

## Retest Questionnaire

Name \_\_\_\_\_

Date \_\_\_\_\_

Phone \_\_\_\_\_

Age \_\_\_\_\_

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**On a scale of 0-5, how closely have you been following your Mineral-Nutritional Balancing program?      0 = not at all    5 = doing well**

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Diet \_\_\_\_\_ Dry Skin Brushing \_\_\_\_\_ Coffee Enema \_\_\_\_\_ Meditation \_\_\_\_\_

Sauna/Sauna Light \_\_\_\_\_ Supplements \_\_\_\_\_ Sleep \_\_\_\_\_

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**Describe changes you've noticed in your symptoms or condition since you began your Mineral-Nutritional Balancing program.**

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**Do you have questions about your supplements and detoxification procedures?**

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**Is anything interfering with your ability to follow the program?**

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**Is there anything else you want me to know as I update your Mineral-Nutritional Balancing program?**

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Disclaimer and disclosure: Susan Cachay is not a medical doctor.

Nothing here is intended to discourage anyone from seeking or following the advice of a medical doctor.

This is not meant to diagnose, treat or cure any diseases and isn't a substitute for standard medical care.

**What are typical examples of your meals and snacks?**

<b>Breakfast</b>	<b>Beverage</b>
<b>Mid-morning Snack</b>	<b>Beverage</b>
<b>Lunch</b>	<b>Beverage</b>
<b>Mid-afternoon Snack</b>	<b>Beverage</b>
<b>Dinner</b>	<b>Beverage</b>
<b>Evening Snack</b>	<b>Beverage</b>

## Health Issues & Life Experiences

acne
addiction – alcohol
addiction – other substances
addiction – other
allergies – other than food
anemia
anger
angina
anxiety
arteriosclerosis
arthritis – osteo
arthritis - rheumatoid
asthma
attention deficit disorder
autism
bipolar disorder
bloating
blood pressure – low
blood pressure – high
body temperature – low
brain fog
bronchitis
bruising – easy
bursitis
cataracts
cholesterol – high
circulation – poor
cirrhosis
cold – feeling of
colitis
confusion
constipation
cough
depression
dermatitis
development – delayed
diabetes
diarrhea
diverticulitis
dizziness
dry skin
dyslexia
eczema
emphysema
eyes – glaucoma
eyes – macular degeneration
fatigue
fear
fissures
food - allergies
food cravings – fats
food cravings – starches
food cravings – sweets
food cravings – other
food – can't skip meals
fractures

gallstones
gout
hair loss
headaches – migraine
headaches – sinus
headaches – tension
heart attack
heart – atrial fibrillation
heart – palpitations
heart rate – rapid
heartburn
hemorrhoids
hives
hunger – excessive
hunger – little to none
hyperkinesia
hyperglycemia
hyperthyroidism
hypoglycemia
hypothyroidism
infection – bacterial
infection 2 fungal / candida
infection – urinary tract
infection – viral
infertility
intestinal gas
irritability
irritability – before meals
joint pain
joint stiffness
kidney infections
kidney stones
learning disability
memory – poor
meniere's disease
mind racing
mood swings
multiple sclerosis
muscle – cramps
muscle – pain
muscle – weakness
neuritis
obsessive/compulsive
osteoporosis
panic attacks
parkinson's disease
postnasal drip
psoriasis
schizophrenia
scleroderma
seizures
sinus – congestion
sleep – insomnia
sleep – disturbance
smoking
stomach pain

sugar reactions
suicidal thoughts
teeth – decay
teeth – dental amalgams
teeth – excessive plaque
teeth – gum disease
triglycerides – high
tumors/cancer
ulcer
urination – frequent
urination – painful
vertigo
water retention
weight – tend to gain
weight – tend to lose
wound healing - slow
<b>Men</b>
impotence
prostate problems
<b>Women</b>
breasts – fibrocystic
breasts – tumors
cramps
fibroid tumors
hot flashes
menopause
menstruation – none
menstruation – heavy
menstruation – irregular
menstruation – light
ovarian cysts
pap smear – abnormal
pregnant – currently
premenstrual syndrome
water retention
yeast infection
<b>Trauma</b>
abuse – emotional
abuse – physical
abuse – sexual

**Comments**