



TOXICITY QUIZ



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

0 = Never feel this symptom

2 = Feel this symptom weekly

1 = Feel this symptom 1-2 times per month

3 = Feel this symptom daily

Head

- Memory Loss
- Headache/Migraine
- Dizziness/ Faintness
- Neck Tension
- Cloudy Head
- Brain Fog

Eyes

- Dark circles under eyes
- Bags under eyes
- Itchy eyes
- Discharge or watery eyes
- Blurred Vision
- Crusted eyes upon waking
- Visual disturbances
- History of cataracts

Teeth

- Pain in gums or teeth
- Bleeding gums
- Silver fillings (score with 3 if you have any metal fillings)
- History of Gingivitis

Mouth

- Canker Sores
- Post Nasal drip
- Cold sores (herpes virus)
- Cracking on lips
- Discolored lips
- White film on lips upon waking or after eating

Glands

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

Tongue

- Red dots on tongue
- Sides of tongue have dents ('scalloping')
- White, yellow or brown coating on tongue
- Cracks or lines in the tongue
- Film on tongue (white, yellow or brown)

Autoimmune

- Any diagnosed condition
- Positive ANA
- Positive MTHFR
- Elevated ESR
- Elevated BETA 2 Glycoprotein
- Elevated Cardiolipin AB
- Elevated Ferritin

Breathing

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

Skin

- Acne
- Hair Loss
- Flushing/hot flashes
- Dry, flakey skin
- Excessive sweating
- Hives or itchiness
- Psoriasis, eczema, ringworm, or skin rashes
- Shingles

Sinus

- Nasal congestion (stuffy nose)
- Allergies (seasonal or daily)
- Sneezing
- Nose blowing

Weight

- Difficulty Losing Weight
- Gain weight easily
- Feel swollen or "puffy"
- Retain water
- Binge or compulsive eating
- Insulin resistance
- History of PCOS

Joints/Muscles

- Pain in joints
- Muscle stiffness
- Limited range of motion
- Muscle weakness/loss of strength
- Arthritis
- History of Lyme disease or other tick borne infection
- Joint replacement of any kind
- Implants (of any kind)

Sleep

- Inability to fall asleep
- Can't stay asleep/wake up frequently
- Nightmares
- Heart racing at night
- Night sweats
- Sleep walking/ talking

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 hands or shake leg or hands when seated
- Decreased libido or sexual function
- Diagnosis of Hashimoto's



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Digestion

- Get tired after meals (esp. lunch)
- Gas/Bloating
- Belching/burping
- Heartburn or indigestion
- Diarrhea
- Stomach or intestinal pain
- Nausea or vomiting
- Stomach sticks out more as day progresses
- Feel worse after probiotics
- SIBO or Celiac Disease
- History or parasites or worms

Mind

- Lack of concentrations
- Easily distracted or lose train of thought
- Difficulty making decisions
- Brain fog
- Stuttering or difficulty putting sentences together
- Uncoordinated or drop things
- Add/ADHD or learning disabilities
- Can't recall words

Emotions

- Anxiety
- Overwhelmed
- Irritability
- Anger or rage
- Dark or intrusive thoughts
- Sad for no reason
- Mood swings
- Depressed
- High strung / "wired"
- Seasonal Affective Disorder

Immunity

(Score each question below with 10 if yes or the statement is accurate)

- Frequent colds (2-3x per year)
- Allergies (environmental or non-fatal food sensitivities)
- Pneumonia (in the past year)
- Diagnosed disease
- Unexplained illness
- Vaccinated against COVID19
- Elevated D-Dimer

Total Score:

___ Grand total (add up your total points from the questionnaire)

Scoring

Take a look at your overall 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 your total see what toxicity stage you are at below.

Stage 1: 0-9 points

Congratulations! You're doing great! You appear to be well and have your health under control.

We can discuss how you can stay on this track!

Stage 2: 10-19 points

You are doing fairly well. You are starting to see the effects of hidden toxicities expressing themselves as symptoms. You may be moving towards a "disease-state". Let's see how we can steer you back on the path to vibrant health.

Stage 3: 20+

Your body is showing signs of toxic overload and total body burden. Most likely, you are feeling the effects of this in your daily life. You have inflammation, lowered vitality, lowered mood and less "get up and go".

We are your detox experts and will work with you to lower these levels and get back to feeling your best.