

ALL IS WELL



*Heal Your Body
with Medicine,
Affirmations, and
Intuition*

LOUISE L. HAY and
MONA LISA SCHULZ, M.D., PH.D.

Praise for *All Is Well*

“All Is Well is simply excellent. Dr. Mona Lisa Schulz has blended her expertise in health with the healing wisdom of Louise Hay, one of the leading icons of the human consciousness community. This book is a tribute to the intuitive genius of Louise, whose work as a role model for positive thinking pioneered healing first for people with AIDS and then for countless others.”

—Caroline Myss,

New York Times best-selling author of *Archetypes: Who Are You?*

*“In today’s world of too much information and too little wisdom, there is very little that gets to the heart of any matter—especially regarding health. But **All Is Well** does just that by combining medical science and intuition. As a former RN, I insist on the latest medically proven scientific evidence when looking after my own health. But I also honor my story, my personal experiences, and my unique sense of intuition; I use these to inform my ability to find inner peace, health, and balance in everyday life.*

This book takes this same approach, and so when I started to read, I began to feel better immediately. If you read only one book about health this year, this is the one for you!”

—Naomi Judd,

author of *Naomi’s Breakthrough Guide*

“All Is Well is a must-read manual for the coming times when we will need to be our own spiritual physicians. The best health insurance is to learn how to stay healthy, and Louise L. Hay and Dr. Mona Lisa Schulz are wonderful teachers.”

—Doreen Virtue,

author of *The Healing Miracles of Archangel Raphael*

“We know the mind affects the body’s physiology. We know there are emotional roots that underlie disease and that few diseases are purely biological. We know the benefits of affirmations like the ones Louise Hay has been teaching for decades. Yet never before have the scientific medical data, psychology, and spirituality—as well as the brilliant perspectives of Louise Hay and Dr. Mona Lisa Schulz—interlaced with each other so effortlessly. Whether you’re facing an illness, working with patients, or simply seeking to live an optimally healthy life, read this wonderful book and let it inspire you. ... The answers that follow may be your best medicine yet.”

—Lissa Rankin, M.D.,

author of *Mind Over Medicine* and blogger at LissaRankin.com

**ALL
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ALSO BY LOUISE L. HAY

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The authors of this book do not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician, either directly or indirectly. The intent of the authors is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your constitutional right, the authors and the publisher assume no responsibility for your actions.

Note: The case studies found in this book are composites drawn from years of clinical work. These are true to the spirit of the teaching and the treatment provided, although not to the experience of any one particular person.

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Whenever there is a problem, repeat over and over:

All is well.

Everything is working out for my highest good.

Out of this situation only good will come.

I am safe.

It will work miracles in your life.

JOY & BLESSINGS,

LOUISE HAY

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About the Authors

A Welcome from Louise

It thrills my heart to present this book to you, dearest reader, whether you're new to my work or a longtime follower.

All Is Well looks at my teachings from a fresh and exciting angle. My co-author, Mona Lisa Schulz, whom I love and adore, has been promising me for ages that she would pull together scientific evidence to support what I have been teaching for years. While I personally do not need proof to know that these methods work—I rely on what I call my “Inner Ding” to evaluate things—I know there are many people who will only consider a new idea if there is science behind it. So here we present the science to you. With this added information, I know that a whole new segment of people will become aware of the power they have to heal their bodies.

So let this book be your guide. In the following pages, Mona Lisa will show clearly, step by step, how you can move from illness to wellness—outlining the connections between emotional wellness and health and the prescriptions we give for healing. This book combines medical health, holistic health, nutritional health, and emotional health in one nice, tidy package that can be followed by anyone, anytime, anywhere.

Chapter 1

INTEGRATING HEALING METHODS

Healing the mind and body with affirmations, medicine, and intuition is territory that has been increasingly explored over the last 30 years. And though there are many brilliant and gifted individuals who have helped lead the way, few would argue with the fact that the first pioneer in this field was Louise Hay. In fact, this movement began en masse in the 1980s, when we all bought her “little blue book,” *Heal Your Body: The Mental Causes for Physical Illness and the Metaphysical Way to Overcome Them*, and discovered the thought patterns that led to the health problems we all had.

Who knew what a turn my life would take because of this little blue book, but it truly has changed everything. It helped me sculpt my own medical practice, and its theory has guided me along the path to better health for my patients and myself. As you can imagine, I was thrilled—actually beyond thrilled—when Hay House proposed that I write a book with Louise that brought together the healing power of intuition, affirmations, and medicine: both traditional Western medicine and alternative therapies. It’s the ultimate healing system! To work with this material ... and with Louise! How could I say no?

I had dragged *Heal Your Body* along with me to medical school and later as I spent long years researching the brain in pursuit of my Ph.D. I used it when I cried through the ups and downs of my medical and scientific training. And the times I didn’t cry and came down with sinusitis and postnasal drip. I would look up in the book the associated thought pattern: postnasal drip, also known as “inner crying.” When I got nervous about taking out one student loan after another to pay tuition, I started to get sciatica, lower-back problems. Once again I turned to the little blue book. Sciatica was associated with “fear of money and of the future.”

Time after time, the book made sense, but I could never figure out where Louise got her affirmation system. What motivated her, nearly 35 years ago, to start her “clinical observation study” on the association between human thoughts and health? How could someone with no scientific background or medical training observe client after client, see a consistent correlation between certain thought patterns and their associated health problems, and then write a book that so accurately addresses our health concerns? Her prescriptions worked but I didn’t know why or how. It simply drove me crazy.

So, as necessity—or aggravation—is the mother of invention, I decided to delve into the science behind her affirmation system, mapping out the emotional aspects of illness in the brain and body. And the correlations I found helped me create a treatment system that has guided me through more than 25 years of intuitive consultations and an equal number of years as a physician and scientist. But it wasn't until Louise and I started down the path of writing this book that I realized how powerful combining the healing methods I use with Louise's affirmations could be.

The Importance of Intuition

Back in 1991, I had finished two years of medical school training plus three years of my Ph.D., and I needed to go back to the hospital floor to finish my studies. Armed with a white coat, stethoscope, and lots of little books, I entered the floors of what at that time was Boston City Hospital.

On the first day, my resident came to me, gave me the name and age of my first patient, and said simply, "Work her up." That was it. I was terrified. How was I supposed to figure out what was wrong with her when I had no information other than her name and age?

In the elevator on the way down to the emergency room, I fidgeted nervously. I knew only the rudiments about how to work up a patient, let alone how to operate the stethoscope around my neck. Momentarily trapped in the elevator, I stood with clipboard in hand. And there, in an instant, I saw in my mind's eye an image of the patient I was about to evaluate. She was moderately obese, in lime-green stretch pants, clutching the right upper part of her abdomen, screaming, "Doctor, doctor! It's my gallbladder!"

Wow! I thought. *In the event that the patient I am about to meet does have a gallbladder problem, how would I evaluate that medical problem?* As the elevator slowly crept between floors, I flipped through the pages of the numerous manuals stuffed in my pockets and quickly researched how I would work up a patient with a gallbladder problem. On my clipboard, I sketched out the classic workup one does for a gallbladder problem: check an ultrasound of the liver, check liver enzymes, observe the whites of the patient's eyes.

The doors opened. I ran down to the emergency room and threw open the curtain, and there, to my surprise, was a woman lying on the gurney in, yes, lime-green stretch pants, screaming, "Doctor, doctor! It's my gallbladder!"

It had to be a coincidence, right?

The second day, once again, the resident barked out the name and age of my patient, telling me to go down to the emergency room. Again an image of the patient popped into my mind, this time with a bladder infection. So, I ran the drill again: how would I treat a patient with a bladder infection. Lo and behold, it was a bladder infection. On the third day, I repeated the process again, and again my impressions were accurate. After three days, I realized that there was something unique about my brain, that my mind's eye could see ahead of time what my trained medical eye would eventually see on the floors of the hospital.

I could see just how useful intuition was in helping me assess my patients, but I soon realized that intuition played an even larger role than I initially thought.

The Body's Intuition

The human body is an amazing machine, and as a machine it requires regular maintenance and care to run as efficiently as possible. There are a variety of reasons your body can break down and get sick: genetics, the environment, diet, and so on. But as Louise found in her career—and published in *Heal Your Body*—every illness is affected by emotional factors in your life. And decades after Louise presented her conclusions, the scientific community has put forth studies that support them.

Research has shown that fear, anger, sadness, love, and joy have specific effects on the body. We know that anger makes muscles clamp down and blood vessels constrict, leading to hypertension and resistance to blood flow. Cardiac medicine tells us that joy and love tend to have the opposite effect. If you look at Louise's little blue book, a heart attack and other heart problems are "squeezing all the joy" out of the heart, a "hardening of the heart," and a "lack of joy." And her affirmation to reverse these problems? "I bring joy back to the center of my heart," and "I joyously release the past. I am in peace."

Specific thought patterns affect our bodies in predictable ways, releasing certain chemicals in response to each emotion. When fear is your dominant mood over a long period of time, the constant release of stress hormones, specifically cortisol, triggers a domino effect of chemicals that lead to heart disease, weight gain, and depression. As with fear, other emotions and thoughts follow a typical pattern as they are projected onto the body in the form of illness. In my work, I have also found that while emotions travel everywhere in the body, they affect organs differently depending on what is happening in your life. This is where intuition comes in.

Often if we are not aware of an emotional situation in our life or the life of a loved one, this information comes to us through intuition. We have five earthbound senses that can evoke our feelings: seeing, hearing, body sensation, smell, and taste. And we have five parallel "intuitive senses"—clairvoyance (seeing), clairaudience (hearing), clairsentience (body sensation), clairalience (smelling), and clairgustance (tasting)—through which we can gain additional information. For example, you may anxiously receive an intuitive image, a clairvoyant flash that a friend is in danger. Or you may feel dread when you hear the phone ring in your head five minutes before it actually does, relaying bad news about a loved one's death. You may get that famous "bad taste in your mouth" or feel like you "smell something suspicious" right before someone asks you to agree to a bad business deal. Or you may experience a bad feeling in your body, whether it's that "gut feeling" or that "heartache" warning you about a problem you will be facing in your relationship.

In addition to the commonly understood intuition that guides us in these matters where we have insufficient information—like the intuition that has helped me throughout my medical career—our bodies also have innate intuition. Our bodies can tell when something is out of balance in our lives, even if this knowledge is unclear in our conscious minds.

If we are to fully heal, we must bring our attention to the messages our bodies relay through intuition. But we also need logic and facts to fully understand which imbalances in our lifestyle are affecting our health. Just like needing both tires inflated on a bicycle, you need to balance emotions and intuition with logic and fact. Both

extreme logic without intuition and intuition without logic breed disaster. We must use both of these tools to create health. Throughout this book we will discuss how to do this, focusing on four approaches:

1. Becoming conscious of our emotions and those of other people in our life, making note of the warnings that come with fear, anger, and sadness
2. Figuring out what thoughts accompany these feelings that keep swirling around our heads
3. Identifying symptoms of distress and locating them in our bodies
4. Decoding the intuitive/emotional thought-pattern information underlying the symptoms and understanding that every illness is also in part due to diet, environment, genetics, and injury

The Intuitive Emergency Dashboard

So how do we tap into our body's intuition to read and interpret the messages it is trying to send us?

Think of your body as a car dashboard; it has a series of emergency warning lights—regions that light up symptomatically when something in your life needs attention. Who hasn't experienced that irritating gas light? Always going on at an inopportune time, this dashboard warning light aggravates you when you drive your car until it's so low on fuel that it's almost running on fumes. Similarly, if an area of your life is empty—or running on excess—a part of your body will hint, murmur, even scream out in distress.

You have seven warning lights, each consisting of a group of organs. The health of the organs in each group is associated with specific types of thought patterns and behaviors. For example, the organs associated with feeling safe and secure in the world are the bones, blood, immune system, and skin. If you do not feel safe and secure, you are more likely to experience illness in one of these organs than if you do. We refer to this group of organs as an *emotional center* because their health is connected to the same emotional issues.

Each chapter in this book is dedicated to the health of the organs of one emotional center. For example, [Chapter 4](#) looks at the organs of the first emotional center—the bones, blood, organs of the immune system, and skin—and helps you interpret what illness in each of those organs means. It looks at the balance in your life surrounding the core emotion associated with the organs. So, in essence, if your sense of safety and security has been thrown out of balance, you will likely become ill in your first emotional center organs.

Just as we need a balanced diet to be healthy, we also need to make sure we have healthy sources of love and happiness. By working to invest our energy among various areas of life—family, money, work, relationships, communication, education, and spirituality—we can create physical and emotional health.

How to Use This Book

When Louise and I began our discussions about how to create the most useful book for you, we decided to structure it so you could look up the part of your body that is experiencing illness and work from there—just like in *You Can Heal Your Life*. However, you must remember that people are not simply individual organs bound together, so the illness in one part of your body will generally affect the health of another part. And emotions about feeling safe and secure in your family (first emotional center) also play into emotions about self-esteem (third emotional center). To fully heal, you must look at your life as a whole while giving extra attention to the organ or illness that's causing you the most trouble. Feel free to flip directly to the part of the book discussing your personal problem area, but remember that you may also find important information about other imbalances in your life by reading through the entire book. Having a complete picture of your strengths and weaknesses can help you create a long-term plan for a healthy life in all your emotional centers.

As you work your way through the book, I'll help you tap into your body's intuition surrounding the organs in each emotional center so you can understand the messages your body is sending. But remember, only you can decide what your body is really telling you. This book is a general guide that matches what is commonly seen and what the science mostly supports.

After you have determined what your body is telling you, Louise and I will walk you through healing techniques that address the numerous reasons why we get sick. While we won't give specific medical advice in this book because good medical advice is unique to each individual, we will provide case studies that give you an idea of some of the basic types of medical interventions to consider. More important, we will lay out affirmations that you can repeat to yourself multiple times throughout your day and behavioral suggestions that you can immediately incorporate into your own life. These tools will help you change your thoughts and habits to create health.

There is one thing to note about the case studies. These sections highlight the extremes of people with problems in a single emotional center. However, it's important to remember that most people don't have just one problem—they can have many, whether it's infertility, arthritis, and fatigue or some other combination of issues. In our case studies we focus only on the predominant issue that is associated with each emotional center. To cover all the imbalances and problems in each person's life would lead to an encyclopedic tome that wouldn't be nearly as accessible to the vast majority of people as we have crafted this book to be. So don't be surprised if you recognize yourself in *many* of the descriptions we lay out.

While you're reading, your intuition may scream out, or perhaps it will simply make a quiet squeak. The important thing is to listen to what comes up and work with it.

I've learned a couple very important guiding principles throughout my career: The first is that every single one of us, no matter our uniqueness, no matter what our personality quirks or our past emotional or physical trials, all of us can improve our health. The second is that we need to be open to every healing modality available to create health and happiness. Whether it's vitamins and nutritional supplements, herbs and medicines, surgery, meditation, affirmations, or psychotherapy, everything can be helpful if you use it under the guidance of a skilled, healing professional you trust. *All Is Well* will help you find the combination of methods that is right for you.

YOUR ALL IS WELL SELF-ASSESSMENT QUIZ

Louise and I have each worked with thousands of people, and one of the most important parts of this work is our initial intake—let’s just call it a getting-to-know-you process. This process allows us to assess where you stand now with your health and your emotions and gives us hints about the best way to help you.

The quiz in this chapter will guide you in doing the same thing for yourself. And by the time you finish it, you should have a better idea of where to start on your path to healing.

There are seven sections, each with questions covering both physical health problems and lifestyle habits. Answer yes or no to each of the questions. At the end of the quiz, there is a scoring guide to help you evaluate your current emotional and physical health. Then have a close friend take the quiz as though that person were you and compare the scores. It’s helpful to get outside perspectives because sometimes we cannot see our own lives clearly.

Quiz

SECTION 1

Body Health Questions:

1. Do you have arthritis?
2. Do you have spinal problems, disk disease, or scoliosis?
3. Do you have osteoporosis?
4. Are you prone to accidents, muscle spasms, or chronic pain?
5. Do you have anemia, bleeding disorders, or a tendency toward viruses or fatigue?
6. Do you have psoriasis, eczema, acne, or other skin disorders?

Lifestyle Questions:

1. Do you tend to give more than you receive?
2. Do you have trouble feeling loved by an independent person?
3. When you see someone in pain, do you feel that you have to rescue them?
4. Are you not good with group politics, or do you lack social savvy?
5. Were you bullied growing up?
6. Are you bullied in your current life?
7. Does your health tend to suffer during changes in seasons?
8. Does change make you nervous?
9. Is the boundary between your moods and someone else's too easily penetrated?
10. Were or are you the black sheep of the family?
11. Are you the person everyone automatically goes to when they have a problem?
12. Do you tend to burn bridges in relationships after arguments?

SECTION 2

Body Health Questions:

1. Do you have health concerns associated with your female reproductive organs—your uterus or ovaries, for example?
2. Do you have vaginitis or other vagina problems?
3. Do you have problems with your male reproductive organs: prostate, testicles, or others?
4. Do you experience impotence or problems with sexual desire?

Lifestyle Questions:

1. If you lend money to a loved one, do you have a hard time charging interest?
2. Do you usually go into debt during the holidays?
3. Do you thrive on competition, or do people tend to say you are just a little too competitive?
4. Have you ever broken up a relationship over a career choice?
5. Do you have a lifelong pattern of being overeducated and underemployed?

SECTION 3

Body Health Questions:

1. Do you have digestion problems, such as a peptic ulcer?
2. Do you have problems with addiction?
3. Are you overweight?
4. Do you have anorexia or bulimia?

Lifestyle Questions:

1. Do you think it's vain to have a facial?
2. Do you tend to attract people who have trouble with addiction?
3. Do you know exactly how much fat there is in your love handle and hip region?
4. Do you have compulsive habits—shopping or eating, for example—that you use to calm your nerves?
5. Is your personal style—your fashion, mannerisms, and even your way of speaking—behind the times?

SECTION 4

Body Health Questions:

1. Do you have problems with your arteries or blood vessels?
2. Do you have arteriosclerosis?
3. Do you have hypertension?
4. Do you have high cholesterol?
5. Have you had a heart attack?
6. Do you have asthma?
7. Do you have any breast disorders?

Lifestyle Questions:

1. Do people often tell you how you are feeling?
2. Have you been told that you are too sensitive?
3. Are your moods sensitive to weather and season changes?
4. Have you cried at work?