



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w) Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

[www.YourBodyCanTalk.com](http://www.YourBodyCanTalk.com) [YourBodyCanTalk2@Gmail.com](mailto:YourBodyCanTalk2@Gmail.com)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Toxicity Questionnaire

The Toxicity Questionnaire is designed to aid the practitioner in assessing a patient's or client's potential need for a detoxification program.

### Section I: Symptoms

Rate each of the following based upon your health profile for the past 90 days.

Circle the corresponding number.

0	Rarely or Never Experience the Symptom
1	Occasionally Experience the Symptom, Effect is Not Severe
2	Occasionally Experience the Symptom, Effect is Severe
3	Frequently Experience the Symptom, Effect is Not Severe
4	Frequently Experience the Symptom, Effect is Severe

#### 1. DIGESTIVE

- a. Nausea and/or vomiting 0 1 2 3 4
- b. Diarrhea 0 1 2 3 4
- c. Constipation 0 1 2 3 4
- d. Bloating feeling 0 1 2 3 4
- e. Belching and/or passing gas 0 1 2 3 4
- f. Heartburn 0 1 2 3 4

Total: \_\_\_\_\_

#### 2. EARS

- a. Itchy ears 0 1 2 3 4
- b. Earaches or ear infections 0 1 2 3 4
- c. Drainage from ear 0 1 2 3 4
- d. Ringing in ears or hearing loss 0 1 2 3 4

Total: \_\_\_\_\_

#### 3. EMOTIONS

- a. Mood swings 0 1 2 3 4
- b. Anxiety, fear, or nervousness 0 1 2 3 4
- c. Anger, irritability 0 1 2 3 4
- d. Depression 0 1 2 3 4
- e. Sense of despair 0 1 2 3 4
- f. Uncaring or disinterested 0 1 2 3 4

Total: \_\_\_\_\_

#### 4. ENERGY / ACTIVITY

- a. Fatigue or sluggishness 0 1 2 3 4
- b. Hyperactivity 0 1 2 3 4
- c. Restlessness 0 1 2 3 4
- d. Insomnia 0 1 2 3 4
- e. Startled awake at night 0 1 2 3 4

Total: \_\_\_\_\_

#### 5. EYES

- a. Watery or itchy eyes 0 1 2 3 4
- b. Swollen, reddened, or sticky eyelids 0 1 2 3 4
- c. Dark circles under eyes 0 1 2 3 4
- d. Blurred or tunnel vision 0 1 2 3 4

Total: \_\_\_\_\_

#### 6. HEAD

- a. Headaches 0 1 2 3 4
- b. Faintness 0 1 2 3 4
- c. Dizziness 0 1 2 3 4
- d. Pressure 0 1 2 3 4

Total: \_\_\_\_\_

#### 7. LUNGS

- a. Chest congestion 0 1 2 3 4
- b. Asthma or bronchitis 0 1 2 3 4
- c. Shortness of breath 0 1 2 3 4
- d. Difficulty breathing 0 1 2 3 4

Total: \_\_\_\_\_

#### 8. MIND

- a. Poor memory 0 1 2 3 4
- b. Confusion 0 1 2 3 4
- c. Poor concentration 0 1 2 3 4
- d. Poor coordination 0 1 2 3 4
- e. Difficulty making decisions 0 1 2 3 4
- f. Stuttering, stammering 0 1 2 3 4
- g. Slurred speech 0 1 2 3 4
- h. Learning disabilities 0 1 2 3 4

Total: \_\_\_\_\_

#### 9. MOUTH/THROAT

- a. Chronic coughing 0 1 2 3 4
- b. Gagging or frequent need to clear throat 0 1 2 3 4
- c. Swollen or discolored tongue, gums, lips 0 1 2 3 4
- d. Canker sores 0 1 2 3 4

Total: \_\_\_\_\_

#### 10. NOSE

- a. Stuffy nose 0 1 2 3 4
- b. Sinus problems 0 1 2 3 4
- c. Hay fever 0 1 2 3 4
- d. Sneezing attacks 0 1 2 3 4
- e. Excessive mucous 0 1 2 3 4

Total: \_\_\_\_\_

#### 11. SKIN

- a. Acne 0 1 2 3 4
- b. Hives, rashes, or dry skin 0 1 2 3 4
- c. Hair loss 0 1 2 3 4
- d. Flushing 0 1 2 3 4
- e. Excessive sweating 0 1 2 3 4

Total: \_\_\_\_\_

#### 12. HEART

- a. Skipped heartbeats 0 1 2 3 4
- b. Rapid heartbeats 0 1 2 3 4
- c. Chest pain 0 1 2 3 4

Total: \_\_\_\_\_

#### 13. JOINTS / MUSCLES

- a. Pain or aches in joints 0 1 2 3 4
- b. Stiffness or limited movement 0 1 2 3 4
- c. Pain or aches in muscles 0 1 2 3 4
- d. Recurrent back aches 0 1 2 3 4
- e. Feeling of weakness or tiredness 0 1 2 3 4

Total: \_\_\_\_\_

#### 14. WEIGHT

- a. Binge eating or drinking 0 1 2 3 4
- b. Craving certain foods 0 1 2 3 4
- c. Excessive weight 0 1 2 3 4
- d. Compulsive eating 0 1 2 3 4
- e. Water retention 0 1 2 3 4
- f. Underweight 0 1 2 3 4

Total: \_\_\_\_\_

#### 15. OTHER:

- a. Frequent illness 0 1 2 3 4
- b. Frequent or urgent urination 0 1 2 3 4
- c. Leaky bladder 0 1 2 3 4
- d. Genital itch, discharge 0 1 2 3 4

Total: \_\_\_\_\_

**Section I Total:** \_\_\_\_\_



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## Section II: Risk of Exposure

Rate each of the following situations based upon your environmental profile for the past 120 days.

16. Circle the corresponding number for questions 16a-16f below.

0	Never	1	Rarely	2	Monthly	3	Weekly	4	Daily
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- a. How often are strong chemicals used in your home?  
(disinfectants, bleaches, oven and drain cleaners, furniture polish, floor wax, window cleaners, etc.) 0 1 2 3 4
- b. How often are pesticides used in your home? 0 1 2 3 4
- c. How often do you have your home treated for insects? 0 1 2 3 4
- d. How often are you exposed to dust, overstuffed furniture, tobacco smoke, mothballs, incense, or varnish in your home or office? 0 1 2 3 4
- e. How often are you exposed to nail polish, perfume, hairspray, or other cosmetics? 0 1 2 3 4
- f. How often are you exposed to diesel fumes, exhaust fumes, or gasoline fumes? 0 1 2 3 4
- g. How often do you consume nonorganic foods? 0 1 2 3 4

Total: \_\_\_\_\_

17. Circle the corresponding number for questions 17a-17b below.

0	No	1	Mild Change	2	Moderate Change	3	Drastic Change
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- a. Have you noticed any negative change in your health since you moved into your home or apartment? 0 1 2 3
- b. Have you noticed any change in your health since you started your new job? 0 1 2 3

Total: \_\_\_\_\_

18. Answer yes or no and circle the corresponding number for questions 18a-18d below.

- |   | No | Yes |
|---|----|-----|
| a. Do you have a water purification system in your home?            | 2  | 0   |
| b. Do you have any indoor pets?                                     | 0  | 2   |
| c. Do you have an air purification system in your home?             | 2  | 0   |
| d. Are you a dentist, painter, farm worker, or construction worker? | 0  | 2   |

Total: \_\_\_\_\_

**Section II Total:** \_\_\_\_\_

**Grand Total (Section I & Section II)** \_\_\_\_\_

Add up the numbers to arrive at a total for each section, and then add the totals for each section to arrive at the grand total. If any individual section total is 6 or more, or the grand total is 40 or more, you may benefit from a detoxification program.

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