

## 11 Day Terrain Detox - Rife

3 Months Post Detox: Feedback Form

This questionnaire is designed to gather information for the purpose of sharing knowledge on our website. No personally identifiable information will be revealed. Only the data within the specified boxes will be used to analyse and compile information trends.

Note: Providing personal information below is entirely optional. Please only share what you feel comfortable disclosing.

Tiredness/Fatigue	redness/Fatigue					LAST				
Tiredness/Fatigue	redness/Fatigue   never fatigued   often fatigued   always fatigued   never fatigued   poor focus   average focus   very focused   very focused   nergy   low energy   average energy   high energy   average appetite   always hungry   ain Fog   low brain fog   no brain fog   high brain fog   setting to Sleep   asleep within 30mins   asleep within 30min to 2hrs   asleep after 2hrs+ aying Asleep   never/rarely wake   wake 1-2 times a night   wake 2+ times a night   wake 2+ times a night   highly Irritable    IENTS & ILLNESSES  OU NOTICED ANY CHANGE IN HEALTH ISSUES SINCE THE 11 DAY TERRAIN DETOX?  NG FORWARD  NG FORWARD  OOKING TO EXPLAND TREATMENTS OFFERED IN THE FUTURE. IS THERE SOMETHING IN PARTICULAR YOU WOULD LIKE TO TRY	\IL:	DATE OF DETOX:							
Tiredness/Fatigue	redness/Fatigue   never fatigued   often fatigued   always fatigued   never fatigued   poor focus   average focus   very focused   very focused   nergy   low energy   average energy   high energy   average appetite   always hungry   ain Fog   low brain fog   no brain fog   high brain fog   setting to Sleep   asleep within 30mins   asleep within 30min to 2hrs   asleep after 2hrs+ aying Asleep   never/rarely wake   wake 1-2 times a night   wake 2+ times a night   wake 2+ times a night   highly Irritable    IENTS & ILLNESSES  OU NOTICED ANY CHANGE IN HEALTH ISSUES SINCE THE 11 DAY TERRAIN DETOX?  NG FORWARD  NG FORWARD  OOKING TO EXPLAND TREATMENTS OFFERED IN THE FUTURE. IS THERE SOMETHING IN PARTICULAR YOU WOULD LIKE TO TRY									
Pocus	lergy   low energy   average energy   high energy   ligh energy   high energy   high energy   ligh energy   high energy   ligh energy   high energy   high energy   high brain fog   low brain fog   high brain fog   high brain fog   high brain fog   high brain fog   asleep within 30mins   asleep within 30min to 2hrs   asleep after 2hrs+ aying Asleep   never/rarely wake   wake 1-2 times a night   wake 2+ times a night   litability   never irritable   sometimes irritiable   highly Irritable    IENTS & ILLNESSES OU NOTICED ANY CHANGE IN HEALTH ISSUES SINCE THE 11 DAY TERRAIN DETOX?  NG FORWARD  OOKING TO EXPLAND TREATMENTS OFFERED IN THE FUTURE. IS THERE SOMETHING IN PARTICULAR YOU WOULD LIKE TO TRY	ENERAL WELLBEING								
Focus       poor focus       average focus       very focused         Energy       low energy       average energy       high energy         Eating       barely hungry       average appetite       always hungry         Brain Fog       low brain fog       no brain fog       high brain fog         Getting to Sleep       asleep within 30mins       asleep within 30min to 2hrs       asleep after 2hrs         Staying Asleep       never/rarely wake       wake 1-2 times a night       wake 2+ times and	lergy   low energy   average energy   high energy   ligh energy   high energy   high energy   ligh energy   high energy   ligh energy   high energy   high energy   high brain fog   low brain fog   high brain fog   high brain fog   high brain fog   high brain fog   asleep within 30mins   asleep within 30min to 2hrs   asleep after 2hrs+ aying Asleep   never/rarely wake   wake 1-2 times a night   wake 2+ times a night   litability   never irritable   sometimes irritiable   highly Irritable    IENTS & ILLNESSES OU NOTICED ANY CHANGE IN HEALTH ISSUES SINCE THE 11 DAY TERRAIN DETOX?  NG FORWARD  OOKING TO EXPLAND TREATMENTS OFFERED IN THE FUTURE. IS THERE SOMETHING IN PARTICULAR YOU WOULD LIKE TO TRY	Tiredness/Fatigue		never fatigued		often fatigued		always fatigued		
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Eating   barely hungry   average appetite   always hungry Brain Fog   low brain fog   no brain fog   high brain fog Getting to Sleep   asleep within 30mins   asleep within 30min to 2hrs   asleep after 2hrs Staying Asleep   never/rarely wake   wake 1-2 times a night   wake 2+ times a Irritability   never irritable   sometimes irritiable   highly Irritable  MENTS & ILLNESSES E YOU NOTICED ANY CHANGE IN HEALTH ISSUES SINCE THE 11 DAY TERRAIN DETOX?  DING FORWARD BE LOOKING TO EXPLAND TREATMENTS OFFERED IN THE FUTURE. IS THERE SOMETHING IN PARTICULAR YOU WOULD LIKE TO TRY	average appetite   always hungry   average appetite   always hungry   ain Fog   low brain fog   no brain fog   high brain fog   asleep within 30mins   asleep within 30min to 2hrs   asleep after 2hrs+ aying Asleep   never/rarely wake   wake 1-2 times a night   wake 2+ times a night   itability   never irritable   sometimes irritiable   highly Irritable      IENTS & ILLNESSES     OU NOTICED ANY CHANGE IN HEALTH ISSUES SINCE THE 11 DAY TERRAIN DETOX?    OU NOTICED ANY CHANGE IN HEALTH ISSUES SINCE THE 11 DAY TERRAIN DETOX?			low energy		average energy		high energy		
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Staying Asleep	aying Asleep	Getting to Sleep		asleep within 30mins		asleep within 30min to 2hrs		asleep after 2hrs+		
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