

Questionnaire

The following is a guideline to be used when submitting a health question. (Herbal questions and general questions need not fill this out.) All answers will be opinions only and no way used to diagnose or treat human disease.

Age _____

Male _____ or Female _____

How many children _____ what ages _____

Dental history, such as do you have fillings, root canals, cavities, etc. explain your present dental health _____

Vaccinations: yes _____ no _____

Your general health as a child _____

Take vitamins, over counter supplements, prescription drugs, etc. _____

Had operations? _____

Your symptoms, describe what your feeling, how long this has been a problem, what steps you have done so far as treatments, such as herbs, chiropractic, medical, etc.

Please return to: Old Fashioned Spices, P.O. Box 263, Middleburg, OH 43336. Please do not call or seek to visit us with health questions. This is a free service using this newsletter only.

DISCLAIMER In the event the reader of this volume uses the information without the approval of a health care provider, he/she is prescribing for himself/herself and assuming full responsibility for it. This is his/her right to do so, but Country Baskets & Spices and associates assumes no responsibility for his/her actions. These nutritional products and programs are not offered as an alternative to an orthodox medical, osteopathic, homeopathic, or chiropractic approach to treat diseases, but rather, an adjunct to the conventional treatments and a supportive program that can be used in combination or in addition to other therapies, if desired. Good nutrition does not oppose or contradict the orthodox forms of healing. It complements them.

BIOLOGICAL INDIVIDUALITY The human body is very complex. Although each person is similar in general structure and function, each is also uniquely different, responding differently to similar stimuli, therapies and conditions. What may help one person in a certain circumstance or condition, may not help another. This is also true with foods. A particular food that may be nourishing to a healthy person may cause an allergic reaction in another. Each condition may also be unique. Although thousands have had help from the natural methods described here, there have been and will be cases where destructive pathological changes are so severe, and the bodies own healing mechanisms so weakened, that the process of healing could be an extended process. persevere, and your hard work will be amply rewarded.

IMPORTANT NOTICE The School of *Self-Applied* Prevention, M.H. and associates does not diagnose or prescribe. It is not the purpose of The School of *Self-Applied* Prevention, their officers, directors, affiliated health centers or independent distributors to replace the services of your health care provider.

It should not be misconstrued to mean, imply or indicate that the product or programs described here will cure anything, as no such claims are made. Only the body can heal itself. These nutritional suggestions are not offered as a cure, rather, as aids to the body in reestablishing normal functions. We offer this information along with suggested programs to those who want to, and are willing to, share responsibility for their own health with their health care provider.

Even though The School of *Self-Applied* Prevention, M.H. herbal remedy processes contain no drugs, you should use them only as directed by your health care provider. Do not self-diagnose. Do not attempt to treat yourself for any serious condition. Consult your health care provider. Show him or her this material and undertake a program of treatment under supervision. However, if your health care provider says that nutrition is not important and attempts to treat you only with drugs, we suggest that you obtain a second opinion from a diet conscience health care provider who is more aware of the natural methods of biological medicine, because--after all, it is your health!

PRODUCTSThe products and the claims made about specific products on or through this site have not been evaluated by the United States Food and Drug Administration for safety or effectiveness and are not approved to diagnose, treat, cure or prevent disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. **ALL PRODUCTS are sold as experimental use ONLY**