

ACIDIFICATION

Questions	Not at all	Not really	Yes, generally	Yes, definitely
Lifestyle				
Do you live a sedentary lifestyle?	0	1	2	3
Do you play sports at least 3 times a week?	3	2	1	0
Do walk at least 10,000 steps every day?	3	2	1	0
Do you have trouble keeping weight in spite of eating small amounts of food?	0	1	2	3
Do you smoke nicotine products e.g. cigarettes?	0	1	2	3
Diet				
Do you eat high-protein food (e.g. meat, poultry) at least 4 times a week?	0	1	2	3
Do you drink coffee at least 4 times a week?	0	1	2	3
Do you drink at least 1 litre of water a day?	3	2	1	0
Do you eat at least five fruits or vegetables a day?	3	2	1	0
Do you eat sweets a few times a week?	0	1	2	3
Do you drink alcohol several times a week?	0	1	2	3
Wellbeing				
Does your work happen to be stressful?	0	1	2	3
Do you feel tired although you sleep 7 hours a night?	0	1	2	3
Is your hair weak and dull?	0	1	2	3
Do you have trouble focusing?	0	1	2	3
Do you ever experience hyperacidity or heartburn?	0	1	2	3
Score				

Total questions **16**, Maximum points **48**, Minimum points **0**.

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Number of points	0 – 10	11 – 20	20 – 30	30 – 48
Answers	<p>Congratulations! Your body is in excellent condition thanks to a balanced diet and a healthy lifestyle. Keep up the good work!</p>	<p>Well done! Your body is in good shape, but it might be acidified though. Consider even greater work towards preserving the alkalinity of your organism by changing your diet, being more active and using additional support with restoring the acid-base balance.</p>	<p>Unfortunately, it seems that your body is acidified. Consider changing your diet and living a more active lifestyle. It might be good to eat more vegetables and walk to work instead of driving. Also, think of additional support with deacidifying your body.</p>	<p>Bad news. Your body may be strongly acidified and you should take firm steps to change the situation. Consider changing your eating habits, introduce more sports into your life and use additional supplementary support. Start today because acidification may have a negative impact on the work of your whole body.</p>