

How toxic am I?

Rate the following symptoms on a 0-4 scale, then use the toxic score to determine your potential toxicity level.

SYMPTOMS	MILD					SEVERE				
1. Fatigue, low energy, loss of energy	0	1	2	3	4					
2. Weight loss resistance or sudden weight gain	0	1	2	3	4					
3. Sleep and/or anxiety issue	0	1	2	3	4					
4. Joint and muscle aches	0	1	2	3	4					
5. Short term memory loss, mental fatigue or brain fog	0	1	2	3	4					
6. Irritability and mood changes	0	1	2	3	4					
7. Persistent headaches or migraines	0	1	2	3	4					
8. GI issues: Heart burn, constipation, diarrhea, bloating	0	1	2	3	4					
9. Hair thinning and/or hair loss	0	1	2	3	4					
10. Chronic cold hands or feet	0	1	2	3	4					
11. Allergies and/or food allergies	0	1	2	3	4					
12. Eye and/or muscle twitching	0	1	2	3	4					
13. Acne or skin rashes	0	1	2	3	4					
14. Dizziness or fainting	0	1	2	3	4					
15. Sensitivity to smells, including chemicals and perfumes	0	1	2	3	4					

Add up the numbers for your toxicity score: _____

0-10: Minor toxicity / 11-40: Moderate-severe toxicity / 41-60: Extreme toxicity