

QUESTIONNAIRE: IS IT TIME FOR A CLEANSE?

Our body is constantly giving us feedback about how it is performing, but in today's society these cues often go unnoticed and our body's call for help goes unanswered. There are many clues that your body may indicate the need for a cleanse.

Answer the following questions to see if you may need a cleanse:	Y/N
Do you experience any bloating, gas or abdominal discomfort?	
Do you experience indigestion or find it hard to digest food?	
Do you experience nausea or indigestion after eating high fat foods?	
Are you constipated, do not pass a stool regularly or require straining?	
Do particular foods give you digestive discomfort or affect the regularity or consistency of stools?	
Do you experience diarrhoea or loose stools with increased frequency?	
Do you experience allergies or hay fever?	
Do you have dull, dry or itchy skin, acne, psoriasis or eczema?	
Do you increasingly feel tired and fatigued?	
Do you have trouble sleeping?	
Do you experience frequent headaches?	
Are you experiencing general body aches and pains?	
Do you feel run-down or constantly suffer from colds and infections?	
Are you experiencing reproductive or fertility issues?	
Do you have symptoms or heavy metal exposure such as nausea, vomiting, diarrhoea, loss of appetite, garlic breath, metallic taste, irritability, fatigue, poor short-term memory, tremors and kidney dysfunction?	
Do you experience PMS (e.g. food cravings, fluid retention, irritability, breast tenderness)?	
Are you currently on, or have recently taken, a course of antibiotics or other prescription medication?	
Do you regularly consume alcohol, and/or coffee?	
Are you a regular smoker or take recreational drugs?	



If you have answered yes to more than 8 of these questions, then you will benefit from the Wholefood Cleanse.