

# *Colon cancer will kill more than 50,000 Americans this year.*

HUNDREDS OF THOUSANDS OF OTHERS WILL SUFFER FROM DEBILITATING DIGESTIVE DISORDERS. MOST IGNORE WARNING SIGNS OR THINK THEIR SYMPTOMS ARE "NORMAL."

## *Protect yourself by learning the Untold Truth!*

*Are you at risk for digestive disorders or colon disease? Find out with our colon health survey:*

### **1. Do you have a family history of polyps or colon cancer?**

- a. Yes, three close family members have been affected. At least one was under 50 when diagnosed.
- b. Yes, an immediate family member has been affected and/or two or more generations have evidenced polyps or colon cancer.
- c. Yes, an extended family member has been affected.
- d. I don't know.
- e. No.

### **2. Do you consume red meat?**

- a. Yes, daily.
- b. Yes, more than twice per week.
- c. Yes, once per week.
- d. Yes, but only occasionally—2-3 times per month
- e. Seldom to never.

### **3. Are you overweight (particularly in the abdominal area)?**

- a. Yes, more than 30 pounds overweight.
- b. Yes, 20-30 pounds.
- c. Yes, 10-20 pounds.
- d. Yes, up to 10 pounds
- e. No, I am the ideal weight for my height and age.

### **SCORING**

Using the legend below, tabulate your score.

- "a" answers = 2 points
- "b" answers = 3 points
- "c" answers = 5 points
- "d" answers = 8 points
- "e" answers = 10 points

Of a possible 50 points, how did you fare? The scary truth is that we're all at risk for developing colon cancer and other digestive system diseases. But with every point you fall short of a perfect 50, your risks climb dramatically. Learn more now!

### **4. Do you have constipation?**

- a. Yes. I have a bowel movement only once every 2-3 days and elimination is always difficult.
- b. Yes. I have a bowel movement only once every day and elimination is always difficult.
- c. Yes. I am constipated at least two times per month (defined as fewer than one bowel movement per day)
- d. Yes. Although I may have multiple daily eliminations, my stool is often dark and hard.
- e. No. I have at least two eliminations per day (consistently), and my stool is smooth, long, and medium brown.

### **5. Do you suffer from any of the following: gas, bloating, excessive fullness after meals, sour stomach, cramping, diarrhea, constipation, a hardness in your intestines, heartburn, ulcer, acid indigestion, bloody stool, nausea, or lower esophageal pain when you swallow?**

- a. 6 or more
- b. 4 or more
- c. 3 or more
- d. 2 or more
- e. None of the above

*For more information on this topic, please contact the person who sent this information to you.*

*To order more detailed information, go to [www.naturestools.com](http://www.naturestools.com), or dial 1-888-225-6601.*