

# RATE YOUR WELLNESS

Age 10 20 30 40 50 60 **70** 80 90 **100** 110 **120**

<b>PERFECT HEALTH LEVEL 1</b>	<b>No Drugs Needed</b>	Healthy Weight Freedom of Mobility Restful Sleep High Energy, Faith
<b>EARLY SIGNS OF INBALANCE LEVEL 2</b>	<b>Over the Counter Drugs</b>	Headaches Colds and Flu Fatigue, Overweight
<b>RED FLAGS OF DISEASE LEVEL 3</b>	<b>1-2 Prescription Drugs</b>	ADD, ADHD, Anxiety, Migraines Insomnia, Hypertension Fibromyalgia, Allergies, ED Infertility, Obesity
<b>DISEASE</b>	<b>DISEASE</b>	<b>DISEASE</b>
<b>BEGINNING OF DISEASE LEVEL 4</b>	<b>3-5 Prescription Drugs</b>	Diabetes, Arthritis, High Blood Pressure, Depression, Anxiety Hypertension, Inflammation Osteopenia , Lupus, MS
<b>DEHABILITATING DISEASE LEVEL 5</b>	<b>5-10 Prescription Drugs</b>	High Homocysteine Elevated PSA, Parkinson's Osteoporosis, Alzheimer's
<b>LIFE THREATENING DISEASE LEVEL 6</b>	<b>10 + Prescription Drugs</b>	Cancer Stroke Heart Attack
<b>DEATH</b>	<b>DEATH</b>	<b>DEATH</b>

## Poisons to the Body

- Tobacco
- Alcohol
- Caffeine
- Sugar
- Chemicals
- Drugs
- Stress

## Poor Lifestyle Choices

- Low water intake
- No Exercise
- Poor Diet
- Lack of Sleep
- Overworked
- Negativity
- Non Personal Growth

## Good Lifestyle Choices

- Juice Plus
- Omega 3
- Vitamin D
- Fruits & Vegetables
- Exercise
- 8 hrs Sleep
- Read, learn and grow