1. Is what you are currently doing for your health working for you right now?
2. Do you have a ***burning desire*** to make whatever changes are necessary to break free and resolve your current difficulties?
3. Are you willing to invest time, energy and money in yourself to make those necessary changes?
4. Are you willing to make a long-term commitment to educate yourself to turn your health around?
5. Are you an honest person and do what you say you are going to do?