

# Estimation of Toxins

Put a 0 if your answer is **never**

Put a 2 if your answer is **sometimes**

Put a 3 if your answer is **frequently**

Put a 4 if your answer is **always**

Nausea \_\_\_\_  
Vomiting \_\_\_\_  
Headache \_\_\_\_  
Chronic cough \_\_\_\_  
Diarrhea \_\_\_\_  
Tides \_\_\_\_  
Bowing \_\_\_\_  
Constipation \_\_\_\_  
Gases \_\_\_\_  
Stomach swollen \_\_\_\_  
Insomnia \_\_\_\_  
Lips and swollen mouth and other color \_\_\_\_  
Canyons, caterpillars \_\_\_\_  
Heartburn \_\_\_\_  
Heartbeat strong or fast \_\_\_\_  
Infected ears, hearing loss \_\_\_\_  
Chest pain \_\_\_\_  
Hay fever \_\_\_\_  
Sneezing attacks \_\_\_\_  
Excessive mucus formation \_\_\_\_  
Joint pains \_\_\_\_  
Arthritis \_\_\_\_  
Rigid joints \_\_\_\_  
Movement limitations \_\_\_\_  
Muscle aches \_\_\_\_  
Acne \_\_\_\_  
Changes in mood, genius \_\_\_\_  
Feeling weak, tired \_\_\_\_  
Hives \_\_\_\_  
Dry skin, buds \_\_\_\_  
Anxiety, fear \_\_\_\_  
Nervousness \_\_\_\_  
Loss of hair \_\_\_\_  
Rage \_\_\_\_  
Hot flashes, blush \_\_\_\_  
Sweating excessively \_\_\_\_

Chest congestion \_\_\_\_  
Asthma \_\_\_\_  
Bronchitis \_\_\_\_  
Breathing short \_\_\_\_  
Feeling heavy, tired \_\_\_\_  
Binge \_\_\_\_  
Apathy, lethargy \_\_\_\_  
Anxiety for certain meals \_\_\_\_  
Hyperactivity \_\_\_\_  
Excess weight \_\_\_\_  
Restlessness \_\_\_\_  
Compulsive eating \_\_\_\_  
Bad memory \_\_\_\_  
Water retention \_\_\_\_  
Confusion, poor ability to understand \_\_\_\_  
Lack of weight \_\_\_\_  
Poor concentration \_\_\_\_  
Sticky eyes, with water, itching \_\_\_\_  
Bags under the eyes \_\_\_\_  
Dark circles around the eyes \_\_\_\_  
Stuttering \_\_\_\_  
Speaking by dragging the speech \_\_\_\_  
Frequently ill \_\_\_\_  
Blurry vision \_\_\_\_  
Learning problems \_\_\_\_  
Urgent frequent urination \_\_\_\_  
Itching of the genitals \_\_\_\_