



Self-Examination
TOXICITY SYMPTOM CHECKLIST

Height: _____
Weight: _____

Mark the following traits of maximum health with 1-10 with (1) not me, (5) somewhat me, (10) definitely me and the other numbers placed within the continuum of where you think you are in terms of the following:

DIGESTIVE SYSTEM

- 1. Indigestion/heartburn _____
- 2. Gas (burping or flatulence) _____
- 3. Bad breath _____
- 4. Coated tongue _____
- 5. Body odor _____
- 6. Constipation _____
- 7. Diarrhea _____
- 8. Bloating _____
- 9. Nausea _____
- 10. Abdominal pain _____
- 11. Hemorrhoids _____
- 12. Gallstones _____
- 13. Irritable Bowel syndrome _____
- 14. Protruding abdomen _____
- 15. Candida _____
- 16. Parasites _____

DERMAL SYSTEM (SKIN)

- 17. Rashes _____
- 18. Acne _____
- 19. Eczema _____
- 20. Extremely dry skin _____
- 21. Extremely oily skin _____
- 22. Plugged pores _____
- 23. Slowly healing wounds _____
- 24. Dark circles under eyes _____
- 25. Puffiness under eyes _____

IMMUNE SYSTEM

- 26. Allergies _____
- 27. Frequent colds/flu _____
- 28. Fatigue _____
- 29. Cancer _____

MUSCULOSKELETAL SYSTEM

- 30. Sore joints _____
- 31. Frequent headaches _____
- 32. Neck/back pain _____
- 33. Aches/Pain _____
- 34. Fibromyalgia _____

LYMPHATIC SYSTEM

- 35. Swollen lymph nodes _____
- 36. Sore lymph nodes _____

ENDOCRINE SYSTEM

- 37. Hypoglycemia/diabetes _____
- 38. Food cravings _____
- 39. Overweight/underweight _____
- 40. Cellulite _____
- 41. Excess sweating/night sweats _____
- 42. Infertility _____

NERVOUS SYSTEM

- 43. Insomnia _____
- 44. Hyperactivity _____
- 45. Mental Fog _____
- 46. Dizziness _____
- 47. Attention Deficit Disorder (ADD) _____
- 48. Attention Deficit Disorder Hyper _____

URINARY SYSTEM

- 49. Kidney Stones _____
- 50. Fluid retention _____
- 51. Darkly colored urine _____

RESPIRATORY SYSTEM

- 52. Coughing _____
- 53. Wheezing _____
- 54. Sinus infections _____
- 55. Sneezing _____
- 56. Shallow breathing _____
- 57. Congestion _____

CARDIOVASCULAR SYSTEM

- 58. High blood pressure _____
- 59. Heart Disease _____
- 60. High cholesterol _____

REPRODUCTIVE SYSTEM

- 61. PMS _____
- 62. Fibroid Tumors _____
- 63. Fibrocystic breast disease _____
- 64. Yeast infections _____
- 65. Irregular periods _____

PSYCHOLOGICAL INDICATIONS

- 66. Depression _____
- 67. Mood swings _____
- 68. Anxiety _____
- 69. Irritability _____

