

# CHOOSING AN APPLICATION

## QUESTIONS TO ASK YOURSELF

1 Are you hoping to target an existing condition or to maintain your health?

2 What condition(s) are you hoping to target?

3 Which body system is being affected by or is connected to your condition(s)?

4 What are the symptoms you are experiencing?

5 What is your past diet and nutrition history?

6 Are you new to Symphony of the Cells™?

7 Are you a young child, over the age of 50, or experiencing an ongoing condition or illness?

8 Is there any past trauma or emotional pain that you are holding onto?

