

WOMB WELLNESS PROFILE

The following Womb Wellness Profile has been divided into six categories of wellness that will help you assess the current health of your womb. This profile will aid you in your quest for womb wellness because it helps you keep an accurate record of your womb health over time. It is suggested that after you record your current baseline, you continue to monitor your womb wellness for a minimum of six cycles (months).

To get a clear picture of the state of your current menstrual periods, you need to consider the intensity of the flow, i.e., light to heavy, clot-free or clotting, odor-free or menstrual odor, and the number of days your menses last, i.e., optimal (1–3 days), average (4–5 days; may mean the womb is already in a diseased state), chronic (6–10 days), and beyond.

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Complete the following information about your menstrual cycle no matter where you are in your reproductive years (childbearing years or menopausal).

Date of first menstrual cycle _____ Number of days in cycle _____
 Length of menstrual flow (number of days) _____

Directions for Rating Womb Wellness

Use 0 to 3 to rate the items on your Womb Wellness Profile.

Use 0 if the condition never existed or no longer exists.

Use 1 if the condition occurs infrequently.

Use 2 if the condition occurs frequently.

Use 3 if the condition is a serious health challenge (i.e., endometriosis, cervical cancer, etc.), or if you have ever experienced a traumatic womb episode (i.e., rape, childhood molestation, abortion).

Category A—Menstrual Health	Date			
Record Length of Each Cycle	Cycle 1	Cycle 2	Cycle 3	Cycle 4
1. Menses flow				
0=1 or 2 days				
1=2 or 3 days				
2=3 or 4 days				
3=5, 6, or more days				
P=Postmenopausal (indicate date of last menstrual cycle)				
2. Menstrual aches: head/back/legs				
3. Menstrual cramps				
4. Heavy menses bleeding and/or clotting				
5. PMS/mood swings: depression, anger, hostility				
SUBTOTAL				

	Date			
	Cycle 1	Cycle 2	Cycle 3	Cycle 4
Category B—Vaginal Health				
6. Chronic vaginal itching or burning				
7. Chronic vaginal odor				
8. Chronic vaginal discharge or vaginitis				
9. Vaginal sores				
10. Medically diagnosed vaginal cysts				
11. Candida (chronic vaginitis)				
SUBTOTAL				
Category C—Sexual Health				
12. Painful intercourse				
13. Inability to experience orgasm				
14. Frigidity (averse to sexual activity)				
15. Sexually transmitted diseases (syphilis, gonorrhea, chlamydia, genital herpes)				
16. Sexual abuse (rape, molestation)				
17. Toxic partners				
SUBTOTAL				
Category D—Pregnancy Health. Record a score of 3 in each cycle if you have ever experienced any of the following reproductive health challenges, even if you are not experiencing them in your current cycle. When you have achieved body-mind-spirit healing, you may reduce your score accordingly.				
17. Infertility				
18. Toxemia during pregnancy				
19. Difficult childbirth(s)				
20. Miscarriage(s) [Spontaneous Abortion(s)]				
21. Abortion(s)				
SUBTOTAL				
Category E—Menopause				
22. Hot flashes				
23. Vaginal dryness				
24. Medically diagnosed hormonal imbalances				
25. Irritability and mood swings				

	Date			
	Cycle 1	Cycle 2	Cycle 3	Cycle 4
26. Night sweats				
27. Headaches, backaches				
SUBTOTAL				
Category F—Common Illnesses				
28. Pelvic inflammatory disease (PID)				
29. Blocked fallopian tubes				
30. Medically diagnosed fibroids/tumors/cysts (indicate size: grapefruit, orange=3, lemon=2, pin-size=1)				
31. Endometriosis				
32. Hysterectomy				
33. Genital Prolapse (Prolapsed womb)				
34. Uterine cancer				
SUBTOTAL				
GRAND TOTAL				

Interpreting Your Scores

We are striving for low scores. Low scores indicate a less toxic womb, less blockage to the womb, and thus more womb wellness. Remember, when you're measuring toxic conditions in the womb, lower scores are best. The grand total gives you an overview of the state of your womb, and helps you establish a baseline as you progress toward achieving a 0 score.

- A score of 0 indicates excellent womb wellness. Keep up your wonderful healing work!
- Scores of 1 with challenges primarily in Category A indicate occasional blockage or that a blockage is clearing. For maximum rejuvenation, continue the Womb Cleansing regimen for one to four cycles.
- Scores of 2 with challenges primarily in Category A and Category B indicate frequent blockage. For maximum rejuvenation, continue the Womb Cleansing regimen for four to six cycles.
- Scores of 3 with challenges primarily in Category C indicate constant and/or acute blockages. There are no short-term or simple solutions to the challenges in Category C.