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Board Certified:
 Psychiatry
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Medical Nutrition, Acupuncture & Yoga

**HOLISTIC HEALING
 READINESS QUIZ**

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Name and Date Press F9 to recalculate	Your Answer	Wt	Your Score	What It Means
1) My current symptom(s) and/or problems are interfering with the quality of my life	0	5	0	These questions refer to your motivation to heal. If you have no concerns about your present or your future, then there will be little motivation to do the work.
2) I am concerned about my aging and am willing to forgoe some comforts and habits today to improve the quality of my life in the future	0	5	0	
3) I need to see some results within a few days or weeks to keep going with a treatment	0	-10	0	This question speaks to how quick a result you need. Holistic medicine works slowly and steadily, like an investment.
4) I believe that I can heal 90% without drugs or surgery	0	5	0	While "belief" and motivation is not absolutely required, it does influence outcome. Putting faith in outside methods rather than inner methods is also limiting.
5) I am seeking Holistic Medical Care because I am trying to avoid medications, surgery or other conventional care	0	5	0	
6) I want to take control of my health and have already read about and tried "alternative medicine"	0	5	0	Expecting a "cure" from an outside source, and giving the authority away, limits the capacity to heal
7) My holistic doctor should be able to find medication(s) or supplement(s) to cure my problem(s)	0	-10	0	
8) I can find 30-60 minutes per day to invest in my healing	0	5	0	Healing requires a commitment of time. Often, priorities, including job expectations need to be re-evaluated as a first step.
9) I am able and willing to invest \$150-\$500 per month for 6-12 months for a holistic healing program if it will allow me to heal 50%	0	5	0	Healing requires a commitment of finances. As above, priorities may need to be re-evaluated as a first step.
10) I am able and willing to eliminate some or all of my favorite foods, alcohol, soda and caffeine from my diet for at least three months	0	5	0	Healing requires a some change in lifestyle. We often hold onto "comfort" foods and addictions to avoid the pain of the healing process.
11) I am willing to trial a regimine of supplements for three to six months to test the effect on my healing	0	5	0	In today's society, our environmental and internal toxicity requires some supplements to replace what is missing, and to help detoxify our bodies and foods.
12) I am willing commit to at least 8 hours of sleep per night (or stay in bed 8 hours if I have a sleep problem)	0	5	0	Inadequate sleep affects every system of the body, and directly affects weight, mood, thinking, inflammation, pain, hormones and other health factors
13) I am willing to go to a gentle yoga or other recommended movement class once per week for three to six months to test the effect on my healing	0	5	0	Yoga or some other form of gentle and regular movement is critical to "reset" dysfunctional neurons that affect pain, mood, and other critical functions
14) I am willing to try a course of acupuncture or other recommended body work for one to three months to test the effect on my healing	0	5	0	While passive modalities by themselves are only a part of healing, "energy" provided by another person can facilitate healing.
15) My family and friends will support changes that will enable me to heal	0	5	0	The family is the unit of health. Sometimes one person's problem masks another's. Families may resist change more aggressively than individuals.
16) My employer and coworker(s) will support changes that will enable me to heal	0	5	0	Lack of support in the work environment may interfere with healing.
17) I am willing to study (not just read) educational materials if such knowledge will enable me to heal	0	5	0	Knowledge is power. Knowledge is inspiration. You need to know what you are doing and why. Conventional medicine encourages ignorance, while holistic medicine requires empowerment.
18) If recommended, I am willing to explore the relationship between my mind and body, which might require psychotherapy, other psycho-spiritual work, journaling and/or meditation.	0	5	0	Thoughts and emotions, functions of the "mind-organ" can either facilitate or interfere with healing. Holistic medicine encourages us to understand our minds and spirits as well as our bodies.
(TOTAL (RANGE -200 TO +200))			0	Your score indicates how likely you are to embark on the healing journey, commit reasonable time and energy, take responsibility as an active participant in your healing, and achieve healing. > 80: Ready, > 60: Almost Ready, < 60: Not Ready
YOUR SCORE (OUT OF 100)	0		50	