

Weight Loss 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 bringing a greater ease to weight loss issues.

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 emotion or 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

WEIGHT LOSS

Choose remedies from this category when the main issues is difficulty losing weight and keeping it off. Combine with other remedies from ADDICTIVE BEHAVIOR and UNDERLYING EMOTIONS.

APPETITE CONTROL

General:

- excessive appetite
- empty feeling in stomach even after eating
- peculiar cravings
- stress eating
- frequent snacking without hunger
- stress induced eating
- emotional eating

WEIGHT CONTROL

General:

- food cravings
- abnormal appetite
- empty feeling in stomach unsatisfied by food intake
- stress induced eating
- emotional eating
- slow metabolism
- genetic predisposition to weight gain
- lack of motivation to exercise
- difficulty maintaining weight loss

WATER RETENTION CONTROL

General:

- water retention
- edema
- swelling associated with metabolic congestion
- salt cravings
- fluid retention associated with menstrual cycle
- alternating salt and sugar cravings

THANK YOU FOR COMPLETING THIS QUESTIONNAIRE. If you have scored 5, 4, or 3, begin taking the remedies to initiate a proper weight loss program. These remedies work synergistically and are safe and most effective when taken for extended periods of time. These are best when combined with remedies from ADDICTIVE BEHAVIOR or UNDERLYING EMOTIONS and/or FOOD ALLERGY remedies.

- The higher the score, the deeper the weight loss issues.
- The longer the weight loss issues, the longer the homeopathic remedies may be taken.
- All three remedies may be combined in order to be most effective.

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