

Chronic Risks at a Glance Report by Health Revival Partners on 631 People Who Took the Survey in 24h – Immune Defense Summit Listeners

Gender?			Do you take supplements?			How well do you feel normally?			How much sleep do you get - on average?		
Female	531	85%	Daily 5-10	230	37%	Well normally	300	48%	7 - 9h	286	46%
Male	96	15%	Daily >10	132	21%	Lack of energy	248	40%	6 - 7h	197	31%
			Daily	122	19%	Sleeplessness	169	27%	5 - 6h	96	15%
			Sometimes	115	18%	Memory Issues	156	25%	<5h	27	4%
			Rarely	21	3%	Eye Issues	146	23%	9 - 11h	21	3%
			Never	5	1%	Chronic Pain	133	21%	>11h	0	0%
						Anxious / Depressed	115	18%			
						ENT	99	16%			
						Frequent Bathroom	89	14%			
						Nagging Stomach	74	12%			

Do your gums bleed?			Have you been diagnosed with Periodontal disease?			What diet style best describes your normal eating habits?			What's Snacking?		
Never	197	31%	Never	448	71%	Healthy Fats	296	47%	Fruit	266	42%
Rarely	178	28%	Yes	179	29%	Paleo / Mediteranean	266	42%	Between Meals	211	34%
Minimally	175	28%	Resolved	78	12%	Low Sugar	259	41%	Seldom / Never	204	33%
Moderately	34	5%	Persistent	26	4%	Gluten Free	212	34%	Chocolate	195	31%
Easily	25	4%				American (SAD)	125	20%	Hot Beverage	141	22%
Painful Gums	10	2%				Protein Priority	119	19%	Vegetables	125	20%
Regularly	8	1%				Veg/Vegan w/ Fish	67	11%	Snack Before Bed	105	17%
						Vegetarian	39	6%	Chips	100	16%
						Vegan	28	4%	Sports Bar	50	8%
						Low Fat Priority	15	2%	Candy	41	7%
									Ice Cream	38	6%
									Soda / Soft Drink	20	3%

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How often do you eat dinner at home weekly?			Select all chronic diseases you had or currently have.			What cooking oils do you use at home?			Do you get night sweats?		
Always	292	47%	None	153	24%	Olive Oil	491	78%	Never	263	42%
5 - 6 Times	262	42%	Autoimmune	143	23%	Coconut Oil	480	77%	Seldom	105	17%
3 - 4 Times	56	9%	Cataract	105	17%	Butter	378	60%	Rarely	101	16%
1 - 2 Times	15	2%	Gastrointestinal	99	16%	Avocado Oil	274	44%	Past but Not Now	97	15%
Never	2	0%	Musculoskeletal	70	11%	Animal Lard	49	8%	Persistent	41	7%
			Cancer	68	11%	Vegetable Oil	31	5%	When Anxious Only	10	2%
			Respiratory	62	10%	Canola Oil	29	5%	Precede Fever	7	1%
			Mental Health	58	9%	Ghee	29	5%	Severe	3	0%
			Cardiovascular / Heart	49	8%	Corn Oil	10	2%	Sister died of ALS	1	
			Eye	40	6%	Crisco	9	1%	After having		
			Diabetes	37	6%	None	4	1%	Persistent Night Sweats		
			Glaucoma	30	5%						
			Hashimotos	22	4%						
			Eye Diseases Total	175	28%						

Do you have depression or a history of depression?			How is your memory? Are you forgetful?			What medications are you currently taking?			I'm HIGHLY motivated to get off medications		
Never / NA	243	39%	Sometimes	369	59%	None/ Not Applicable	278	44%	Not Applicable	266	42%
Once in a While	135	22%	Almost None	101	16%	Hypothyroidism	123	20%	Strongly Agree	235	37%
I'm a Bit Depressed	119	19%	No Issues	68	11%	Blood Pressure	76	12%	Agree - Motivated	85	14%
Almost never	100	16%	Frequently Forgetful	63	10%	Mood Meds	48	8%	Neutral	33	5%
SAD	59	9%	Forgetful & Worsening	47	7%	Inflammation	45	7%	Disagree - Not Motivated	4	1%
History of Depression	58	9%	Frequent & Worsening	18	3%	Asthma	35	6%	Meds OK	4	1%
Diagnosed Depression	22	4%	Worse After Taking Meds	6	1%	Eye	31	5%			
Suffer from Depression	15	2%			Chronic Pain	30	5%				
Frequently Depressed	12	2%			Reflux	26	4%				
					Cholesterol	23	4%	Note: Most on meds not motivated are on Thyroid meds and presume there is no solution to this med and is required to have energy.			
					Sinusitis	23	4%				
					Diabetes	19	3%				
					Blood Thinner	15	2%				
					Seizure	3	0%				
					Memory	3	0%				
					Taking Medications	349	56%				

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Gastrointestinal: Select any disease / problem you CURRENTLY have.			CDA GLANCE GRADE			AVERAGE GRADE
Gas	183	29%	B	163	26%	C-
None	175	28%	F	147	23%	
Pain	155	25%	C	143	23%	
Bloating	134	21%	D	92	15%	
Constipation	110	18%	A	68	11%	
Celiac	78	12%				
Reflux	77	12%				
Sensitivity	68	11%				
Diarrhea	67	11%				
Erosion of Teeth	50	8%				
Indigestion	47	7%				
Incontinence	44	7%				
Swallowing Difficulty	37	6%				
Bacteria Overload	27	4%				
Bowel / SIBO	24	4%				
PCOS	7	1%				
Crohn's	6	1%				
Colitis	6	1%				

CDA glance grade = The extent of a person’s “risk portfolio.” It is a measure of both the depth and breadth of the risks and chronic problems impacting an individual. A raw numeric score is derived based on answers to the 16 questions and the raw value is converted to a letter grade (A – F) based on ranges of numeric values.