HAVE YOU GOT THE GUTS TO BE REALLY HEALTHY?

DON CHISHOLM

Audio Workbook

INTRODUCTION

Thank you for purchasing the audio version of Have You Got The Guts To Be Really Healthy? by Don Chisholm. To enhance your learning and audio experience this mini workbook contains activities that correspond with the topics in the audio.

THE HEALTH SCALE
Before listening to the audio, it is a good idea to have a look at the *Health Scale* on page 3. The concept is to see where you actually sit on the health chart now, and then try to imagine what it would be like if you moved one or two rungs higher up the chart. Then listen to the audio and see what changes you could implement to make your life an improvement on what it is today.

STRESS AND NO STRESS CHART
What side of the chart do you mostly live in? The concept on page 6 is to illustrate the benefits of living with less stress.

SELF-CHECK QUESTIONNAIRE
Before reading or starting any programs, why not fill out where you are today on the *Self-Check Questionnaire* on page 4. We have found it invaluable for anyone looking to monitor their progress. By spending 15 minutes at the end of each month filling out the questionnaire you can monitor what areas are working and what is lagging behind. We've included a second copy for you to fill out after 30 days from starting a new health product or regime.

If a certain area does not improve, then that can become a focal point instead of simply guessing what to do next. Having a plan does work, but you need to know what plan to take. Hopefully you will find the truth to your own situation as you listen to the audio.

PERSONAL JOURNEY
Page 7 is for you to take notes as you listen. Note down which ideas and concepts resonate with you, keep all these ideas as a starting point for your own health research and discoveries.

THE HEALTH SCALE

Where do you fit on the health scale below? Answer as honestly as you can so you can get the most out of this book. Remember, you are attempting to define how you feel most of the time, not when you are at your peak.

Vital	Only need 4 hours sleep and can work an 18 hour day; tire but never get exhausted. Physically and mentally vital.
Really Healthy	Just loving life and all it offers; full of zest with only 6 hours sleep. Can work a long day with good memory and a sense of wellbeing.
Healthy	Eat well; fit; feel good most of the time. Wake up fresh on 8 hours sleep. Exercise regularly.
OK	Feel OK, just get a bit tired in the afternoon; that extra coffee helps. Could exercise more. Reasonably active.
Just OK	Feel OK some of the time, but then get a little sluggish. Bowel movement could improve. Not that active.
Sluggish	Don't feel too bad, but a bit sluggish; takes a lot to get going.
Very Sluggish	Hard to get started; days take forever; drained most of the time.
Poor	Life is a struggle; living in a brain fog.
Very Poor	Catch everything going around, feel uncomfortable and depressed. Use medication.
Extremely Poor	Need medication on a continual basis.
Seriously Ill	Medications and tests are on the increase; conditions are worsening.
Terminally Ill	Disease has reached a stage of no return; it's only a matter of time before death takes over.

SELF-CHECK QUESTIONNAIRE

DAY 1

Rate your symptoms on a scale of 10 (extreme) down to 1 (minimal).
Place your score in the right hand column and add up your total.

DATE / /

SYMPTOM	SCALE	10	9	8	7	6	5	4	3	2	1		SCORE
TIRED	Extremely											Never	
TEMPERAMENT	Racy											Calm	
A LITTLE SNAPPY	Very Bad Tempered											Placid	
A LITTLE EMOTIONAL	Highly											Balanced	
FOOD DOESN'T DIGEST	Uncomfortable											No Problem	
SHORT TERM MEMORY	Forget Easily											Great Memory	
SUGAR CRAVINGS	Love Sweets											Don't Need Sugar	
LIBIDO	Very Low											High	
COLD HANDS OR FEET	Very Cold											Normal	
FEELING OF HOPELESSNESS	Depressed											Life is Good	
MIGRAINES	Extreme											No Headaches	
THRUSH	Frequently											Never	
BOWEL MOVEMENTS	Irregular											Frequent/Normal	
CONSTIPATION	10 Days Apart											Every Day	
WEIGHT	Need to Lose											Slim	
APPETITE	Always Snacking											Never Hungry	
ACNE	Extreme											Nil	
VOICE	Very Deep											Soft	
HIGHLY STRUNG	Volatile											Calm	
IRRITABLE BOWEL SYNDROME	Bad											No	
SLEEP PATTERNS	Poor											Very Good	
NUMBER OF HOURS OF SLEEP	10 or More											5 to 8	
RESTLESS LEGS	Often											Never	
LOWER BACK PAIN	Extreme											Never	
WIND / BLOATING	Often											Never	
YOUR PERSONAL CONDITION	Extreme											Minimal	
OTHER	Extreme											Minimal	

SUPPORT
Phone Mon to Fri **(07) 554 66 086**
Email **info@probioticfoods.com.au**

CURRENT WEIGHT

SCORE TOTAL

SELF-CHECK QUESTIONNAIRE

DAY 30

Rate your symptoms on a scale of 10 (extreme) down to 1 (minimal).
Place your score in the right hand column and add up your total.

DATE / /

SYMPTOM	SCALE	10	9	8	7	6	5	4	3	2	1		SCORE
TIRED	Extremely											Never	
TEMPERAMENT	Racy											Calm	
A LITTLE SNAPPY	Very Bad Tempered											Placid	
A LITTLE EMOTIONAL	Highly											Balanced	
FOOD DOESN'T DIGEST	Uncomfortable											No Problem	
SHORT TERM MEMORY	Forget Easily											Great Memory	
SUGAR CRAVINGS	Love Sweets											Don't Need Sugar	
LIBIDO	Very Low											High	
COLD HANDS OR FEET	Very Cold											Normal	
FEELING OF HOPELESSNESS	Depressed											Life is Good	
MIGRAINES	Extreme											No Headaches	
THRUSH	Frequently											Never	
BOWEL MOVEMENTS	Irregular											Frequent/Normal	
CONSTIPATION	10 Days Apart											Every Day	
WEIGHT	Need to Lose											Slim	
APPETITE	Always Snacking											Never Hungry	
ACNE	Extreme											Nil	
VOICE	Very Deep											Soft	
HIGHLY STRUNG	Volatile											Calm	
IRRITABLE BOWEL SYNDROME	Bad											No	
SLEEP PATTERNS	Poor											Very Good	
NUMBER OF HOURS OF SLEEP	10 or More											5 to 8	
RESTLESS LEGS	Often											Never	
LOWER BACK PAIN	Extreme											Never	
WIND / BLOATING	Often											Never	
YOUR PERSONAL CONDITION	Extreme											Minimal	
OTHER	Extreme											Minimal	

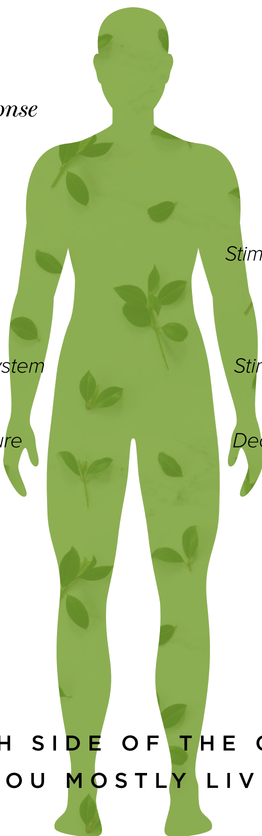
SUPPORT
Phone Mon to Fri **(07) 554 66 086**
Email **info@probioticfoods.com.au**

CURRENT WEIGHT

SCORE TOTAL

STRESS OR NO STRESS

The Fight or Flight response is helpful in crisis situations which threaten human survival. However, today, we are seldom in such situations—at least not on a daily basis. Yet, our Fight or Flight instincts are still in us. Why? Because of one main trigger: stress.



STRESS *Fight or Flight Response*	**NO STRESS** *Relaxation Response*
Sympathetic	**Parasympathetic**
Stimulates cortisol	*Stimulates growth hormone*
Insomnia	*Deep sleep*
Suppresses saliva	*Secretes saliva*
Suppresses immune system	*Stimulates immune system*
Speeds up heartbeat	*Slows heart rate*
Increases blood pressure	*Decreases blood pressure*
Suppress digestion	*Improves digestion*
Secretes adrenaline	*Reduces adrenaline*
Cold, clammy hands	*Warm, dry hands*
Cause constipation	*Favours regularity*
Causes tremors	*Relaxes muscles*
Raises blood sugar	*Lowers blood sugar*

WHICH SIDE OF THE CHART DO YOU MOSTLY LIVE IN?

WHAT I NEED TO CHANGE

YOUR JOURNEY

EDUCATION IS KEY
There is a myriad of resources—websites, literature and products at your fingertips, but it is important to remember these words—*do not believe everything you hear*. If you find a comment far-fetched, astonishing or you simply don't believe it, don't necessarily write it off. At the very least conduct a quick Google search to see if the comment has value. Often we dismiss the very thing that could assist us because it is not in our belief system. Over the years I have had to challenge many issues because I couldn't see how they could be anywhere near the truth. In that process I discovered even more and much of what I have learned is in this audio book.

Enjoy the audio and to enhance your learning even more, challenge my comments. Because what you discover might just be life saving for yourself or someone close to you.

I have never seen a condition that cannot be improved, and if it can be improved, could it be cured?

To enhance your learning and audio experience this mini workbook contains activities that correspond with the topics in the audio.

Don Chisholm
T. (07) 554 92 554
E. don@donchisholm.com.au

/donchisholmevents

WWW.DONCHISHOLM.COM.AU