

STRESS REACTION 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 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

STRESS REACTIONS

Remedies from this category eases external and internal stresses including burnout, lack of sleep, anxiety and fears drive or aggravate the addictive behavior. May be combined with other remedies.

9-1-1 STRESS CONTROL

General:

- all stress-induced states
- nervous tension, anxiety
- trauma
- fearfulness
- over-sensitivity

Possible Related Physical Conditions:

- affections of the lower leg or feet
- vision problems
- generalized physical problems
- unexplained physical complaints

MIND-BODY RESPONSE REMEDY

General:

- physical, mental, emotional stress & trauma
- strains, sprains, bruises
- bites, burns, abrasions
- surgical procedures
- minor anxiety
- nervousness, tension
- shock

Possible Related Physical Conditions:

- many conditions relating to stress, shock, and/or trauma.

MIND-BODY RESTORE REMEDY

General:

- burnout: physical, mental, or emotional
- overwork, nervousness
- long-term stress, illness
- lack of sleep
- muscle weakness

Possible Related Physical Conditions:

- cramps
- headache
- diabetes
- fluid retention
- chronic rheumatism

SWEET DREAMS

General:

- frightening dreams,
- night terrors
- restless tossing
- insomnia

Possible Related Physical Conditions:

- heartburn
- indigestion
- nausea
- sleep disorders

CLAUSTROPHOBIA

General:

- claustrophobia,
- panic, panic attacks and nervous tension.
- feelings of being closed in.
- constricted relationships and careers

Possible Related Physical Conditions:

- numbness
- itching
- swollen hands
- affections of chest, lungs or heart

FEARLESSNESS

General:

- apprehension & anxiety
- fears & phobias
- fear of heights, places
- fear of crowds, people
- fear of animals
- fear of being alone
- fear of public speaking
- fear of ghosts
- fear of the unknown
- fear of death, misfortune
- unfounded fears

Possible Related Physical Conditions:

- heartburn
- indigestion, nausea
- sleep disorders

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 stress response, 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*