

# How toxic are you?



## DETOX 101

BODY | MIND | KITCHEN

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### How to complete the questionnaire

Record your symptoms over the past 6 months.

When you redo this questionnaire after the Detox 101 21-day program, record your symptoms for the previous 7 days only.

### POINT SCALE

- 0 Rarely or never have the symptom
- 1 Occasionally have it, the effect is not severe
- 2 Occasionally have it, the effect is severe
- 3 Frequently have it, the effect is not severe
- 4 Frequently have it, the effect is severe

#### Gastro-Intestinal Tract

- Nausea or vomiting
- Diarrhoea
- Constipation
- Bloating feeling
- Belching, or passing gas
- Heartburn
- Intestinal / Stomach pain

Total

#### Ears

- Itchy ears
- Earaches, ear infections
- Draining from ear
- Ringing in ears

Total

#### Emotions

- Mood swings
- Anxiety, fear or nervousness
- Anger, irritability, or aggressiveness
- Depression
- Worsening PMS (if female)

Total

#### Energy / Activity

- Fatigue, sluggishness
- Apathy, lethargy
- Hyperactivity
- Restlessness

Total

#### Eyes

- Watery or itchy eyes
- Swollen, red or sticky eyelids
- Bags or dark circles under eyes
- Blurred or tunnel vision

Total

## Head

- Headaches
- Faintness
- Dizziness
- Insomnia or poor sleep

**Total**

## Heart

- Irregular or skipped heartbeat
- Rapid or pounding heartbeat
- Chest pain

**Total**

## Joints / Muscles

- Pain or aches in joints
- Arthritis
- Stiffness or limitation of movement
- Pain or aches in muscles
- Feeling of weakness or tiredness

**Total**

## Lungs

- Chest congestion or tight chest
- Asthma
- Shortness of breath
- Difficult breathing

**Total**

## Mouth / Throat

- Chronic coughing
- Frequent need to clear throat
- Sore throat, hoarseness, loss of voice
- Swollen/discoloured tongue, gum, lips
- Mouth sores

**Total**

## Mind

- Poor memory
- Confusion, poor comprehension
- Poor concentration
- Poor physical coordination
- Brain fog
- Indecisiveness
- Stuttering or stammering
- Slurred speech
- Learning disabilities

**Total**

## Nose

- Stuffy nose
- Sinus problems
- Hay fever
- Sneezing attacks
- Excessive mucus formation

**Total**

## Skin

- Acne
- Hives, rashes, or dry skin
- Hair loss
- Flushing or hot flushes
- Excessive sweating

**Total**

### Weight

- Binge eating/drinking
- Craving certain foods
- Overweight
- Difficulty losing weight
- Compulsive eating
- Water retention
- Underweight

Total

### Other

- Frequent illness
- Frequent or urgent urination

Total

**Grand Total**

## How to calculate your score

- Add individual scores and total scores for each group.
- Add each of the group scores and calculate a grand total.
- Optimal is less than 10
- Mild Toxicity: 10-50
- Moderate Toxicity: 50-100
- Severe Toxicity: over 100

Source: Adapted from the Institute for Functional Medicine

## Disclaimers for your information

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