

## Self-Assessment: Do You Need a Detox Program?

The purpose of the assessment for toxic load is for you to find out how much exposure you have had to toxins over your lifetime. If you score high in this section, then your detoxification system has been, and might still be, carrying a large toxic load. Depending on your genetics and how well you have been taking care of yourself (eating a healthy diet, exercising, sleeping, managing stress, etc.), you might be handling this load okay. But if you are like most people, the toxins are probably spilling out of your liver and irritating all the other tissues in your body—brain, joints, muscles, fat cells, and immune cells. In fact, every cell of your body can be affected.

How will we know if your toxic load is making you sick? That's where our second assessment comes in. I will help you find out if the symptoms you are having right now are related to toxin overload. The results here will help us decide what kind of detox support you need.

### Assessment for Toxic Load

In your work or home environment, have you ever been exposed to:

	Occasionally = 1	Frequently = 2
Chemicals or chemical smells at work		
Electromagnetic radiation (for example, you live or work near wires, high-voltage machinery, or a cell tower)		
Mercury from fish (swordfish, tuna, king mackerel) or dental amalgam fillings		
Mold (moldy smell or actual mold you can see)		
Lead (from old pipes or old paint from before 1970)		
Asbestos (from exposure to construction debris from a pre-1950 building)		
Pesticides (from your lawn, a golf course, a farm, or another outdoor location)		
Insecticides (for example, from inside your house if you frequently use an exterminator)		
Solvents (from paint, furniture, and household cleaners)		
Paint (especially oil-based paint, either on the outside of your house or if you are an artist)		
Dry-cleaning chemicals		
Drinking alcohol in the past ten years		
Smoking cigarettes or being exposed to secondhand smoke in the past ten years		
Recreational drugs in the past ten years		
Fast-food chicken, beef, and fish, or eating nonorganic dairy products		
Total:		

### YOUR SCORE

**Less than 6: low toxic load** -- Congratulations, you have been living a clean life!

**6–15: moderate toxic load** -- You have been exposed to a fair amount of toxins. Your score on the next assessment for symptoms of toxicity will determine if you need a Tier 2 detox program or if food is all the support you need.

**16–30: high toxic load** -- You have a very high toxic load and should do the Tier 2 detox program.

### Assessment for Symptoms of Toxicity

Now we will take a look at symptoms you are having. Rate each of the following symptoms based upon the past thirty days. Use the following scoring to do so:

- 0—You never or almost never have the symptom.
- 1—You occasionally have it, but the effect is not severe.
- 2—You occasionally have it and the effect is severe.
- 3—You frequently have it and the effect is not severe.
- 4—You frequently have it and the effect is severe.

	Never (score = 0)	Occasional, not severe (score = 1)	Occasional, severe (score = 2)	Frequently, not severe (score = 3)	Frequently, severe (score = 4)
Headaches					
Dizziness					
Insomnia					
Bags or dark circles under eyes					
Itchy ears					
Ringing in ears or tinnitus					
Sinus problems					
Sneezing attacks					
Canker sores					
Chronic coughing					
Swollen or discolored tongue					
Chronic acne					
Excessive sweating					
Hot flashes					
Hives or rashes					
Hair loss					
Irregular or skipped heartbeat					
Asthma or bronchitis					
Chronic constipation					
Chronic nausea					
Bloated feeling after eating					
Pain or aches in your joints					
Arthritis					
Pain or aches in your muscles					
Feeling weak, tired, or sluggish					
Water retention					
Weight gain					
Craving certain foods					
Restlessness or irritability					
Poor memory					
Poor concentration					
Mood swings					
Anxiety					
Depression					
Get sick often					

**TOTAL SCORING:** \_\_\_\_\_

- Low: <35
- Moderate: 35–69
- High: 70–99
- Severe: >99

### Putting It Together: Toxic Load Plus Symptoms

Use the table below to determine your treatment plan. First, find your score from the assessment for symptoms of toxicity in the left column. Then follow that row to the right, until you find your score from the *assessment for toxic load*. Read the treatment program for the box that matches the two scores.

		Assessment for Toxic Load		
		Low toxic load (< 6)	Moderate toxic load (6–15)	Severe toxic load (16–30)
<b>Assessme</b>	Low symptoms of toxicity (<35)	Congratulations! You are living clean and your liver is keeping up with your toxin exposure. Follow Tier 1 for ongoing prevention and	Your liver has done a good job keeping up with your toxin exposure. Follow Tier 1 for ongoing prevention	Because you have high levels of exposure to toxins, you should do both Tier 1 and Tier 2. Even though you aren't having symptoms right now, you are at high risk of getting

		maintenance.	and maintenance.	them.
	Moderate symptoms of toxicity (35-60)	You are having symptoms of toxicity even though we haven't identified your exposure. You have the option of completing only Tier 1, but if you have an autoimmune disease, I suggest including Tier 2 as well.	You should do both Tier 1 and Tier 2 because you have exposure to toxins and it is affecting your health.	You should do both Tier 1 and Tier 2 because you have exposure to toxins and it is affecting your health.
	High symptoms of toxicity (70-99)	Even though you seem to have a low toxic load, your body is sick from too many toxins. You might have a genetic handicap in your detox pathways. You need Tier 1 and Tier 2.	You should do both Tier 1 and Tier 2 because you have exposure to toxins and it is affecting your health.	You have a high toxic load, and the toxins are making you sick. You need Tier 1, Tier 2, and Tier 3 treatment.
	Severe symptoms of toxicity (>99)	Even though you seem to have a low toxic load, your body is very sick from too many toxins. You might have a genetic handicap in your detox pathways. You need Tier 1, Tier 2, and Tier 3 treatment.	Your toxic load, even though moderate, is making you very sick. You need Tier 1, Tier 2, and Tier 3 treatment.	You have a high toxic load, and the toxins are making you very sick. You need Tier 1, Tier 2, and Tier 3 treatment.