

	Y	N		Y	N
<p>BREATHING & SLEEP</p> <p>Do they sleep 7-8 hours a night without waking up? Do they breathe through the nose (rather than the mouth)? Do they sleep on their left side all night (and not on their back)? If they did snore, has it been addressed and stopped now? If they had sleep apnoea, has it been addressed and stopped now? Do they stop eating food 3 hrs before bedtime? Do they stop using blue light screens (iPad, phone, etc.) 3 hours before bed? Do they get outside and see sunlight within 30 mins of waking up?</p>			<p>DETOX</p> <p>Have they been tested for toxin exposure (pesticides, metals, mould...)? Is their house free of mould? Are they sweating at least twice a week? Are bowels operating smoothly (not constipated)? Do they drink 2 litres of water a day? Do they eat organic food (local fresh produce or frozen fruit/veg)? Do they regularly eat within a 12-hour window? Have they had their mercury fillings checked by a biological dentist?</p>		
<p>GENETICS, TRAUMA, ACES's, INFECTION & TICKS</p> <p>If they had any trauma (memories, emotions), have they resolved it? Infections (Herpes, Candida, Epstein Barr, Gingivitis, UTIs...) tested & resolved? If they had a tick bite they've been tested & treated for Lyme disease?</p>			<p>NATURE, LIGHT & GROUNDING</p> <p>Do they walk on grass barefoot (or with bare feet while sitting)? Do they garden, grow or harvest food, touch the soil with bare hands? Do they go outside to see the sun at sunrise or sunset? Do they ever sit by a fire, fireplace or candle and watch the flames? Do they participate in or attend outdoor activities? Do they participate in nature-based activities? Do they spend time around and touch animals, pets, horses, etc...?</p>		
<p>NUTRITION & GUT-BRAIN CONNECTION</p> <p>Have sugar and simple carbs in their diet been reduced? Have they reduced or cut out grains containing gluten (wheat & rye)? Do they eat prebiotics (Jerusalem artichokes, garlic or onion)? Do they eat probiotics (with live cultures) sauerkraut, yoghurt...? Do they eat nutrient-dense foods (leafy green veg, berries, nuts, seeds)? Do they limit their food intake to 12 hours or less? Have they tried any new unfamiliar foods you have suggested? Do they supplement (B vitamins, Vit C, Vit D, CoQ10, zinc, copper, etc)? Do they eat oily fish (sardines, mackerel, anchovies, salmon, herring)? Do they eat good fats (butter, ghee, coconut oil, olive oil, avocado)? Have they been checked for leaky gut and fixed it if necessary with diet?</p>			<p>MOVEMENT & EXERCISE</p> <p>Do they do cardio exercises (get the heart rate up, breathe heavily)? Do they do any strength training with weights or bands? If they exercise, are weight or reps increased steadily over time? Do they do exercise such as yoga, tai chi, Pilates? Do they practice breathing exercises?</p>		
<p>STIMULATION – COGNITION, HORMONES & THYROID</p> <p>Are they doing any daily programmed or online cognitive training? Do they do daily crosswords, sudoku, word search or similar? Do they play cards, bridge, dominoes, etc. with others? Have hormones been optimised and deficiencies addressed? Has thyroid been optimised and deficiencies addressed?</p>			<p>STRESS MANAGEMENT</p> <p>Do they do any creative/expressive art or craft? Are they providing any sort of charity/caring/service to others? Do they play music (drumming, another instrument)? Do they ever dance or move to music? Do they ever sing (to themselves, with others, in a choir...)? Do they ever laugh or have any humour in their life? Do they have connection to God, Spirit, the Divine, etc?</p>		