

# DIY Self-Care Health Assessment<sup>1, 2</sup>

**Instructions:** This form is an editable PDF. Open it in an app that can see the PDF fields and type your replies. Alternatively, print the form and fill it out manually. You can use this form to gain insight into your health condition or email the form to [edpalmer@edwardgpalmer.com](mailto:edpalmer@edwardgpalmer.com). Do not use your real name on this form. An email address is required if Ed needs additional information. In that event, he will email you and refer to the nickname used on this form.

DATE:

NICKNAME:

EMAIL:

ZIP CODE:

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1. Describe in detail your disease or illness.

2. Describe any treatments for your disease or illness.

3. Describe what you've learned about healing your body.<sup>4</sup>

4. What do you think caused your health issue?<sup>5</sup>

**HABITS: Check if it applies and describe below in the text field.**

5.  I use cigarettes, tobacco, or vaping products

6.  I use alcohol

7.  I use illegal or recreational drugs

8.  I use pharmaceuticals or prescription drugs

9.  I use nutraceuticals (vitamins, herbs, etc.)

**STRESS: Check if it applies and describe below in the text field.**

10.  I have childhood trauma

11.  I have adult trauma

12.  I live with current trauma

13.  I have stressful relationships

14.  I have a stressful job

15.  I feel I always compromise myself

16.  I have fears, worries & doubts

17.  I have challenges in life

**HAPPINESS: Check if it applies and describe below if it doesn't.**

18.  I love myself

19.  I have self-confidence

20.  I have self-esteem

21.  I have clear goals

22.  I am motivated in life

23.  I have a reason to live

**GENERAL: Write your answers in the text fields below.**

24. What makes you excited about yourself, life, and the future?

25. Do people in your life make you feel bad about yourself, your life, goals, and dreams? People who drain your energy whenever you have to deal with them in person, on the phone, or in any situation?

## Notes

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1. **Disclaimer:** This self-assessment form information will allow Ed to more accurately put himself into the shoes of the individual nicknamed above. That will enable him to consider what he would do if he had the same illness or disease. Nothing in this form or with Ed considering his healing approach is intended to provide medical advice. It is solely for educational purposes, designed to inform and enlighten. Anyone needing medical assistance should seek the appropriate expertise within the medical industry.

2. **Reference:** This form is based upon the information in Dr. Leonard Coldwell's book "The ONLY Answer To Cancer," subtitled "Defeating the ROOT Cause of All Disease." A similar questionnaire will be found on page 132, and a complete discussion of the issues creating disease in the body is found within the book. Many of the questions in this self-assessment are related to the causes of stress within the human body. A Stanford University study has shown that fully 95% of diseases are caused by stress. Therefore, the first task in healing is to eliminate the sources of stress in the body. This will allow the body to exit the sympathetic nervous system's "fight or flight" mode and enter the parasympathetic mode of "rest and restore" so healing can occur.

3. **Purpose:** This form is a DIY self-care assessment tool, empowering individuals to better understand their health issues. It can also be submitted as a detailed profile to guide Ed in providing educational advice. Any response from Ed is strictly for educational purposes and only represents what he would do if he were in your shoes from a health point of view. The more detailed your form is, the easier it will be for your own self-diagnosis or for Ed to step into the health situation you are currently experiencing.

4. **Assumed:** If you submit this form to Ed to see what he would do, it is assumed that you have done some minimal investigation into your health condition. It also assumes you've downloaded a version of "Healing Self-Care Primer" and sought a solution using the resources in this small book. A free version for signing up to Ed's Newsletter is available online at Ed's author site at [www.edwardgpalmer.com](http://www.edwardgpalmer.com). The book is also only 99¢ at [www.healingselfcareprimer.com](http://www.healingselfcareprimer.com). Ed fully expects and encourages you to take an active role in your health and healing efforts, as your engagement and commitment are crucial in seeking a cure for whatever affects your health.

5. **DIY Resources:** A list of thirty (30) ways to research self-care health and healing strategies is now on my author's website at [http://www.edwardgpalmer.com/diy\\_resources.html](http://www.edwardgpalmer.com/diy_resources.html). Please review the DIY self-care resources for solutions before contacting Ed. He will expect you to implement the apparent cures and healing strategies disclosed on this DIY Resources List. Take the time to share this information with family and friends. The list can be downloaded as a PDF file from this page. If you want to be healthy, it starts by recognizing that you are in the driver's seat regarding your health. Understanding healing starts with DIY resources.

6. **Causal:** Think about when your health issue first became apparent in your mind. What do you think caused your health condition? Write something down that comes to your mind. Were you doing anything? Was the health condition a result of many years of habit? Take some time and reflect on what might have caused this health condition. It will help you reveal a course of action to resolve it.

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