

Complete the **READER** Survey  
**Win a Fabulous PRIZE!**  
**Help Us Improve**  
**SPRIT SEEKER!**

**SOME QUESTIONS** 1. Where did you pick up this copy of Spirit Seeker?

2. What do you like about Spirit Seeker?

3. What would you like to change about Spirit Seeker?

4. How would you change it?

**GRAND PRIZE** —

A Family Weekend at the YMCA Trout Lodge

Simply Fill Out the Questionnaire & Send It To:  
 Spirit Seeker Magazine  
 1320 Saltbox Drive • Chesterfield, MO 63017



Deadline for entries is October 1, 2009. **TEN** Lucky winners will be drawn and prizes awarded. One survey per family please! No Purchase required to Enter This Drawing. All information will be used for Spirit Seeker readership purposes only. Survey must be filled out COMPLETELY to be eligible to win.

**HELP US IMPROVE SPIRIT SEEKER!**

Please choose the **TOP TEN TOPICS** you would like to read more about in upcoming issues of Spirit Seeker.

- Real Estate for Sale/Rent
- Restaurants
- Hospital Wellness Programs
- Herbs
- Dietary Supplements
- Lifestyle Coaching
- Natural & Eco-Friendly Gifts
- Vitamins & Minerals
- Eco-Friendly Cars & Trucks
- Organic Foods
- Eco-Friendly Business Profiles
- Unique Travel Destinations
- Hemp Products
- Massage Services & Products
- Natural Garden Products/Services
- Senior Information
- Socially Responsible Investing
- Midwives & Doulas
- Chiropractic Healthw
- Ergonomic Chairs & Equipment
- Back Pain Products
- Diet Products
- Music & Entertainment
- Smoking Cessation
- Exercise Products & Services
- Hypnosis Services
- Spas & Retreats
- Feng Shui Services
- Aromatherapy Products
- Natural Skincare Products
- Family Therapy
- HIV Related Products & Services
- Nutrition Information & Coaching
- Iridology
- Oriental Medicine
- Acupuncture
- Acupressure
- Reflexology
- Metaphysical Products
- Health Books & CD's
- Meditation
- Spiritual Travel
- Local Cultural Events
- Soy Food Products
- Yoga
- Tai Chi
- Qi Gong
- Biofeedback
- Therapeutic Pillows]
- Stress Reduction Techniques
- Breathwork/Rebirthing
- Sound & Music Therapy
- Body Wraps
- Bicycling Products & Services
- Outdoor Info: Hiking, Camping, etc.
- Psychiatric Services
- Eco-Friendly Home Products
- Massage Therapy
- Kinesiology
- Rolfing
- Hypnotherapy
- Cranialsacral Therapy
- Color Therapy
- Astrology
- Pranic Healing
- Other

**Win** Other AMAZING PRIZES too !

**Kansas City**

- \$65 GIFT CERTIFICATE for a Jin Shin Jyutsu Session (Nancy Steele)
- \$75 GIFT CERTIFICATE for a One Hour Massage (Gwyneth Jones, HHP)
- \$65 GIFT CERTIFICATE For a One Hour Pilates Session (Gwyneth Jones, HHP)
- \$75 GIFT CERTIFICATE for a One Hour Massage by (Alex Jackson LMT, NCT-MB or Danielle Jerome LMT, NCTMB of Centered Spirit)

**St. Louis**

- \$50 GIFT CERTIFICATE To Cheryl's Herbs & More (Our Local Health Store)
- \$50 GIFT CERTIFICATE To Body & Mind (Through Nature to Health!)
- \$40 GIFT CERTIFICATE for an Ionic Foot Bath (St. Louis Aquatic Healing Center) The price changed!
- \$50 GIFT CERTIFICATE for a One Hour Massage (Inmotion Health Center)
- \$65 GIFT CERTIFICATE for an Ascension Guidess Session with LayaLuna

**Demographic Information:**

(fill in, check or circle answers)

- Sex
- Age
- Marital Status
- Number of Children
- Own/Rent Home
- Employee/Self Employed
- Zip Code
- Phone Number
- Yearly Household Income
  - 0-25, 000
  - 26, 000-50, 000
  - 51, 000-100,000
  - 100, 000+
- Education
  - High School
  - Bachelor
  - Master
  - Doctorate
  - Other
- How often do you read Spirit Seeker?
  - Monthly
  - Bi-Monthly
  - Quarterly
  - Yearly

**GENERAL INFORMATION**

What is the most important environmental issue facing us today?

What is the most important health issue facing us today?

Where do you currently shop for:

- Groceries
- Gifts
- Clothing
- Health Products

What kind of alcoholic beverages do you drink?

- Red wine
- White wine
- Beer
- Hard liquor
- Don't use alcohol

Are you a vegetarian?

- Yes
- No
- Have tried it.

Name your favorite outdoor activity.

How often do you attend these activities?

- Monthly, Quarterly, Annually
- Live Theater
- Movies
- Live Music
- Art Openings

Do you currently recycle?

- Curbside
- Recycle Center
- Don't recycle

Do you belong to any environmental group?

- Yes
- No
- Would like to find out how

Which do you read at least once a week?

- Newspapers
- Magazines
- Books

Do you own a computer?

- Yes
- No
- Would like to

Do you have access to the Internet?

- Yes
- No
- Would like to

What kind of gardener are you?

- Avid
- Serious
- Hobby
- Not a gardener

Are you currently practicing organic gardening?

- Yes
- No
- Would like to start

What pets do you have?

- Dog
- Cat
- Bird
- Fish
- Other
- None

Would you choose natural & healthy pet food if it were available?

- Yes
- No

Name your favorite restaurant.

How often do you dine out?

- Weekly
- Monthly
- Yearly
- Other

Do you look for restaurants with health menu options?

- Yes
- No
- Doesn't matter

Do you take a vacation yearly

- Yes
- No

How much does your vacation usually cost?

- Under \$500
- \$500-\$1000
- \$1000+

What new items or services do you plan to purchase in the next 12 months?

- Real estate
- Car/truck/suv
- Television
- Refrigerator
- Stove
- Microwave
- Cable TV
- Satellite TV Dish
- DVD Player
- Furniture
- Computer Software
- Computer Hardware
- Vacuum
- Natural Foods
- Garden Products
- Vitamins/Supplements
- Organic Foods
- Chiropractor
- Travel
- Sports Events
- Skin/Hair Products
- Books
- Bicycle
- Exercise equipment
- DVD's
- CD's
- Musical Equipment
- Clothes
- Health Products
- Jewelry
- Children's clothes
- Children's Toys
- Educational Items
- Photo Equipment
- Home Improvement products
- Alternative Health
- Newspapers
- Magazines
- Other