

# Do I Need A Reset?

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Check all symptoms that currently apply:

<input type="checkbox"/> Difficulty losing weight	<input type="checkbox"/> Unexplained muscle or joint pain
<input type="checkbox"/> Fatigue or low energy	<input type="checkbox"/> Hormone imbalances
<input type="checkbox"/> Headaches or migraines	<input type="checkbox"/> Mood swings, depression, anxiety
<input type="checkbox"/> Respiratory issues or allergies	<input type="checkbox"/> Skin issues, eczema, rashes, or acne
<input type="checkbox"/> Abdominal discomfort, gas, bloating cramps, diarrhea, or constipation	<input type="checkbox"/> Frequent infections, low immune system
	<input type="checkbox"/> Difficulty going to sleep, staying asleep, waking up

Boxes Checked:	Interpretation:	Recommendation:
1	Mild Imbalance	Terra µBiotic & Terra Superfood
2-3	Moderate Imbalance	Terra µBiotic, Terra Superfood, & ImmuneGenic
4+	Significant Imbalance	Holobiome Roadmap recommended to restore balance across all 11 body systems



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