

body systems quiz

Score each statement then calculate the total for each body system.

0 Never

1 Occasionally

2 Often

3 Almost Always

CARDIOVASCULAR

Cold hands and feet	
Frequent consumption of fried foods	
Poor concentration or memory	
Smoker/stressful or sedentary lifestyle	
Total	

INTEGUMENTARY

Complexion or other skin issues	
Dry, brittle or thinning hair	
Dry, brittle nails	
Rashes, lesions or bruise easily	
Total	

DIGESTIVE

Belching, gas or discomfort after meals	
Fewer than 2 bowel movements per day	
Food allergies/difficulty digesting certain foods	
Heavy coating on the tongue	
Total	

LYMPHATIC

Exercise less than 2 times per week	
Lack of energy or chronic fatigue	
Swelling or inflammation	
Unexplained chronic issues (headache, skin, etc)	
Total	

EMOTIONAL HEALTH

Express emotions in unhealthy ways	
Feeling irritable, anxious, moody or down	
Feeling that life has little or no purpose	
Stressful lifestyle or feeling drained	
Total	

MUSCULAR/SKELETAL

Brittle nails or hair	
Diet high in meats, grains or caffeine	
Muscle cramps or spasms	
Sore, painful or weak joints and bones	
Total	

ENDROCRINE

Crave or consume sweets, salty or junk foods	
Feeling irritable, anxious, moody or down	
Monthly female issues or low sex drive	
Restless sleep or lack of sleep	
Total	

NERVOUS

Numbness or tingling	
Smoker/regularly consume alcohol or caffeine	
Stressful lifestyle	
Tremors, muscle cramps or spasm	
Total	

EXCRETORY

Diet high in meats and grains	
Frequent or painful urination/urinary issues	
Puffiness under eyes	
Sore, painful or weak joints/bones	
Total	

REPRODUCTIVE

Hot flashes, sweats, irregular body temperature	
Low sex drive	
(Women) PMS or menstrual irregularities	
(Men) Impotence or prostrate issues	
Total	

IMMUNE

Frequent illness (more than twice per year)	
Frequent use of antibiotics	
Less than 3 servings of fruits + veggies per day	
Stressful lifestyle	
Total	

RESPIRATORY

Exposure to air pollutants	
Frequent illness (more than 2x per year)	
Heavy mucus production or congestion	
Puffiness under eyes	
Total	

body systems support

Use your highest score(s) from the quiz to decide which body system(s) to focus on first. Here are suggested Young Living products that support the different body systems. Combine these products with other healthy lifestyle changes to promote longevity and wellness.

Cardiovascular

Vitality Essential Oils: Cinnamon Bark, Clove, Lavender

Other: AromaLife™, CardioGize™, Helichrysum, Master Formula™, Mineral Essence™, NingXia Red®, OmegaGize™

Integumentary

Vitality Essential Oils: Carrot Seed, Frankincense, Lavender

Other: ART® skin care system, Charcoal Bar soap, Mineral Essence™, NingXia Red®, Sulfurzyme™, Super C™

Digestive

Vitality Essential Oils: DiGize™, Ginger, Peppermint

Other: Alkalime™, Comfortone™, Digest & Cleanse™, Essentialzyme-4™, Life 9™, Master Formula™, NingXia Red®

Lymphatic

Vitality Essential Oils: Citrus Fresh™, Lemon, Lemongrass, JuvaFlex™

Other: Cel-lite Magic Massage Oil™, Helichrysum, Master Formula™, MultiGreens™, NingXia Red®

Emotional Health

Vitality Essential Oils: Bergamot, Citrus Fresh™, Frankincense

Other: Alkalime™, AminoWise™, Cortistop™, Feelings® Collection, FemiGen™, Joy™, Life 9™, Mineral Essence™, NingXia Red®, Progressence Plus™, Release™, Super B™, Transformation™

Muscular/Skeletal

Vitality Essential Oils: Basil, Frankincense, Marjoram, Peppermint

Other: Agilease™, BLM™, CBD Muscle Rub, Deep Relief™, MegaCal™, Multigreens™, Master Formula™, NingXia Red®, Sulfurzyme™, Super Cal Plus™

Endocrine

Vitality Essential Oils: Endoflex™, Frankincense, Rosemary

Other: EndoGize™, Master Formula™, Mineral Essence™, NingXia Red®, PD 80/20™, Prenolone Plus™, Cream, Super B™, Thyromin™

Nervous

Vitality Essential Oils: Frankincense, Lavender, Lemongrass, Peppermint

Other: Brain Power™, Cedarwood, Master Formula™, MindWise™, Mineral Essence™, NingXia Red®, OmegaGize™, Petitgrain, Super B™, Vetiver

Excretory

Vitality Essential Oils: DiGize™, Fennel, Lemon, Lemongrass

Other: 5 Day Nutritive Cleanse™, Cleansing Trio™, K&B Tincture™, Life 9™, Master Formula™, NingXia Red®

Reproductive

Vitality Essential Oils: Endoflex™, JuvaFlex™, Sclaessence™

Other: Master Formula™, Mineral Essence™, MultiGreens™, NingXia Red®, PD 80/20™, Progressence Plus™

Immune

Vitality Essential Oils: DiGize™, Frankincense, Lemon, Oregano, Thieves

Other: Alkalime, ImmuPro™, Inner Defense™, Life 9™, Longevity™, Master Formula™, NingXia Red®, Super C™

Respiratory

Vitality Essential Oils: Lemon, Frankincense, Peppermint, Thieves, Thyme

Other: Inner Defense™, Master Formula™, NingXia Red®, Raindrop Collection®, RC™, Thieves Chest Rub

