

Uncover the Truth

ABOUT STRESS & HORMONES TO JUMPSTART YOUR HEALTH COACHING CAREER

...WITH NEXT-LEVEL METHODOLOGIES
THAT GET CLIENT RESULTS.





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Stress & Hormones Workbook

1.) Circle how many symptoms you've experienced in the last six months:

Headaches	Anxiety	Thin Skin
Sleep Problems	Panic	Reduced Libido
Fatigue/Tiredness	Depression	Osteoporosis
Sinuses/Allergies	Lethargy	Weight Gain
Moodiness	Poor Memory	Weight Loss
Irritability	Poor Concentration	No Appetite
Tensions in Neck	Hot Flashes	Extra Appetite
Digestive Problems	Night Sweats	Heart Disease

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2.) What is the #1 causal factor of 70%-80% of doctor's visits?

3.) List 2 examples of chemical and/or biochemical stressors?

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4.) What symptoms are OK for a person to be experiencing if they are truly healthy?

5.) What is metabolic chaos?

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6.) What does the "P" in HPA axis stand for?

7.) What is one marker FDN tests for on our Stress and Hormones Profile?

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8.) Name at least one other screening FDN does (bonus if you can answer more)

9.) What does DRESS stand for?

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10.) If FDNs do NOT diagnose or treat anything, what DO we do?

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WANT TO KNOW HOW TO GET TO THE ROOT OF SOME HEALTH ISSUES?

REVIEW THE OUTCOME OF THIS CASE STUDY. LEARN HOW YOU CAN HELP PEOPLE GET WELL AND STAY WELL NATURALLY AS AN FDN PRACTITIONER.

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