

TOXICITY SELF TEST

Rate each of the following symptoms based on your health profile *for the past 30 days*.

0 – NEVER OR ALMOST NEVER have the symptom

3 – FREQUENTLY have, but not severe

1 – OCCASIONALLY have, but not severe

4 – FREQUENTLY HAVE, severe

2 – OCCASIONALLY have, severe

EARS

- Itchy ears
- Earaches, infection
- Drainage
- Ringing in ears
- Hearing loss
- Total**

NOSE

- Stuffy nose
- Sinus problems
- Hay fever
- Sneezing attacks
- Excessive mucus
- Total**

EYES

- Watery, itchy eyes
- Swollen, red or sticky eyelids
- Dark circles under eyes
- Blurred or tunnel vision
- Total**

MOUTH/THROAT

- Chronic coughing
- Gagging, frequent throat clearing
- Sore throat, hoarse
- Swollen or discolored tongue, gums, lips
- Canker sores
- Total**

HEAD

- Headaches
- Faintness
- Dizziness
- Insomnia
- Total**

SKIN

- Acne
- Hives
- Flushing or hot flashes
- Excessive sweating
- Hair loss
- Total**

JOINTS/MUSCLES

- Painful or achy joints
- Arthritis
- Stiffness, limited movement
- Pain in muscle or muscle aches
- Feeling weak or tired
- Total**

DIGESTIVE SYSTEM

- Nausea or vomiting
- Diarrhea
- Constipation
- Belching/Passing gas
- Bloating
- Heartburn
- Total**

HEART

- Skipped heartbeats
- Rapid heartbeat
- Chest pain
- Total**

LUNGS

- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing
- Total**

MIND

- Poor memory
- Poor concentration
- Confusion
- Poor coordination
- Difficulty making decisions
- Learning difficulties
- Stuttering/stammering
- Slurred speech
- Total**

EMOTIONS

- Mood swings
- Anxiety, fear, nervousness
- Anger, Irritability
- Depression
- Total**

ENERGY/ACTIVITY

- Fatigue/sluggishness
- Apathy/lethargy
- Hyperactivity
- Restlessness
- Total**

WEIGHT

- Binge eating
- Compulsive eating
- Craving specific foods
- Overweight
- Underweight
- Unexplained weight gain
- Unexplained weight loss
- Water retention
- Total**

OTHER

- Frequent illnesses
- Frequent/urgent need to urinate
- Genital itch or discharge

Add up totals from each section and note in space below:

GRAND TOTAL