



CELLULAR COMMUNICATION

1. I have dry skin or use moisturizers.

No	0		Yes	2	
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2. I have eczema or psoriasis.

No	0		Yes	2	
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3. I am losing hair, it is thin and brittle.

Never	0		Sometimes	1		Often	2	
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4. My nails are brittle and peel.

Never	0		Sometimes	1		Often	2	
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5. I have painful, tired, and heavy legs, with vein problems.

Never	0		Sometimes	1		Often	2	
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6. My hands and feet are cold, or I feel tingling in my extremities.

Never	0		Sometimes	1		Often	2	
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7. For women: I have premenstrual symptoms (breast tenderness, pain, fatigue, depression) / For men: When staying up late, do you have swelling around your ankles?

Never 0		Sometimes 1		Often 2	
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8. I am prone to infections (ENT, lung, urinary, digestive, genital infections).

Never 0		Sometimes 1		Often 2	
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9. I have memory and concentration problems.

Never 0		Sometimes 1		Often 2	
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10. I am anxious or depressed.

Never 0		Sometimes 1		Often 2	
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11. I am frequently on a diet.

No 0		Yes 2	
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Up to this point, there are signs and symptoms of omega-3 fatty acid deficiency.

12. I regularly consume carbonated drinks.

No 0		Yes 2	
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13. I add salt, my food is often not salty enough.

No 0		Yes 2	
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14. I have edema (swelling) and/or fluid retention in my body.

Never 0		Sometimes 1		Often 2	
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15. I have tendonitis (inflammation of the tendons).

Never 0		Sometimes 1		Often 2	
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16. I regularly have muscle cramps.

No 0		Yes 2	
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17. I get injured when playing sports (contractures, strains, sprains).

Never 0		Sometimes 1		Often 2	
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18. I have kidney colic and/or kidney stones.

No 0		Yes 2	
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19. I take medication for high blood pressure.

No 0		Yes 2	
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20. I have osteoporosis.

No 0		Yes 2	
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Up to this point, there are signs and symptoms of pH imbalance.