

What have you experienced?

Checklist of changes

Please check off the following changes:

Comments:

Physically:

- Less pain _____
- More mobility _____
- Better sleep _____
- More refreshed _____
- More relaxed _____
- More energy _____
- Better digestion _____
- Better elimination _____
- Heightened senses _____
- Ease of breathing _____
- Greater stamina _____

Emotionally:

- Calmer _____
- Centred _____
- Peaceful _____
- Composed _____

Mentally:

- Clearer thinking _____
- Sharper memory _____
- More alert _____
- More awake _____
- More alive _____
- More optimistic _____

What else have you noticed?

Has there been a change in your pH saliva test?

Before: _____

After: _____