

# JUST 'GETTING OLDER'? OR SERIOUS MINERAL IMBALANCE?

*Take this free quiz to find out.*



**BALANCE BOOST**  
WELLNESS

hello@balanceboostwellness.com

www.balanceboostwellness.com



**BALANCE YOUR  
BODY,  
BOOST YOUR  
HEALTH  
NATURALLY,  
AT ANY AGE.**

Hi! I'm Branka Henderson, the founder of Balance Boost Wellness.

I love helping women optimise their energy. My holistic approach helps you address the root cause of chronic symptoms that are robbing you of your energy, so you can heal deeply and balance your body.

Sometimes we tell ourselves that it is 'normal' to feel tired and lacklustre, and put it down to just 'getting older'.

So do you think you're just 'getting older'? Or do you really have a mineral imbalance?

Take this quiz to find out....



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# Check the box next to the symptoms you have experienced in the past 6 months.

Minerals are the sparks of life that are essential to healthy energy levels, stress levels, metabolism, tissue repair, immunity and more.

It can be simply through having too much or not enough minerals, that we see symptoms that we often just accept as the normal part of 'getting older'.

- |   |  |
|---|--|
| <input type="checkbox"/> High or low blood pressure         | <input type="checkbox"/> Poor memory/forgetfulness   |
| <input type="checkbox"/> Hair going grey or white overnight | <input type="checkbox"/> Dizziness                   |
| <input type="checkbox"/> Racing heart, heart palpitations   | <input type="checkbox"/> Sore joints                 |
| <input type="checkbox"/> Tiredness, low energy              | <input type="checkbox"/> Poor wound healing          |
| <input type="checkbox"/> Nail Discolouration                | <input type="checkbox"/> Get sick often or easily    |
| <input type="checkbox"/> Headache                           | <input type="checkbox"/> Feel cold in hands and feet |
| <input type="checkbox"/> Excess or no sweating              | <input type="checkbox"/> Trouble focussing           |
| <input type="checkbox"/> Asthma and/or allergies            | <input type="checkbox"/> Weight gain around middle   |
| <input type="checkbox"/> Low mood                           | <input type="checkbox"/> Feelings of muscle weakness |
| <input type="checkbox"/> Digestive problems                 | <input type="checkbox"/> Muscle tightness or tension |
| <input type="checkbox"/> Nausea                             | <input type="checkbox"/> Anxiety, overwhelm          |
| <input type="checkbox"/> Water retention                    | <input type="checkbox"/> High cholesterol            |

This document is for informational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a physician or licensed health provider with questions you may have regarding a medical condition.

# Scoring instructions

For every item checked, give yourself 1 point.

## If your total is 4 or less:

It sounds like you could have a mineral imbalance but your body may be handling it pretty well.

But it also may be trying to speak to you. Now you can start listening. You may want to take some preventative action to halt progression to more symptoms or even rebalance to work towards zero symptoms.

Yes. Even zero symptoms is possible!

## If your total is between 5-12:

Your body's mineral levels and toxicities are heading overboard. Now is the time to rein it in and rebalance for the life you want to live.

## If your total is over 12:

It's possible you've entered a serious state of mineral imbalance, with deficiencies and toxicities causing exhaustion and chronic inflammation. Your stress response system is actively working against you.

But take heart, it is possible to rebalance your minerals and resolve many of your symptoms, naturally, at any age.

*Free bonus from Branka*

## BALANCE MY MINERALS ASSESSMENT SESSION

[BOOK NOW](#)

*We'll outline what a plan could look like for you to start getting back to balance....without upending your life!*

