

## What are your needs? Education & Solutions

	Yes	No	Comments
Help in assessing health in yourself, children			
Toolbox for home self-care			
Identify toxins in the bathroom, kitchen, laundry room, haircare products			
Non-toxic sources of cleaning agents			
Proper hydration & the importance of water			
Identify healthy & necessary fats			
Identify non-chemical sugar alternatives			
Digestive aids, bouts of constipation			
Dealing with excess weight			
Moodiness, mood swings			
WiFi and electronic exposure			
Setting boundaries			
Time for yourself			
Irregular Sleep patterns			
Low energy			
Ending toxic relationships			
Other:			

Prepared by Jocelyne Colombe©  
Private Holistic Nurse Practitioner  
(860) 830-1115 [jcDove@mail.com](mailto:jcDove@mail.com)