

WHAT'S YOUR WELLNESS SCORE?

TAKE OUR FREE HEALTH RISK ASSESSMENT TO FIND OUT NOW

YOUR HEALTH IS TOO IMPORTANT TO LEAVE TO CHANCE!

Take our **FREE Health Risk Assessment** and find out what your wellness score is, and what you can do to minimize your health risks and live a healthier life.

Then, call us to schedule your **FREE follow-up evaluation** to determine which Wellness Program is right for you, based on your results and specific risk factors.

ElevatedHealthEssentials.com

815-200-3612

Dr. Chris Sahli

FREE

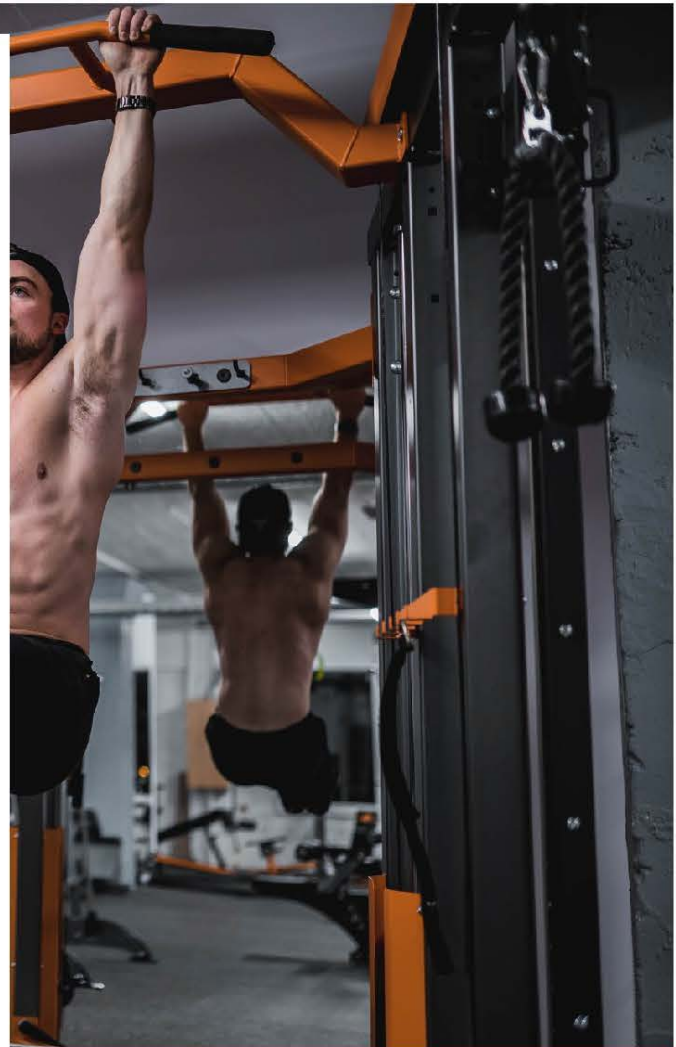
WELLNESS QUIZ

Circle the number for each symptom you have

1. Bloat after eating, gas, or indigestion
2. Gastric reflux or take antacids or acid blocker (like Prilosec)
3. Constipation or diarrhea
4. Lower bowel gas
5. Fatigue after eating
6. Pain or discomfort under right side of rib cage
7. History of gallstones or gallbladder attack
8. Greasy foods upset stomach
9. Night sweats
10. Itchy anus
11. Dry, itchy skin
12. Eczema or psoriasis
13. Heels crack or peel
14. Crave sweets
15. Fatigue in the late afternoon
16. Wake up at night with trouble falling back asleep
17. Need to lose weight
18. Trouble falling asleep
19. Asthma or hay fever
20. Allergic to dust, mold, or chemicals
21. Pulse speeds after meals
22. Stuffy sinuses, frequent sinus infections
23. Frequent infections
24. Frequent colds or flu
25. Frequent use of antibiotics
26. Yeast infections (athletes' foot, vaginal, etc.)
27. High blood pressure
28. Type 2 diabetes
29. Headaches
30. Joint pain or arthritis

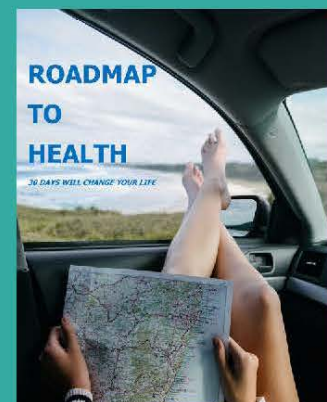
Your health score = the number of symptoms not circled ____

If you circled any, read *Roadmap to Health*. If you circled more than one, discuss it with your health provider.



Roadmap to Health

FREE from our office; 30 days will
change your life.



rcnnc.com

815-200-3612

Dr. Chris Sahli

What Does it Mean?

The symptoms listed give us clues to helping you find optimum health. Please give us the opportunity to help you to interpret this quiz.

Free Consultation

Choosing a health care provider is a big decision. You want to be sure that you can be helped, and that the relationship is a good fit. Similarly, we want to make sure that you are in the right office and that we can help you. For these reasons, let us spend some time together and see if we can effectively help you.

Please call (815) 200-3612 for an appointment