

# NERVOUS SYSTEM QUESTIONNAIRE

Read each of the statements below. In the box to the right of the statement, circle a number from 0–3, based on how much the statement applies to you. Use the following key:

- 0 = never applies to me
- 1 = rarely applies to me
- 2 = sometimes applies to me
- 3 = often applies to me

**Total the numbers in each column at the bottom.**

|  | Stressed | Anxious | Discouraged | Sleepless |
|--|----------|---------|-------------|-----------|
| I feel like I have too much to do and it makes me feel stressed. | 0 1 2 3  |         |             |           |
| I am under a lot of pressure at work and/or at home.             | 0 1 2 3  |         |             |           |
| I've been facing many difficult situations recently.             | 0 1 2 3  |         |             |           |
| I feel overwhelmed by what's going on in my life.                | 0 1 2 3  |         |             |           |
| I don't get much time to relax.                                  | 0 1 2 3  |         |             |           |
| I tend to feel nervous in new situations.                        |          | 0 1 2 3 |             |           |
| I feel shaky and uneasy sometimes.                               |          | 0 1 2 3 |             |           |
| I worry about a lot of things.                                   |          | 0 1 2 3 |             |           |
| I have a lot of repetitive stressful thoughts.                   |          | 0 1 2 3 |             |           |
| I feel anxious in certain situations.                            |          | 0 1 2 3 |             |           |
| I feel discouraged about things that are happening in my life.   |          |         | 0 1 2 3     |           |
| I want to sleep a lot.   |          |         | 0 1 2 3     |           |
| I have a hard time getting excited or motivated.                 |          |         | 0 1 2 3     |           |
| I feel tired and perhaps a little bit sad.                       |          |         | 0 1 2 3     |           |
| I tend to slouch when I sit or stand.                            |          |         | 0 1 2 3     |           |
| It's hard for me to unwind and relax.                            |          |         |             | 0 1 2 3   |
| It's hard to go to sleep because there is so much on my mind.    |          |         |             | 0 1 2 3   |
| I have a lot of tense muscles.                                   |          |         |             | 0 1 2 3   |
| I tend to stay up late at night.                                 |          |         |             | 0 1 2 3   |
| I sometimes have a hard time getting to sleep.                   |          |         |             | 0 1 2 3   |
| <b>Totals</b>  |          |         |             |           |

**EVALUATING YOUR SCORE:** The column with the highest score can be a guide to which supplements might be the most helpful for your nervous system. If your total score in a column is less than 5, we would suggest you continue taking a daily essential product such as Super Trio; if your score is 5–9, you may wish to consider a supplement(s) from the list below; for a score of 10 or higher, you should definitely consider a comprehensive herbal program by adding additional support products.

### SUPPLEMENTS TO CONSIDER:

**Stressed:** AnxiousLess™ (additional support: Nutri-Calm®, Stress-J, Distress Remedy, Nervous Fatigue TCM)

**Anxious:** AnxiousLess (additional support: Stress Relief TCM, Kava Kava, Be Courageous)

**Discouraged:** AnxiousLess (additional support: Mood Elevator TCM, 5-HTP Power, St. John's Wort, Find Strength)

**Sleepless:** AnxiousLess (additional support: Herbal Sleep, 5-HTP Power, Melatonin Extra)