing

### **Possible Related Physical Conditions:**

- fatigue
- asthma
- emphysema
- nausea
- diarrhea
- headache

**THANK YOU FOR COMPLETING THIS QUESTIONNAIRE. If you have MANY symptoms scoring 5, 4, or 3, begin taking remedies for the highest scores to initiate the healing process. These remedies work synergistically and are safe to use for extended periods of time. Work on the areas of most concern to you.**

- **The higher the score, the deeper the issues.**
- **The deeper the addictive issues, the longer the homeopathic remedies may need to be taken.**
- **Several remedies may be combined in order to be most effective.**

**If you have concerns or questions, discuss this appraisal with your health care provider.**

*\*Adapted from the KingBio Personal Health Appraisal*