**Toxicity Self Test**

Rate each of the following symptoms on a scale from 0 to 5 (5 being the most severe) based upon your health profile for the past 30 days.

**Digestive System**

|  |  |
| --- | --- |
| \_\_ Diarrhea  \_\_ Constipation  \_\_ Belching, passing gas  \_\_ Bloated feeling  \_\_ Heartburn  \_\_ ***Total***  \_\_ Itchy ears  \_\_ Earaches / infection  \_\_ Ringing in ears  \_\_ Hearing loss  \_\_ ***Total***  \_\_ Mood swings  \_\_ Anxiety, fear nervousness  \_\_ Anger, irritability  \_\_ Depression  \_\_ ***Total***  \_\_ Fatigue, sluggishness  \_\_ Apathy, lethargy  \_\_ Hyperactivity  \_\_ Restlessness  \_\_ ***Total***  \_\_ Watery, itchy eyes  \_\_ Swollen, reddened, or sticky eyelids  \_\_ Dark circles under eyes  \_\_ Blurred or tunnel vision  \_\_ ***Total***  \_\_ Headaches  \_\_ Faintness  \_\_ Dizziness  \_\_ Insomnia  \_\_ ***Total***  \_\_ Skipped heartbeats  \_\_ Rapid heartbeats  \_\_ Chest pain  \_\_ ***Total***  \_\_ Frequent illness  \_\_ Frequency or urgent need to urinate  \_\_ ***Total*** | \_\_ Pain or aches in joints  \_\_ Stiffness, limited movement  \_\_ Pain, aches in muscles  \_\_ Weakness in muscles  \_\_ ***Total***  \_\_ Chest Congestion  \_\_ Asthma, bronchitis  \_\_ Shortness of breath  \_\_ Difficulty breathing  \_\_ ***Total***  \_\_ Poor memory  \_\_ Poor concentration  \_\_ Difficulty making decisions  \_\_ Stuttering, stammering  \_\_ Learning disabilities  \_\_ ***Total***  \_\_ Stuffy nose  \_\_ Sinus problems  \_\_ Sneezing attacks  \_\_ Excessive mucus  \_\_ ***Total***  \_\_ Chronic coughing  \_\_ Gagging, frequent need to clear throat  \_\_ Sore throat, hoarseness  \_\_ Swollen, discolored tongue, gums, or lips  \_\_ Canker sores  \_\_ ***Total***  \_\_ Acne  \_\_ Hives, rashes, dry skin  \_\_ Flushing or hot flashes  \_\_ Excessive sweating  \_\_ ***Total***  **Ears**  \_\_ Binge eating/drinking  \_\_ Craving certain foods  \_\_ Excessive weight  \_\_ Compulsive eating  \_\_ Water retention  \_\_ Underweight  \_\_ ***Total***  **Weight** |

**Other**

***\_\_ Grand Total.***

A Grand Total score of 25 or higher—or a section total of 10 or higher—indicates increased toxicity...