

How Toxic Are You?

If you're like most people, you probably don't realize the number of toxins with which you come into contact every day. The following quiz will help you determine your current level of toxic exposure and enable you to make the necessary diet and lifestyle changes to support your personal detoxification journey. You will gather than YES are more toxic than NO.

1. Do you brush your teeth daily? Yes No
2. Do you have 'silver' dental fillings? Yes No
3. Have you ever had tooth extractions and/or root canal fillings? Yes No
4. Do you use unfiltered tap water to brush your teeth, shower, make coffee or drink? Yes No
5. Do you have one bowel movement or more every day? Yes No
6. Do you use commercial household cleaners, cosmetics or antiperspirants? Yes No
7. Have you ever taken prescription medications or over-the-counter medications? Yes No
8. Do you have wall-to-wall carpet in your home or office? Yes No
9. Do you prepare food in a microwave oven and/or use a cell phone? Yes No
10. Do you eat commercial (non-organic) vegetables, fruits or meat? Yes No
11. Do you wear clothes that have been dry-cleaned? Yes No
12. Do you wear synthetic materials (such as polyester)? Yes No
13. Do you eat processed food or "fast food"? Yes No
14. Have you ever smoked or been exposed to second-hand smoke? Yes No
15. Do you spend some time outdoors each day? Yes No
16. Do you eat in restaurants more than twice weekly? Yes No
17. Do you use bug spray in your home or have a pest control service? Yes No
18. Do you use weed killer on your lawn? Yes No
19. Do you dye your hair? Yes No

20. Do you use cologne or perfume? Yes No
21. Are you overweight, underweight or do you have cellulite deposits? Yes No
22. Does your occupation expose you to toxins? Yes No
23. Do you drink alcoholic beverages regularly? Yes No
24. Do you have any of the following symptoms?
- Sensitivity to perfume or other chemical odors Yes No
- Chronic infections Yes No
- Persistent joint and/or muscle pain Yes No
- Depression Yes No
- Fatigue Yes No
- Headaches Yes No
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