

TOXICITY QUESTIONNAIRE

- 0 = Never feel this symptom**
1 = Feel 1 to 2 times per month
2 = Feel symptom weekly
3 = Feel symptom daily

HEAD

- Headache/Migraines
- Dizziness/Faintness
- Neck Tension
- Cloudy Head

SINUS

- Nasal Congestion (stuffy nose)
- Allergies
- Mucus
- Sneezing
- Mucus

EYES

- Dark circles under eyes
- Bags under eyes
- Itchy Eyes
- Discharge or watery eyes
- Blurred vision
- Crusted eyes upon awakening

EARS

- Itchy ears
- Discharge/Drainage from ears
- Ringing in ears, tinnitus
- Blocked or muffled hearing

TEETH

- Pain in the gums or teeth
- Bleeding gums
- Silver Filings (3 if metal fillings)

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
- White, yellow, brown coating
- Cracks or lines on tongue

GLANDS

- Swollen, lymph nodes (neck, armpits, 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

JOINT/MUSCLES

- Pain in joints
- Muscles stiffness
- Limited range of motion
- Muscles 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
- Hyperactivity
- Restless
- Tap feet or shake legs or hand when seated
- Decreased libido or sexual function

DIGESTION

- Get tired after meals
- Bloating/gas
- Heartburn/indigestion
- Diarrhea
- Constipation
- Stomach or intestinal pain
- Nausea or vomiting
- Stomach sticks out

MIND

- Lack of concentration
- Easily distracted/lose train of thought
- Difficulty making decisions
- Brain fog
- Stuttering or difficulty putting together sentences
- Uncoordinated or drop things
- ADD/ADHD/Learning Disabilities

EMOTIONS

- Anxiety
- Overwhelm
- Irritability
- Anger/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 to 3 a year)
 - Allergies (environmental or non-fatal food sensitivities)
 - Pneumonia (10 if in last 12 months)
 - Diagnosed disease
 - Unexplained illness

TOXICITY QUESTIONNAIRE

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.

STAGE 1: 0 - 9 points

Recommendation: Seasonal 7 day detox to keep up with and remove the continual accumulation of toxins. Incorporate a healthy daily routine (Ayurveda tip sheet).

STAGE 2: 10 - 20 points

A formal 7, 14 or 21 day detox is advised and then seasonal detoxes after that to maintain optimal health. Follow daily Ayurveda tip sheet!

STAGE 3: 20+ points

Your body is showing signs of toxic overload and total body burden. A 21 day detox is recommended followed by a seasonal 7, 14, 21 days. Each time you complete a detox, please retake the toxicity questionnaire.