

Your health and wellness matters!

An AltWaters™ Technology Survey

Thank you for answering these 12 questions for us. It will help us be of better service to our clients – you!

To repay you for your time, we would like to give you a free UPDATE REPORT (value \$25). Please fill in the information at the end of the survey

1. Chronological age _____ but I “feel” like _____ (age) _____!

2. Constitution:

- Strong (seldom ill)
- Compromised (weak immune system)
- Highly sensitive / Hyper-sensitive

3. Health issues as a child: _____

As a teen: _____

As an adult: _____

4. Use of the *AltWaters™ System* (LiquiHealth, QuantumWaters)

How long? _____

- Still using Preventive Maintenance (3 formula)
- Not using program _____
- Reason for stopping _____

5. Nutrition: Scale from **1 (negative) to 3 (positive)**

Past Now

Standard American Diet _____

“Junk” foods _____

Generally Healthy Diet _____

Vegetarian _____

Vegan (no meat/dairy) _____

Raw foods _____

6. “Free” water consumption (no flavoring added)

Past Now

None _____

1-3 cups _____

1 quart per day _____

Half my body weight in ounces of water! _____

7. Healthy habits:

- Sleep: _____ hours per night
- Exercise: _____ minutes/hours per week

- walk
- run
- bike
- swim
- tennis
- team sports: _____
- gym
- aerobics
- other: _____

- Positive thinking: Continuous stream Most of the time Difficult for me

8. Use of the following: ✓ Check

	never	occasionally	often
sugar _____	_____	_____	_____
coffee _____	_____	_____	_____
black tea _____	_____	_____	_____
green tea _____	_____	_____	_____
tobacco _____	_____	_____	_____
over-the-counter meds (how many) _____	_____	_____	_____
prescription meds (how many) _____	_____	_____	_____
other: _____			

9. I'm interested in natural health and get most of my information from:

- books magazines lectures TeleSeminars Health Talk Radio
- other: _____

10. I'd like to learn more about: _____

11. I still have some specific concerns:

- heart
- emotional overwhelm
- liver
- adrenal stress
- colon
- cellulite
- brain function
- depression/anxiety/"mind chatter"
- pancreas
- respiratory distress
- teeth
- other _____

12. The best way to get the word out about the efficacy of Bioenergetics (the new Energy Medicine) is by sharing your personal experiences. Have you been helped in these areas?

please comment...

- a health condition: _____
- a weight issue (high/low): _____
- de-aging/youthing: _____
- a pet's health: _____
- Emotional issues: _____
- other: _____

13. How can we be of more help/better service to you?

Thank you for your answers to this survey. The results of this survey will be helpful as we put together the final pieces of the book "High on Wellness". A "Fine Tune You" Update Report is available online at altwaterstech.com, under Resource tab, [docs/downloads](#).

We will need your 3 top unresolved health issues for your "Fine Tune You" Update Report

1. _____
2. _____
3. _____

Name: _____
Address: _____
E-mail: _____
Phone: _____ Fax: _____