

Directions

To complete the toxicity questionnaire, simply fill in the blank with a 0, 1, 2, or 3 depending on your typical symptoms.

0 = Never feel this symptom

1 = Feel this symptom 1-2 times per month

2 = Feel this symptom weekly

3 = Feel this symptom daily

Head

Headaches/Migraines

Dizziness/Faintness

Neck tension

Cloudy head

Sinus

Nasal congestion (stuffy nose)

Allergies (seasonal or daily)

Mucus

Sneezing

Nose blowing

Eyes

Dark circles under eyes

Bags under eyes

Itchy eyes

Discharge or watery eyes

Blurred vision

Crusted eyes upon waking

Ears

Itchy ears

Discharge or drainage from ears

Ringing in ears, tinnitus

Excessive wax build up

Blocked or muffled hearing

Teeth

Pain in gums or teeth

Bleeding gums

Silver fillings (Score with a 3 if you have any metal fillings)

Metal crowns or Root canals (Score a 3 for crowns or root canals)

Mouth

Canker sores

Cold sores (herpes virus)

Cracking on lips

- Discolored lips
- White film on lips upon waking or after eating

Tongue

- Red dots on tongue
- Sides of tongue have dents (“scalloping”)
- White, yellow, or brown coating on tongue
- Cracks or lines on tongue

Glands

- Swollen lymph nodes (neck, armpits, or groin)
- Difficulty swallowing
- Loss of voice
- Swollen ankles or wrists/hands/fingers

Breathing

- Chest tension
- Inability to get enough air in
- Chest congestion
- Chronic cough
- Clear throat a lot
- Voice hoarseness

Weight

- Difficulty losing weight
- Gain weight easily
- Feel swollen or puffy
- Retain water
- Binge or compulsive eating

Joints/Muscles

- Pain in joints
- Muscle stiffness
- Limited range of motion
- Muscle weakness/Loss of strength
- Arthritis

Skin

- Acne
- Hair loss
- Flushing/Hot flashes
- Dry, flaky skin
- Excessive sweating
- Hives or itchiness
- Psoriasis, eczema, ringworm or skin rashes

Sleep

- Inability to fall asleep
- Can't stay asleep/Wake up frequently
- Nightmares

Heart racing at night

Night sweats

Energy

Tired upon waking

Daytime or afternoon fatigue

General lack of energy

Apathy

Lack of ambition or drive

Hyperactivity (can't sit still - have to always be doing something)

Restlessness (feel uncomfortable with quiet)

Tap feet or shake leg or hands when seated

Decreased libido or sexual function

Digestion

Get tired after meals (especially lunch)

Bloating

Gas

Belching/Burping

Heartburn or indigestion

Diarrhea

Constipation

Stomach or intestinal pain

Nausea or vomiting

Stomach sticks out more as day progresses

Mind

Lack of concentration

Easily distracted or lose train of thought

Difficulty making decisions

Brain fog

Stuttering or difficulty putting together sentences

Uncoordinated or drop things

ADD/ADHD or learning disabilities

Emotions

Anxiety

Overwhelm

Irritability

Anger or rage

Dark thoughts

Sad for no reason

Mood swings

Depressed

High-strung

Seasonal Affective Disorder (SAD)

Immunity

(Score each question below with 10 points if you answered yes)

- Frequent colds (more than 2-3 illnesses a year)
- Allergies (environmental or non-fatal food sensitivities)
- Pneumonia (Score with a 10 if yes within the last 12 months)
- Diagnosed disease (Score with a 10 if you have a diagnosed disease)
- Unexplained illness (Score with a 10 for an undiagnosed disease)

Total Score

- Grand Total Score (add up your total points from above)

Scoring

Take a look at your overall quiz results and see which health sections you seem to be doing the best and what areas need some work. Those are the areas where you have underlying imbalances that must be corrected. After adding up your total point total see what toxicity stage you're at below:

Stage 1: 0-9 points

Congratulations it looks like you're doing great! You appear to be well and it seems like you have your health under control. Just make sure you are not adding to your total body burden with continued stress, lack of sleep, poor eating, etc.

In terms of detoxification, it is recommendation at this point to only engage in a seasonal 7-day detox to keep up with and remove the continual accumulation of toxins. Do also try to incorporate a healthy daily routine to stay well and balanced.

Stage 2: 10-19 points

It looks like you're doing pretty well, but you're starting to see the effects of hidden toxicities expressing themselves on the outside as symptoms. It's also at this point that you may be moving towards a dis-ease state unless you begin to remove the toxins that you have accumulated. A formal 7, 14, or 21-day detox is advised and then seasonal detoxes after that to maintain optimal health and balance. It is also highly recommended to incorporate daily healthy living routines.

Stage 3: 20+ points

Your body is now showing signs of toxic overload and total body burden. Most likely, you are feeling the effects of this toxicity in your daily life in terms of inflammation, lowered vitality, lowered mood, and less overall "get up and go." A 21-day detox is recommended followed by a seasonal 7, 14, or 21-day detoxes to

decrease toxic accumulation until you reach a score of 10 or less. At that point you can simply drop down to one 7-day detox seasonally/quarterly.