

Health Assessment Review

Our current healthcare system is not based on health care, rather on crisis care. Most pay little attention to their health until they are seriously ill. Assuming health based on the absence of obvious symptoms of illness is extremely dangerous and frequently leads to chronic health problems (illness) eventually resulting in life threatening disease.

Many agree that the best defense against illness and disease is achieving and maintaining a state of internal biochemical balance (homeostasis - ultimate health). Ultimate health comes with the extraordinary benefits of few if any illness or disease, and makes life much more enjoyable and productive. **Life is a journey; why not enjoy it absent illness and disease?**

To solve any problem, the problem must be clearly identified and understood. The following ultimate health assessment test is designed to identify not only current health problems based on current symptoms, but assess damaging, ill health behavior habits that encourage, if not ensure health problems ahead.

Health Test

Answer each of the 55 questions as they apply to you, YES or NO. Each question has an associated numerical value from **(1-10)** immediately following the question. For all **YES** answers, write one of the point values on the line preceding the question. Leave the space blank for a **NO** answer. This test is designed to evaluate progress so remember; **only honest answers will yield accurate results and help you achieve your health goals.**

This test is an **extremely valuable tool.** It not only **accurately evaluates the current state of health** but also identifies chronic health destroying behavior habits that may need modification. The first test can serve as a baseline from which one can establish health goals. This test should be repeated often to closely monitor **progress** or continued biological **degeneration.** **Tests raises awareness of truth (action/reaction) and the frequency of testing increases progress, so test frequently, learn your unique biological propensities and achieve your goals quicker. Remember, the shortest distance between two points is a straight line.**

- ___ Abdominal discomfort (2) frequently (6) chronic (10)
- ___ Angina (heart/chest pain) (8) frequent (12) chronic (16)
- ___ Age/liver spots (4) few (6) many (8)
- ___ Anemia (2) frequent (4) chronic (6)
- ___ Anxiety (2) frequent (4) chronic (6)
- ___ Appetite loss (2) frequent (4) chronic (6)
- ___ Body aches and pains (2) frequent (4) chronic (6)
- ___ Body temperature changes (hot or cold) (4) frequent (8) chronic (12)
- ___ Bruise easily (4)

- ___ Chills (2) moderate (4) severe (6)
- ___ Cracked, dry or callused hands, or feet (2) moderate (4) severe (6)
- ___ Cracked finger or toenails (2) moderate (4) severe (6)
- ___ Cold sores (2) occasional (4) frequent (6)
- ___ Constipated (2) frequent (4) chronic (6)
- ___ Consume animal flesh (meat) products (2) regularly (4) habitually (6)
- ___ Consume caffeinated products (2) more than 4 cups daily (4) with meals (6)
- ___ Consume dairy products (2) frequently (4) habitually (6)
- ___ Consume fast foods (2) frequently (4) habitually (6)
- ___ Consume processed foods (2) frequently (4) habitually (6)
- ___ Consume sugar and/or sweetened foods & beverages (4) frequently (8) sugarholic (12)
- ___ Cook Potato (4) frequently (6) chronic (8)
- ___ Dark circles under eyes (4) chronic (6)
- ___ Depression (2) frequent (3) chronic (6)
- ___ Diarrhea (2) frequent (3) chronic (6)
- ___ Dizzy spells (2) frequent (4) chronic (6)
- ___ Drink less than ¾ gallon of distilled water daily (2) ½ gallon (4) ¼ gallon (6) none (8)
- ___ Eat for flavor (2)
- ___ Eczema (2) frequent (4) chronic (6)
- ___ Edema (inflammation) (6) chronic (10)
- ___ Fatigue (3) chronic (6)
- ___ Fail to consume 5 servings of fresh, raw fruits and vegetables daily (6)
- ___ Fail to exercise (6) exercise occasionally (3)
- ___ Foul body, breath or elimination odor (4) chronic (8)
- ___ Frequent urination (3) more than 3 times during night sleep (5) chronic (8)
- ___ Fungal/yeast infection (8) candida (12) chronic (16)
- ___ Gas – upper (2) lower (4) chronic (6)
- ___ Get colds and/or flu (6) more than twice a year (8) chronic illnesses (10)
- ___ Gums bleed when brushing and/or flossing (2) always (4)
- ___ Head aches (2) frequent (4) chronic (6)
- ___ Heal slowly (8)
- ___ Heartburn and/or indigestion (6) frequent (8) chronic (10)
- ___ High or low blood pressure (6) frequent (8) chronic (10)
- ___ High cholesterol (2) chronic (4)
- ___ Impaired vision (4) degenerating (6) blind (10)
- ___ Insomnia (2) chronic (4)
- ___ **Internal pH, if acid - below 7.0 (10) below 6.0 (20) below 5.5 (35) below 5.0 (45)**
- ___ Itching (2) chronic (4)
- ___ Joint aches and/or pains (2) frequent (4) chronic (6)
- ___ Nausea (6) frequent (8) chronic (10)
- ___ Need more than 8 hours of sleep each night (2)
- ___ Memory loss (2) frequent (4) chronic (6)
- ___ Muscle aches and/or pains (2) frequent (4) chronic (6)

- ___ Osteoporosis (12)
- ___ Overweight (4) more than 20 lbs. (8) Obese (12)
- ___ Painful urination (2) frequent (4) chronic (6)
- ___ Paranoia (2) frequent (4) chronic (6)
- ___ Rash (4) multiple (6) frequent (8) chronic (10)
- ___ Scalp problems (4) multiple (6) chronic (8)
- ___ Shortness of breath (4) frequent (6) chronic (8)
- ___ Sinus congestion (2) frequent (3) chronic (4)
- ___ Skin problems (4) multiple (6) chronic (8)
- ___ Sore throat (4) frequent (6) chronic (8)
- ___ Stiff joints (4) chronic (6) arthritic (8)
- ___ Swollen lymph nodes (4) chronic (8)
- ___ Tired (3) chronic (5)
- ___ Tingling in legs, feet, arms or hands (4) chronic (6)
- ___ Under weight (2) under 10 lbs. (4) under 20 lbs. (6)
- ___ Use alcohol products (4) frequently (8) alcoholic (12)
- ___ Use tobacco products (6) addict (12)
- ___ Use recreational drugs (6) frequently (12) addict (18)
- ___ Use prescription drugs (8) multiple (15) longer than a month (20)
- ___ Varicose veins (7) multiple places (16)
- ___ Vertigo (6) frequent (8) chronic (10)
- ___ Vomiting (4) frequent (8) chronic (12)
- ___ White, gray or yellow coating on tongue (not pink/red) (4) server (6)
- ___ White spots on fingernails (3) server (6)
- ___ Yawning (excessive) (2) frequent (4) chronic (6)

pH Litmus Test Instructions;

For the internal acid pH question/answer, a litmus pH test is necessary. This will require a litmus test kit of some kind. I recommend using a Vivid 5.5 to 8.0 litmus test kit by pHydron which can be purchased from me at any UHRI health event or at most local drugstores. This pH kit comes with a color chart to determine pH. Test by simply dipping the litmus paper into urine or saliva, match the litmus tape color with the color code chart to get pH results.

Because the saliva is influenced by an autonomic consumption/digestion response, an accurate saliva test is best done first thing in the morning before eating or drinking anything. Remember, a saliva pH test is accurate only ½ hour before or at least 1 hour after eating while urine pH tests are accurate anytime.

Chronic toxemia and acid accumulation;

Chronic internal acid accumulation is not only responsible for most if not all health problems it is largely responsible for the aging process as well. Internal acid pH can be reversed quickly with proper dietary behavior modifications/changes and supplemental therapies. Learning and mastering the skills of effective internal acid pH management is critical to heal illness and disease and

optimal health acquisition. **This knowledge and the required skills can be quickly and easily learned with the help of UHRI and the "Mastering the Secrets of Ultimate Health" course studies.**

Test scoring and score total

Add up the points for all checked YES answers and write the total in the space below. Add carefully to insure accuracy. The test has over 618 possible points. Lower is better and a [perfect score is zero](#). Ultimately healthy people score between 0-50 points. The higher the score the more health recovery work is needed.

Health Review Total Score _____

Health Review Score Assessment;

If you're health assessment score is;

- **Above 400**, you're health habits and internal biochemistry is in an **EXTREMELY DANGEROUS** state, if not already diseased condition is heading there rapidly. This condition requires immediate attention to mediate rapidly approaching potentially deadly disease.
- **Above 300**, you're health habits and internal biochemistry is **TERRIBLE**, health is degenerating rapidly with massive corrective action needed quickly.
- **Above 200**, **congratulations you're AVERAGE**, unfortunately your health habits and internal biochemistry are degenerating prematurely with corrective action as soon as possible.

**** If your score is above you should take immediate corrective action to regain and maintain your health. Enroll in a UHRI class or buy educational materials to learn how to correct this condition immediately (YOUR HEALTH & LIFE DEPENDS ON IT).**

- **Below 200** - you're much better than average health with much room for improvement.
- **Below 150** - you're relatively healthy but not ultimately healthy, some work needed.
- **Below 75** - you're very healthy and close to ultimate health, keep up the good work.
- **Zero-50** - you're ultimately healthy, please contact me, I would like to speak with you personally regarding your health secret.

Your ultimate health goal should be a 0 score

This health assessment evaluation is a critical component to achieving optimal health. Taking shortcuts or omitting this assessment evaluation can deliver a fatal blow to an otherwise sound health program. It should be conducted at the beginning of any health program to establish a health baseline and repeated enough to accurately assess progress. Like the litmus test the more evaluations conducted the more rapid health progress.

Don't hesitate to call or email Dr. Skip Hellen for help on any health topic. Good luck and keep increasing your knowledge on all ultimate health secrets.

Remember, only a **proper health education**, **a plan**, **dedicated action** and **willpower to stay the course** will result in achieving personal health excellence (**ULTIMATE HEALTH**). To learn more information on all health related subjects, refer to UHRI at **www.uhealthri.com**. Educational classes, programs, mentors, and consultants are ready to help you achieve all your health goals.
Contact UHRI Office - 714-969-1681

This test is for personal use only and not designed to cure or treat any illness or disease

Live a long, healthy, happy, wise, illness and disease FREE

Dr. Skip Hellen ND, CNC