



How Toxic is Your Body?

Check the box to the questions that are true in order to determine your current and past environmental exposures. These questions highlight what your body may be burdened by over time.

Heavy Metal Exposures:

- Do you or have you used teflon or aluminum cookware?
- Do you or have you used an antiperspirant on a regular basis?
- Do you or have you had more than 2 silver fillings?
- Do you eat fish and/or raw sushi more than 4 times a month?
- Do you or did you smoke cigarettes or live with someone who did?
- Have you lived in a home built before 1978?
- Do you or have you drunk unfiltered tap water for extended periods of time?

Herbicide and Pesticide Exposure:

- Do you or have you on a regular basis used Round Up (Glyphosate) on your weeds?
- Are pesticides used in your home or yard?
- Do you eat organic and NonGMO foods less than 75% of the time?
- Do you live 1-2 miles from or on a golf course?

Chemical Exposure:

- Do you have clothes dry cleaned 2 or more times a month?
- Are you in a salon more than 2 times a month in which acrylic nail service is provided?
- Do you sleep on a Memory foam mattress or Memory foam pillow?

- Do you use spray or plug-in air fresheners in your home?
- Have you lived in a new home or a recently remodeled home?
- Do you have any hobbies that require the use of solvents, paints, gasoline or lead?
- Do you or have you drunk out of plastic water bottles on a regular basis?
- Do you microwave or eat heated food in plastic tupperware or containers (including take out) more than 3 times a week?
- Do you have breast implants?
- Do you wear perfume or cologne, scented lotions?
- Do you clean your home with traditional cleaning products?

Mold Exposure:

Have you had any of the following in your current or past residence?

- Roof leaks?
- Window leaks?
- Broken water pipes?
- Any water stains on ceilings or walls?
- Any rooms in the home that smell musty?
- Do you suspect that your home has or had mold in it?
- Is any amount of mold visible around the shower/tub or sinks in your home?
- Have you worked in an older building or known of water damage or mold to be present?

If you have checked more than 6 boxes, then it is likely that your health has been impacted by chemical toxicities and detox treatments are appropriate for you. See our Detox Protocols for guidance or schedule an appointment with your Doctor to better determine what tests may be done to get a true baseline of the body's burden based on your categories of concern.