

# DOCTOR QUESTIONS - ZONES 1 & 2

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## QUESTIONS TO RELEASE INNER FEELINGS THAT HAVE CREATED SUBLUXATIONS OR DISORDERS OF CERTAIN SYSTEMS

### ZONE 1

1. What did you do to create a disorder in the glandular zone?
2. Did you do something physically or emotionally?
3. Do you feel there is a suppression of the creative urge? Or, one of your urges?
4. What do you do for sublimation?
5. Do you worry about the glands?
6. Do you get a check-up regularly?
7. Do you hold criticism or self-guilt for some act you committed?
8. Did you get chilled?
9. Are you eating right?
10. Are your menstrual periods regular?
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

### ZONE 2

1. What did you do to create a disorder in the eliminative system?
2. What foods do you feel effect your eliminative system?
3. What would you like to eliminate or change?
4. Does some personality at work bother you? Or, at home?
5. Do you drink enough water or juices?
6. Do you feel like you are being eliminated?
7. Have you been working in some area that could create congestive disorders?
8. Do you feel choked off?
9. Would you like to run away?
10. Have you ever been rejected?
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

