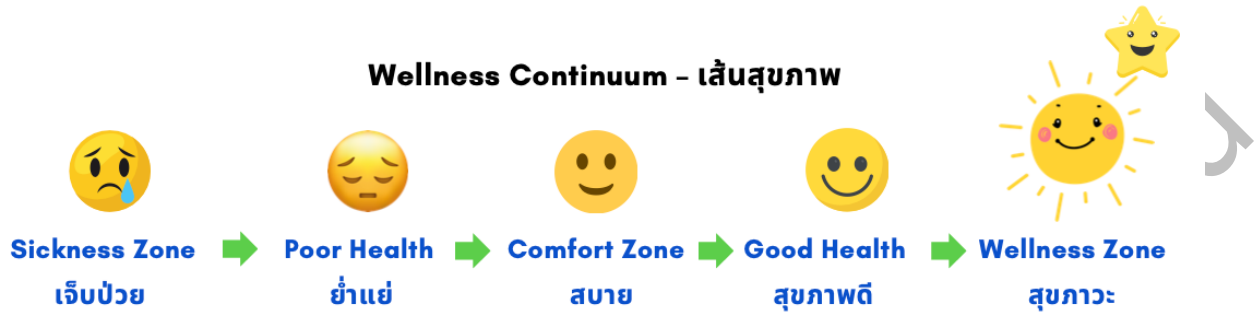


Self-Check Your Health Zones

Have you ever ignored signals from your body?



English Translation

“True health is balance in the nervous system, energy, digestion, emotions, sleep, relationships, and life purpose.”

Reference: WHO states: “Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.”

Everyone exists on this line all the time – it is not that one is always “healthy” or “unhealthy.”

Massage / therapy / breathing / lifestyle all influence health-promoting processes.

Our role is to help clients naturally move their zones upward.

Health is a process that can change – it is not a fixed state. You don’t have to wait until you are sick to start taking care of yourself.

Being in a “middle” state and working to restore life force helps the body and mind balance.

Understanding that health is a continuum helps us become aware of where we currently stand and enables us to act to prevent sliding into sickness zones in time.



Health Zone Self-Check

Instruction:

Give yourself a rating for each item from 1–5

(1 = Not at all / 5 = Very much over the past 7 days)

| Nr Question | 1 | 2 | 3 | 4 | 5 |
|-------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1 I feel fresh and energetic when I wake up in the morning | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 I can focus on work for a long time without getting tired | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 I feel relaxed and have a stable mood | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 I sleep deeply and wake up without feeling drowsy | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 I have no pain / fatigue / tension in my body | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 I don't need medicine/supplements to control symptoms | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 My digestion works normally every day | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 I feel inspired and have purpose in life | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 I am not stressed constantly or overly anxious | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 I recover quickly from fatigue/stress | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Sum your points: _____ / 50

**Recommendation:****Total Health Zone Points**

- 41–50 – Wellness: Full energy, balance in body, mind, and soul
- 31–40 – Good general health, but some areas need deeper attention
- 21–30 – Comfortable, still within a safe level, but energy begins to decline; risk of long-term stress
- 11–20 – Deteriorated health, some long-term symptoms; body and nervous system begin to tire
- 0–10 – Sickness, health indicates critical state; requires intensive recovery

Health Zones – 5 Levels

Zon 1 – The Wellness Zone (Optimal health)

- You feel very good and your body functions fully
- Full energy and clear mind
- The body adapts easily; senses function optimally
- Weight and height are normal; body strong and flexible
- Emotional balance, stress-free
- Normal digestion and easy sleep
- Full health in body, mind, and emotions

Zon 2 – The Good Health Zone

- You still feel good even if small symptoms appear occasionally
- By taking care of stress, body, emotions, and environment, you can easily return to Zone 1
- Body functions are not as smooth as Zone 1, but often the difference is hard to notice
- Small changes may occur but are not clearly visible

Questions:

- Which zone do you feel you are in?
- If in Zone 2, how can you return to Zone 1?
- Have you noticed small symptoms, and how do you manage them?

Zon 3 – The Comfort Zone (Neutral)

- Middle zone, beginning to move away from optimal health (Wellness)
- Most function normally; no clear symptoms, especially under 40
- Returning to Zone 1 is harder but not critical
- Stress and unresolved emotions begin to accumulate
- Body may become slightly acidic, which can lead to health issues
- Feeling not fully energetic, but not extremely tired
- Not depressed, but also not fully happy

Zon 4 – The Poor Health Zone ⚠️

- Symptoms are clearly visible; some body functions begin to fail
- Doctors may have difficulty identifying the exact cause
- Common vague symptoms: fatigue, muscle pain, concentration difficulties
- Requires rest or vacation to reduce stress
- Weight changes may be difficult
- Often blame external factors instead of self-reflection
- Ignores body signals
- Without behavioral changes, may move towards Zone 5

Zon 5 – The Sickness Zone 🚑

- Clear disease symptoms that can be measured
- Clear diagnoses, e.g., cancer, depression, heart disease
- Understanding health problems may bring relief and security

Self-Reflection – Questions to Consider:

1. Which zone do you feel you are in right now?
2. What can you do to improve energy flow and return to Zone 1–2?
3. Have you noticed small blockages or fatigue in your body? How do you manage them?

Concept: Wellness and Sickness exist on a continuum in life

- Zone 1–2: Green (Wellness)
- Zone 3: Yellow (Neutral / Comfort)
- Zone 4–5: Red/Orange (Sickness / Poor Health)

Remark

Connection between 5 Health Zones and Body/Energy Analysis

- Zone 1–2: Nervous system still balanced – Spinal Gateway functions well
- Zone 3: Energy flow begins to be blocked – feels “sluggish,” not energetic
- Zone 4: Nervous system starts to become unstable – some Gateways are blocked
- Zone 5: Clear symptoms, system in dysfunction – requires intensive recovery strategy