SYMPTOM LIST
Before using Vibes, take the self-evaluation...then take again after six weeks to see how supplementing your diet with enzymes alleviated any symptoms. This list can be found at www.ourspirit.com

Symptom List

Today’s Date ________________

☐ Abdominal pain
☐ Acne
☐ ADD/ADHD
☐ Adrenal glands
☐ Allergies
☐ Alzheimer’s
☐ Anemia
☐ Anger
☐ Anxiety
☐ Appetite
☐ Arteriosclerosis
☐ Arthritis
☐ Asthma
☐ Back pain
☐ Bad breath
☐ Bed wetting
☐ Bell’s Palsy
☐ Bites
☐ Black, tarry stools
☐ Bladder
☐ Bloating
☐ Blood in urine
☐ Blood pressure HIGH
☐ Blood pressure LOW
☐ Blurred vision
☐ Boils
☐ Bones
☐ Breathing
☐ Bronchitis
☐ Bruises
☐ Burns
☐ Cancer
☐ Candida
☐ Canker sores
☐ Carpal Tunnel Syndrome
☐ Cataracts
☐ Chest congestion
☐ Chest pain
☐ Cholesterol
☐ Cold-Common

☐ Cold-Temperature
☐ Colic
☐ Colon
☐ Constipation
☐ Coordination
☐ Cough
☐ Cravings
☐ Dandruff
☐ Depression
☐ Diabetes
☐ Diarrhea
☐ Digestion
☐ Dizzy spells
☐ Ear infection
☐ Ear ringing
☐ Edema
☐ Emphysema
☐ Epilepsy
☐ Eyesight
☐ Fatigue
☐ Fertility
☐ Fever
☐ Flu
☐ Frequent-urgent urination
☐ Gallstones
☐ Gangrene
☐ Gas
☐ Glaucoma
☐ Gout
☐ Gums
☐ Hair issues
☐ Heartburn
☐ Heart murmur
☐ Headaches
☐ Hemorrhoids
☐ Herpes
☐ Hiatal hernia
☐ Hives
☐ Hormones
☐ Hyperactive
☐ Hypertension

☐ Hyper/hypothyroidism
☐ Impotence
☐ Incontinence
☐ Indigestion
☐ Insomnia
☐ Intolerance of heat or cold
☐ Jaundice
☐ Joint pain
☐ Kidney issues
☐ Kidney stones
☐ Laryngitis
☐ Leukemia
☐ Liver
☐ Loss of balance
☐ Lung issues
☐ Lupus
☐ Lymph glands
☐ Memory loss/confusion
☐ Menopause
☐ Menstrual cramps
☐ Migraines
☐ Mononucleosis
☐ Mouth sores
☐ Mucous
☐ Nails
☐ Nausea
☐ Nervousness
☐ Night sweats
☐ Nose bleeds
☐ Parasites
☐ Parkinson’s
☐ Perspiration
☐ PMS/Perimenopausal
☐ Pneumonia
☐ Polyps
☐ Pregnancy
☐ Prostate
☐ Psoriasis
☐ Rash
☐ Rectal bleeding
☐ Regurgitation
SYMPTOM LIST

Before using Vibes, take the self-evaluation...then take again after six weeks to see how supplementing your diet with enzymes alleviated any symptoms. This list can be found at www.ourspirit.com

Symptom List

Today's Date ________________

☐ Reproductive
☐ Respiratory
☐ Rheumatism
☐ Ring worm
☐ Seizures
☐ Shingles
☐ Shortness of breath
☐ Sinus
☐ Skin issues
☐ Snoring
☐ Sore throat
☐ Speech difficulties
☐ Spitting up blood
☐ Stomach
☐ Stress
☐ Stroke
☐ Sty

☐ Swelling of ankles/feet
☐ Swollen glands
☐ Teething
☐ Tennis Elbow
☐ Tonsillitis
☐ Tumors
☐ Ulcers
☐ Urinary issues
☐ Varicose veins
☐ Vertigo
☐ Weight-OVERWEIGHT
☐ Weight-UNDERWEIGHT
☐ Weight-RECENT
☐ Weight-RECENT CHANGES
☐ Wheezing
☐ Yeast infections

Others, not mentioned above, or explanations below: