body systems quiz

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

O Never

1 Occasionally

2 Often

Almost Always

CARDIOVASCULAR	INTEGUMENTARY
Cold hands and feet	Complexion or other skin issues
Frequent consumption of fried foods	Dry, brittle or thinning hair
Poor concentration or memory	Dry, brittle nails
Smoker/stressful or sedentary lifestyle	Rashes, lesions or bruise easily
Total	Total
DIGESTIVE	LYMPHATIC
Belching, gas or discomfort after meals	Exercise less than 2 times per week
Fewer than 2 bowel movements per day	Lack of energy or chronic fatigue
Food allergies/difficulty digesting certain foods	Swelling or inflammation
Heavy coating on the tongue	Unexplained chronic issues (headache, skin, etc)
Total	Total
EMOTIONAL HEALTH	MUSCULAR/SKELETAL
Express emotions in unhealthy ways	Brittle nails or hair
Feeling irritable, anxious, moody or down	Diet high in meats, grains or caffeine
Feeling that life has little or no purpose	Muscle cramps or spasms
Stressful lifestyle or feeling drained	Sore, painful or weak joints and bones
Total	Total
ENDROCRINE	NERVOUS
Crave or consume sweets, salty or junk foods	Numbness or tingling
Feeling irritable, anxious, moody or down	Smoker/regularly consume alcohol or caffeine
Monthly female issues or low sex drive	Stressful lifestyle
Restless sleep or lack of sleep	Tremors, muscle cramps or spasm
Total	Total
EXCRETORY	REPRODUCTIVE
Diet high in meats and grains	Hot flashes, sweats, irregular body temperature
Frequent or painful urination/urinary issues	Low sex drive
Puffiness under eyes	(Women) PMS or menstral irregularities
Sore, painful or weak joints/bones	(Men) Impotence or prostrate issues
Total	Total
IMMUNE	RESPIRATORY
Frequent illness (more than twice per year)	Exposure to air pollutants
Frequent use of antibiotics	Frequent illness (more than 2x per year)
Less than 3 servings of fruits + veggies per day	Heavy mucus production or congestion
Stressful lifestyle	Puffiness under eyes
Total	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<sup>™</sup>, CardioGize<sup>™</sup>, Helichrysum, Master Formula<sup>™</sup>, Mineral Essence<sup>™</sup>, NingXia Red<sup>®</sup>, OmegaGize<sup>™</sup>

## Digestive

**Vitality Essential Oils: DiGize**<sup>™</sup>, Ginger, Peppermint

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

#### **Emotional Health**

Vitality Essential Oils: Bergamot, Citrus Fresh™, Frankincense

Other: Alkalime<sup>™</sup>, AminoWise<sup>™</sup>, Cortistop<sup>™</sup>, Feelings<sup>®</sup> Collection, FemiGen<sup>™</sup>, Joy<sup>™</sup>, Life 9<sup>™</sup>, Mineral Essence<sup>™</sup>, NingXia Red<sup>®</sup>, Progessence Plus<sup>™</sup>, Release<sup>™</sup>, Super B<sup>™</sup>, Transformation<sup>™</sup>

### Endrocrine

Vitality Essential Oils: Endoflex™, Frankincense, Rosemary

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

## **Excretory**

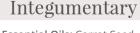
Vitality Essential Oils: DiGize™, Fennel, Lemon, Lemongrass

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

#### **Immune**

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

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



Vitality Essential Oils: Carrot Seed, Frankincense, Lavender

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

## Lymphatic

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

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

#### Muscular/Skeletal

**Vitality Essential Oils: Basil**, Frankincense, Marjoram, Peppermint

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

### Nervous

**Vitality Essential Oils:** Frankincense, Lavender, Lemongrass, **Peppermint** 

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

# Reproductive

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

Other: Master Formula<sup>™</sup>, Mineral Essence<sup>™</sup>, MultiGreens<sup>™</sup>, NingXia Red<sup>®</sup>, PD 80/20<sup>™</sup>, Progessence Plus<sup>™</sup>

# Respiratory

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

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

