

Nervous System Quiz – How Healthy Is My Nervous System?

Read the statements below and give yourself one point for all that apply to you.

- I have difficulty getting a restful night's sleep.
- I get sick more often than my friends and family.
- I feel tired more often than not.
- I feel pain and or stiffness in my neck, back, and/or shoulders.
- I am irritable.
- I have digestion issues.
- I feel like my body leans to one side.
- I feel uncomfortable lying down, sitting up, and/or standing.
- I feel like half my body is stronger than the other half.
- I have bad posture.
- I get headaches, migraines, or face pains.
- I have a “cloudy” or “foggy brain.”
- I feel anxious.
- I feel depressed.
- I have trouble focusing.

Rules: Add up all of your points and follow the instructions:

If you scored 0, then keep up the good work and come visit our East Boca office and introduce yourself.

If you scored 1-3, then it will be a smart idea to get your nervous system and spine examined. You may be in the early phases of spinal degeneration and your nervous system is stressed.

If you scored 4 or more then you need to make an appointment for a consultation in our office. Most people that experience these symptoms have underlying causes that may be fixable before you get worse. Please contact our East Boca office for a consultation, we can help you.