

The following questionnaire can be used as a self-assessment tool to determine level of toxicity.

HOW TOXIC ARE YOU?			
Nausea or vomiting		Headaches	
Diarrhea		Faintness	
Constipation		Dizziness	
Belching, passing gas		Insomnia	
Bloated Feeling		Skipped heartbeats	
Heartburn		Rapid heartbeats	
Itchy ears		Chest pain	
Earaches, ear infections		Aches or joint pains	
Ringing in ears		Stiffness	
Hearing Loss		Muscle aches or pains	
Mood Swings		Weakness or tiredness	
Anxiety, fear, nervousness		Chest congestion	
Anger, irritability		Asthma, bronchitis	
Depression		Shortness of breath	
Fatigue, Sluggishness		Difficulty breathing	
Lethargy		Poor memory	
Hyperactivity		Confusion	
Restlessness		Poor concentration	
Watery, itchy eyes		Poor coordination	
Swollen, red or sticky eyelids		Compulsive eating	
Dark circles under the eyes		Hives, rashes, dry skin	
Stuttering, stammering		Hair loss	
Slurred speech		Flushing or hot flashes	
Learning disabilities		Excessive sweating	
Chronic coughing		Binge eating/drinking	

Gagging, frequent clearing throat		Craving certain foods	
Sore throat, hoarse		Excessive weight	
Swollen or discolored tongue, gums or lips		Difficulty making decisions	
Canker sores		Water retention	
Stuffy nose		Underweight	
Sinus problems		Frequent illness	
Hay fever		Excess mucus	

If you answered yes to more than 10 of these questions, your body is indicating toxicity and your detoxification pathways may need to be optimized.