



Immune System Strength Assessment

Helping you assess the strength of your immune system and what you can do to improve it or maintain it, is important to us. To follow are 10 general health and lifestyle questions that will help you conduct a personal assessment.

Scoring System:

- 0 = Never
- 1 = Rarely
- 2 = Occasionally
- 3 = Moderately
- 4 = Frequently
- 5 = Constantly

Read each question, score it, and write down your answer.

1. I experience digestive upset including loss of appetite, diarrhea, constipation or cramping. ____
2. I suffer from sinus troubles including dry passages. ____
3. I have zero energy. ____
4. I tend to catch frequent colds and illnesses. ____
5. My life is very stressful. ____
6. I consume sugar or artificial sweeteners and/or crave sugar. ____
7. I suffer from breathing issues. ____
8. I have been prescribed and have taken antibiotics in my life. ____
9. I have trouble falling and/or staying asleep, or I never get restful sleep. ____
10. I drink at least half my body weight in ounces of water every day. ____

Next, add up your score. The higher your score, the more likely your immune system requires attention in the form of a lifestyle change.

Are you concerned about the result? We now offer Custom Nutrition Online services and can help you discover methods for strengthening your immune system. Contact us online at ShoresWellnessSolutions.com to get started!

Yours in Health,
Dr. Dave & Amy