

NERVOUS SYSTEM

QUESTIONNAIRE

Read each of the statements below. In the box to the right of the statement, circle a number from 0–3, based on how much the statement applies to you. Use the following key:

- 0 = never applies to me
- 1 = rarely applies to me
- 2 = sometimes applies to me
- 3 = often applies to me

Total the numbers in each column at the bottom.

	Stressed	Anxious	Discouraged	Sleepless
I feel like I have too much to do and it makes me feel stressed.	0 1 2 3			
I am under a lot of pressure at work and/or at home.	0 1 2 3			
I've been facing many difficult situations recently.	0 1 2 3			
I feel overwhelmed by what's going on in my life.	0 1 2 3			
I don't get much time to relax.	0 1 2 3			
I tend to feel nervous in new situations.		0 1 2 3		
I feel shaky and uneasy sometimes.		0 1 2 3		
I worry about a lot of things.		0 1 2 3		
I have a lot of repetitive stressful thoughts.		0 1 2 3		
I feel anxious in certain situations.		0 1 2 3		
I feel discouraged about things that are happening in my life.			0 1 2 3	
I want to sleep a lot.			0 1 2 3	
I have a hard time getting excited or motivated.			0 1 2 3	
I feel tired and perhaps a little bit sad.			0 1 2 3	
I tend to slouch when I sit or stand.			0 1 2 3	
It's hard for me to unwind and relax.				0 1 2 3
It's hard to go to sleep because there is so much on my mind.				0 1 2 3
I have a lot of tense muscles.				0 1 2 3
I tend to stay up late at night.				0 1 2 3
I sometimes have a hard time getting to sleep.				0 1 2 3
Totals				

EVALUATING YOUR SCORE: The column with the highest score can be a guide to which supplements might be the most helpful for your nervous system. If your total score in a column is less than 5, we would suggest you continue taking a daily essential product such as Super Trio; if your score is 5–9, you may wish to consider a supplement(s) from the list below; for a score of 10 or higher, you should definitely consider a comprehensive herbal program by adding additional support products.

SUPPLEMENTS TO CONSIDER:

Stressed: Nutri-Calm® (additional support: Stress-J, Distress Remedy, Nervous Fatigue TCM)

Anxious: AnxiousLess™ (additional support: Stress Relief TCM, Kava Kava, Be Courageous)

Discouraged: Mood Elevator TCM (additional support: 5-HTP Power, St. John's Wort, Find Strength)

Sleepless: Herbal Sleep (additional support: 5-HTP Power, Melatonin Extra)

NATURE'S SUNSHINE®