



## Is it Time for A Cleanse?

*Check any that apply to you.*

- Do you get bloated after eating?
- Do you tend to gain weight easily especially in your belly?
- Do you have extra pounds that won't come off with diet and exercise?
- Do you have headaches more than occasionally?
- Do you frequently belch or feel gassy or gurgling in your belly?
- Do you tend to feel lethargic during the day?
- Do you have cravings for sugar or starchy foods?
- Do you experience mood swings or anxiety?
- Do you have difficulty focusing or experience foggy brain?
- Do you have allergies or hayfever?
- Do you experience pain, muscle achiness, or stiffness in your joints?
- Do you feel addicted to foods that you know aren't good for you... and yet you can't stop?
- Do you feel anxious, upset, nervous, or downright cranky?

If you "Checked" any of these questions, you would greatly benefit from a cleanse!