

## What is a Lifestyle Analysis?

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**A Lifestyle Analysis begins with a questionnaire that evaluates eating habits, stresses, and chronic concerns. This helps to determine what areas of the body are being affected by an individual's lifestyle and how their health, energy, stamina and general sense of well-being is impacted. The Lifestyle Analysis is used in conjunction with nutritional education, and kinesiology to establish an individualized program that, when implemented, will enable a person to regain or maintain optimum health.**