



TOXICITY QUIZ

To complete the toxicity questionnaire and find your personal results score, simply fill in the blank with a 0, 1, 2, or 3 depending on your typical symptoms.

0 = Never feel this symptom 1 = Feel this symptom 1-2 times/month
2 = Feel this symptom weekly 3 = Feel this symptom daily

Head

- ___ Headaches/Migraines
- ___ Dizziness/Faintness
- ___ Neck tension
- ___ Cloudy head

Ears

- ___ Itchy ears
- ___ Discharge or drainage from ears
- ___ Ringing in ears, tinnitus
- ___ Excessive wax build up
- ___ Blocked or muffled hearing

Tongue

- ___ Red dots on tongue
- ___ Sides of tongue have dents ("scalloping")
- ___ White, yellow, or brown coating on tongue
- ___ Cracks or lines on tongue

Skin

- ___ Acne
- ___ Hair loss
- ___ Flushing/Hot flashes
- ___ Dry, flaky skin
- ___ Excessive sweating
- ___ Hives or itchiness
- ___ Psoriasis, eczema, ringworm or skin rashes

Sinus

- ___ Nasal congestion (stuffy nose)
- ___ Allergies (seasonal or daily)
- ___ Mucus
- ___ Sneezing
- ___ Nose blowing

Teeth

- ___ Pain in gums or teeth
- ___ Bleeding gums
- ___ Silver fillings (Score with a 3 if you have any metal fillings)

Glands

- ___ Swollen lymph nodes (neck, armpits, or groin)
- ___ Difficulty swallowing
- ___ Loss of voice
- ___ Swollen ankles, wrists, hands or fingers

Joints/Muscles

- ___ Pain in joints
- ___ Muscle stiffness
- ___ Limited range of motion
- ___ Muscle weakness/loss of strength
- ___ Arthritis

Eyes

- ___ Dark circles under eyes
- ___ Bags under eyes
- ___ Itchy eyes
- ___ Discharge or watery eyes
- ___ Blurred vision
- ___ Crusted eyes upon waking

Mouth

- ___ Canker sores
- ___ Cold sores (herpes virus)
- ___ Cracking on lips
- ___ Discoloured lips
- ___ White film on lips upon waking or after eating

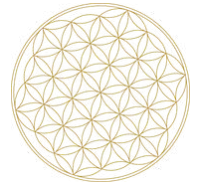
Breathing

- ___ Chest tension
- ___ Inability to get enough air in
- ___ Chest congestion
- ___ Chronic cough
- ___ Clear throat a lot
- ___ Voice hoarseness

Weight

- ___ Difficulty losing weight
- ___ Gain weight easily
- ___ Feel swollen or puffy
- ___ Retain water
- ___ Binge or compulsive eating





Digestion

- ___ Get tired after meals (esp. lunch)
- ___ Bloating
- ___ Gas
- ___ Belching/Burping
- ___ Heartburn or indigestion
- ___ Diarrhea
- ___ Constipation
- ___ Stomach or intestinal pain
- ___ Nausea or vomiting
- ___ Stomach sticks out more as day progresses

Sleep

- ___ Inability to fall asleep
- ___ Can't stay asleep/wake up frequently
- ___ Nightmares
- ___ Heart racing at night
- ___ Night sweats

Emotions

- ___ Anxiety
- ___ Overwhelm
- ___ Irritability
- ___ Anger or rage
- ___ Dark or negative thoughts
- ___ Sad for no reason
- ___ Mood swings
- ___ Depressed
- ___ High-strung
- ___ Seasonal Affective Disorder(SAD)

Energy

- ___ Tired upon waking
- ___ Daytime or afternoon fatigue
- ___ General lack of energy
- ___ Apathy
- ___ Lack of ambition or drive
- ___ Hyperactivity (can't sit still - have to always be doing something)
- ___ Restlessness (feel uncomfortable with quiet)
- ___ Tap feet or shake leg or hands when seated
- ___ Decreased libido or sexual function

Mind

- ___ Lack of concentration
- ___ Easily distracted or lose train of thought
- ___ Difficulty making decisions
- ___ Brain fog
- ___ Stuttering, forgetting words or difficulty putting together sentences
- ___ Uncoordinated or drop things
- ___ ADD/ADHD or learning disabilities

Immunity

(Score each question below with 10 points if you answered yes)

- ___ Frequent colds or flus (more than 2-3 illnesses a year)
- ___ Allergies (environmental or non-fatal food sensitivities)
- ___ Pneumonia (Score with a 10 if yes within the last year)
- ___ Diagnosed disease (Score with a 10 if you have a diagnosed disease)
- ___ Unexplained illness (Score with a 10 for an undiagnosed disease)

TOTAL SCORE

- ___ Grand Total Score (add up your total points from above.)

SCORING

Take a look at your overall quiz results and see which health sections appear to be doing the best and which areas need some work. Those are the areas where you have underlying imbalances that must be corrected. After adding up your total point total see what toxicity stage you're at below.



Stage 1: 0-9 Points

Congratulations - it looks like you're doing great! You appear to be well and it seems like you have your health under control. Just make sure you are not filling up your toxic load with environmental, food or cosmetic toxins, continued stress, lack of sleep, poor eating, etc.

In terms of detoxification in this stage, a seasonal 7-day functional medicine detox will help maintain health and remove the accumulation of the more than 80,000 manmade chemicals and toxins you may be exposed to on a daily basis. Try to incorporate a healthy daily routine, diet and lifestyle to stay well and balanced.

Stage 2: 10-19 Points

It looks like you're doing pretty well, but you're starting to see the effects of hidden toxicities expressing themselves on the outside as symptoms. It's also at this point that you may be moving towards a dis-ease state unless you begin to remove this build-up of toxins.

A formal 7, 14, or 21-day detox is advised initially and then seasonal detoxes after that to maintain optimal health and balance. Incorporating a daily healthy diet, lifestyle, routines, optimal sleep and mental health practices care is also recommended.

Stage 3: 20+ Points

Your body is now showing signs of toxic overload and total body burden. Most likely, you are feeling the effects of this toxicity in your daily life in terms of inflammation, lowered vitality, low mood, fatigue and less overall zest for life.

A 21-day detox is recommended followed by a seasonal 7, 14, or 21-day detox to decrease toxic accumulation until you reach a score of 10 points or less. At that point, you can simply drop down to one 7-day detox seasonally or quarterly. This is also the time to pay special attention to healthy diet, lifestyle, routines, optimal sleep and stress reduction.

Each time you complete a 7, 14, or 21-day detox please retake this Toxicity Quiz to see how your score has decreased and notice how your energy, mood, mindset, mental clarity, sleep, digestion, hormones and overall health and wellbeing improve each time!

* All information provided is for health education purposes only and is not intended to diagnose, treat, cure, or prevent any disease. This is a copy of Dr. Stephen Cabral's toxicity quiz from his original book, the Rain Barrel Effect. To find out more about Dr. Cabral's Functional Medicine Detox that he uses in his private practice please see, StephenCabral.com.

