



Dr Janelle

TEST

YOURSELF!

DISCOVER 9 AUTHENTIC SIGNS THAT

REVEAL

YOU MAY HAVE DEPRESSION

By Dr Janelle Sinclair

www.drjanellesinclair.com

QUESTIONNAIRE

Everyone feels down at times. However if you're constantly feeling miserable, and your lows are making it hard for you to function in your daily life, you may be depressed. This questionnaire can help you determine whether you are showing any warning signs of depression, and what you might want to do next.

This questionnaire is based on the Patient Health Questionnaire (PHQ-9). When answering these questions, refer to your experiences over the last fourteen days.

| SYMPTOM | NOT AT ALL | SEVERAL DAYS | MORE THAN HALF THE DAYS | NEARLY EVERY DAY |
|--|-------------------|---------------------|--------------------------------|-------------------------|
| Little interest or pleasure in doing things | 0 | 1 | 2 | 3 |
| Feeling down, depressed, or hopeless | 0 | 1 | 2 | 3 |
| Trouble falling or staying asleep, or sleeping too much | 0 | 1 | 2 | 3 |
| Feeling tired or having little energy | 0 | 1 | 2 | 3 |
| Poor appetite or overeating | 0 | 1 | 2 | 3 |
| Feeling badly about yourself or that you are a failure or have let yourself or your family down | 0 | 1 | 2 | 3 |
| Trouble concentrating on things, such as reading the newspaper or watching television | 0 | 1 | 2 | 3 |
| Moving or speaking so slowly that other people could have noticed. Or the opposite being so fidgety or restless that you have been moving around a lot more than usual | 0 | 1 | 2 | 3 |
| Thoughts that you would be better off dead, or of hurting yourself | 0 | 1 | 2 | 3 |
| COLUMN TOTALS | | | | |
| TOTAL | | | | |

SCORING

0 - 4

NO DEPRESSION LIKELY

Based upon your responses to this depression questionnaire, you appear to **not be suffering with depression.**

5 - 9

YOU MAY HAVE MILD DEPRESSION

Based upon your responses to this depression questionnaire, you may be suffering from **mild depression.** There is no urgent need to treat mild depression, but ensure that you monitor it to make sure it doesn't get worse. You may however benefit from psychotherapy, making changes to your diet, exercising and taking natural supplements. To learn more about some of the ways that we can help you resolve your depression naturally see our recommendations on the last page of this report.

10 - 14

YOU MAY HAVE MODERATE DEPRESSION

Based upon your responses to this depression questionnaire, you may be suffering from **moderate depression.** You may benefit from psychotherapy, natural therapies and/or antidepressant medication. To learn more about some of the ways that we can help you resolve your depression naturally see our recommendations on the last page of this report.

15 - 19

YOU MAY HAVE MODERATELY SEVERE DEPRESSION

Based upon your responses to this depression questionnaire, you may be suffering from **moderately severe depression.** We recommend you visit your medical doctor for a diagnosis and to discuss treatment recommendations. Moderately severe depression is usually treated with antidepressants, psychotherapy or a combination of treatments. Addressing root biochemical causes for depression such as vitamin or mineral deficiencies, poor gut health and blood sugar imbalances can also help lift mood. To find out more see our Real Relief Online course-information found below.

20 - 27

YOU MAY HAVE SEVERE DEPRESSION

Based upon your responses to this depression questionnaire, you may be suffering from **severe depression.** We recommend you visit your medical doctor immediately for a diagnosis and to discuss treatment recommendations. Severe depression is usually treated with antidepressants with or without psychotherapy. Addressing root biochemical causes for depression such as vitamin or mineral deficiencies, poor gut health and blood sugar imbalances can also help lift mood. To find out more see our Real Relief Online course-information found below.

This screening test will not provide an official diagnosis or treatment for symptoms of depression or other mood disorders. It is made with the intention that you will use the results to identify possible symptoms and for seeking further professional assistance.

ABOUT DR. JANELLE



Hi, my name is Dr Janelle Sinclair. I'm a biochemist (PhD) and a registered natural medicine practitioner. I've been working in the natural medicine field for over 14 years and I've been consulting with clients for over 5 years, specifically focused on mental health. I have a PhD of biochemistry, a Postgraduate Certificate in Health Sciences (Mental Health), completed FitGenes accreditation and NeuroLinguistic Programming (NLP) certification. As you can see, I have a thirst for knowledge and I love to apply it in a practical way that has a positive impact on others.

Lives Changed

Many of my clients have called me a lifesaver (literally). I've helped them go from feeling hopeless and that life was not worth living, to having more energy, working again, enjoying their families and excited about what the future holds. While working in my clinic, I found that for some women there were dramatic changes in a short period of time in their mental health by using a couple of supplements and/or a simple dietary change. For others, a slow and steady improvement in emotions, stamina and motivation were experienced.

I'm Now On a Mission

It got me thinking that more people need to know about what works, and how to figure out what supplement or diet would be effective for them.

It breaks my heart to think that you are struggling with distressing symptoms that affect you every day, when it might be possible to turn your life around with a natural approach.

I believe that through addressing biochemical imbalances such as nutritional deficiencies, hormonal imbalances, food intolerances, gut dysbiosis, and poor detoxification, that many people can overcome their struggle with depression, anxiety and fatigue. This approach has helped hundreds before you, and I'd love to help you resolve your depression and anxiety too!

What others are saying about Dr Janelle

"You changed my life entirely. It was the best day of my life seeing you, after suffering for almost two decades. I have seen many doctors before but no one has a single clue what's wrong with me. Your advice and suggested supplements entirely brought me out from the painful and depressed life I was living. I felt so well from the first day I followed your advice. "

JS Auckland, New Zealand

"I am so grateful to have my life back Janelle, I really would call you a life saver. I went from having severe postnatal depression, PTSD and severe frequent panic attacks to having energy like never before and being able to run around with my 2 precious boys. I can't find the words to describe how amazing Janelle has been and what she has done for our family."

FG Hamilton, New Zealand

NEED REAL RELIEF FROM DEPRESSION & ANXIETY?

Not sure how to get started? Follow these steps.

STEP 1: DOWNLOAD THE FREE REPORT



www.drjanellesinclair.com/checklist

STEP 2: WATCH THE WEBCLASS



www.drjanellesinclair.com/webclass

STEP 3: JOIN THE ONLINE COURSE



Real Relief
FOUNDATIONS

www.drjanellesinclair.com/ecourse

STEP 4: HAVE A CONSULTATION WITH DR JANELLE



www.drjanellesinclair.com/consulting

Have a Question or Need Help?

Email our support desk at: info@drjanellesinclair.com