Holistic (whole body) Health Assessment Rating Chart
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**Background**
The body has many factors that can affect the overall health and wellness. They are listed below for your assessment. The list is rather long but the body is rather complex. Take this assessment seriously. Based on the results you can map out your best strategy to improve your health and wellness. The factors with really bad (high) ratings will definitely need to be addressed for health improvement. Hopefully your scores in many areas will be pretty low (10 or below). Pick a few factors to work on at a time to make it easier. A complete purification and balancing process can take several years to correct many areas, but significant health progress can often be made in 6-9 months by working on a few critically bad areas. Any improvements will probably help.

**How to rate yourself in the various factors?**
- You can rate yourself on many of these factors without formal tests.
- Some self tests or analysis techniques are available at [http://www.selfcare4you.com/](http://www.selfcare4you.com/)
- Visit a doctor or health practitioner for some additional testing and analysis.
- Get some tests performed using direct access testing facilities. There are many reasonably priced excellent tests and the results come back directly to you. [http://www.directlabs.com/](http://www.directlabs.com/) (note: some states do not have sample collecting facilities.)

**Purification and Balance Rating Chart**
Use your best available information available to do the rating. Sometimes it is good to rate yourself and then have someone close to you rate you. Then compare results. Don't let a lack of super accurate testing results stop you from making your best assessment first. Then just mark which factors may need some additional testing results for better accuracy. After getting more test results, adjust your chart scores. Once you start on a purification and balancing process, do the rating chart every 6 months to check progress.

**Scoring Guidelines.**
Mark a score from 0-50.
- 0 = The best (difficult to achieve – no problems in the area at all).
- 10 = Could be slightly better but not bad enough to cause any health concerns.
- 20 = Some significant problems exist. This rating will start impacting your health.
- 30 = Problems are very significant. Your health is definitely impacted.
- 40 = Serious problems exist. Your health is seriously affected by this factor.
- 50 = The very worst, very out of balance and major problems in this area (a near 50 rating in any one category can often ruin your health).

Place a number between 0 and 50 for your rating. Take note of any scores 30 or higher. Those are your really bad ones. A really bad score in any one category can sometimes significantly affect your overall health and wellness.

Many times people have significant problems in some of these areas and do not know it. Discovering these hidden significant negative health factors is often a key to helping a person get better. The body will usually heal itself once these significant negative factors are removed. If you have poor health in some ways and your ratings here do not show the problem area(s), then seek additional testing or consultation. All people with poor health have at least several really bad health factor categories.
If you do not have a good idea of your score, then take the recommended default values. These are based on the condition of typical adults and the average negative influence this factor may have on their health. For example, many people have a significant infestation or toxin problem and they do not know it. If you have some idea of your condition in the area, then do not take the default values.

A quick look at the typical default values shows that many adults are

Really bad at (1) infestations, (2) toxins, (3) liver and colon, (4) nutrition habits, (5) drug dependence, (6) stress level

And pretty bad at (1) exercise and breathing, (2) acid-alkaline balance, (3) teeth health, (4) body weight, (5) sleep quality

Any one adult is not usually really bad in all 11 factors above, but they are usually really bad in at least 3 or more of these factors and maybe some of the others in the list. That is enough to take almost any person’s health down significantly. People with poor health often have 6 or more really bad factors.

<table>
<thead>
<tr>
<th>Purification and Balance Factor/Categories</th>
<th>Weighting Score</th>
<th>Your Score</th>
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</thead>
<tbody>
<tr>
<td><strong>Infestation Problems</strong> - bacteria, viruses, parasites, fungus, Candida, yeast, mold, cancer, all other pathogens. (default average value: 30)</td>
<td>50</td>
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<tr>
<td><strong>Toxin Accumulation</strong> now in your body - heavy metals, chemicals, drugs, waste products from infestations/pathogens. (default average value: 30)</td>
<td>50</td>
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<tr>
<td><strong>Toxin Exposures</strong> still in your life (current) - environmental exposures from air, smoke, water, food, electrical, dental, and exposures in your house, work, and all regular places you visit. (default average value: 30)</td>
<td>50</td>
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<tr>
<td><strong>Liver and Colon Health</strong> - bowel regularity, good bacteria, liver disease, liver plugged, damaged from illnesses, drugs, or chemicals. (default average value: 30)</td>
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<tr>
<td><strong>Kidney, Urinary Tract</strong> - infections, stones, inflammation, easy urine flow, urgency, incontinence, damaged from illnesses, drugs, or chemicals. (default average value: 15)</td>
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<tr>
<td><strong>Oxygen Transport</strong> - quality of blood, iron, hemoglobin, toxins, regular oxygen getting throughout the body, resting pulse rate. (default average value: 15)</td>
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<tr>
<td><strong>Exercise and Breathing</strong> - get regular aerobic and strength exercise, practice deep breathing, active life style. (default average value: 25)</td>
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<tr>
<td><strong>Acid-Alkaline Balance</strong> - body pH, saliva testing indicates you are acid during most of the day instead of being the healthy alkaline state. (default average value: 25)</td>
<td>50</td>
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<td><strong>Skin Health</strong> - ability to sweat, regularly do activities which cause you to sweat, skin conditions - acne, psoriasis, eczema. (default average value: 10)</td>
<td>50</td>
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**Nutritional Balance and Eating Habits** - proper high quality food for you (high BERC energy safety and Chemical safety rating, quality nutrients), amount of junk food you eat, eat slowly and chew often before swallowing each bite.  
(default average value: 30)  

**Supplement Optimization** - use only the needed high quality BERC energy safety and chemical safety rated products.  
(default average value: 10)  

**Drug Dependence** - stimulants, uppers, downers, alcohol, pain meds, doctor prescribed drugs, over the counter drugs, total amount of all kinds of drugs taken. (default average value: 30)  

**Hydration Status** - daily drink plenty of clean water a day, most of liquid consumed is not soda pop, juices, coffee, and others, quantity and color of urine produced each day.  
(default average value: 20)  

**Hormone Balance** - all hormones are in proper balance without use of artificial hormone therapies. (default average value: 15)  

**Stress Level in Your Life** - mental, emotional, physical total and regular stress levels, worry, workaholic. Are you relaxed and calm most of the time? At peace with yourself? Many underrate themselves in this category. Be honest!  
(default average value: 30)  

**Immune System Strength, Balance and Functioning** - get sick easily and often, frequent colds or coughs, have immune disease(s), ability to fight infections. (default average value: 20)  

**Energy Blockages** - core body scars, surgeries, injuries, skeletal misalignments, other causes disrupting the body’s natural electrical energy flow. (default average value: 15)  

**Teeth Health** - metal dental fillings, root canals, infections, pain, cavities. (default average value: 25)  

**Body Weight is Proper for Your Body Type** - overweight, obese, too thin, percent body fat in proper range, body mass index score is in proper range. (default average value: 25)  

**Sleep Quality and Quantity** - wake up feeling refreshed, don't need stimulants to get going and keep going each day.  
(default average value: 25)  

**Support Groups** - have family, friends, and others there to talk to and assist as needed. (default average value: 15)  

**Spiritual Balance** - strong and regular spiritual practices, have strong faith. (default average value: 10)  

**Mental Activity** - regularly do mentally stimulating activities.  
(default average value: 5)  

<table>
<thead>
<tr>
<th>Your Total Score (lower is better)</th>
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<tbody>
<tr>
<td>Number of Factors/Categories rated 30 or above (Number of really bad ones)</td>
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