

Is It Time for a Cleanse?

A free questionnaire from Jasmin Sturm — Naturopath & Medical Herbalist

Our body constantly gives us feedback about how it is performing — but in the busyness of daily life, these cues often go unnoticed. Answer the questions below honestly to see whether a wholefood cleanse might be what your body needs right now.

Answer the following questions:	Yes / No
Do you experience bloating, gas or abdominal discomfort?	Yes / No
Do you experience indigestion or find it hard to digest food?	Yes / No
Do you experience nausea after eating high fat foods?	Yes / No
Are you constipated, or do you need to strain to pass a stool?	Yes / No
Do particular foods cause digestive discomfort or affect your bowel regularity?	Yes / No
Do you experience diarrhoea or loose stools with increased frequency?	Yes / No
Do you experience allergies or hay fever?	Yes / No
Do you have dull, dry or itchy skin, acne, psoriasis or eczema?	Yes / No
Do you increasingly feel tired and fatigued?	Yes / No
Do you have trouble sleeping?	Yes / No
Do you experience frequent headaches?	Yes / No
Are you experiencing general body aches and pains?	Yes / No
Do you feel run-down or suffer from colds and infections frequently?	Yes / No
Do you have symptoms that may suggest heavy metal exposure - metallic taste, poor short-term memory, irritability, or fatigue?	Yes / No
Do you experience PMS - food cravings, fluid retention, irritability, or breast tenderness?	Yes / No
Have you recently taken antibiotics or other prescription medication?	Yes / No
Do you regularly consume alcohol and/or coffee?	Yes / No

If you answered yes to 8 or more questions — your body is asking for a reset. The 21 Day Wholefood Cleanse was designed for exactly this.

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