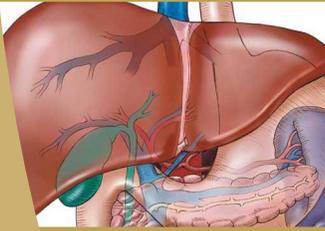


DETOXIFICATION QUESTIONNAIRE

How Important Is Detoxification For Your Health



Aluminum, Arsenic, Autism, Beryllium, Bioenergy, Biological Terrain, Cadmium, Dental Amalgams, Detoxification, Drainage, Extra-cellular Matrix, Glutathione, Homeostasis, Inflammation, Kidneys, Lead, Liver, Mercury, Neuroendocrine Connection, NO/ONOO Cycle, Phosphatidylcholine, Pleomorphism, Questionnaire, Vaccinations

By Dr. Jack Tips (Ph.D., C.C.N.)



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Questionnaire: Signs of Poor Detoxification

Read the following questions and rate them based on how you have been feeling in the past 30 days. Fill in the number that applies on the form below. Total your score for each category:

SCORING

0 (or leave blank) = No, or never, or almost never occurs

1 = Occasionally occurs, effect is not severe

2 = Occasionally occurs, effect is severe

3 = Frequently occurs, effect is not severe

4 = Frequently occurs, effect is severe

Liver

- Wine makes you sick
 - Easily intoxicated if drinking alcohol
 - Hangovers after drinking alcohol
 - Sensitive to chemicals (perfume, solvents, exhaust)
 - Sensitive to tobacco smoke
 - Hemorrhoids or varicose veins
 - Bothered by aspartame (NutraSweet)
 - Chronic Fatigue or Fibromyalgia
 - Feeling wired or jittery if drinking coffee
 - Feet have a strong odor
 - Sweat has a strong odor
- TOTAL _____

Gastrointestinal

- Belching or gas
 - Heartburn or acid reflux
 - Bloating or abdominal discomfort shortly after eating
 - Bad breath (halitosis)
 - Aggravated by certain foods
 - Diarrhea, chronic
 - Undigested food in stool
 - Constipation
 - Nausea or vomiting
 - Fewer than one bowel movement a day
 - Stools are loose and unformed
- TOTAL _____

continued

Ears

- Ear infections
 - Ear drainage or discharge
 - Itchy ears
 - Ringing in the ears
- TOTAL _____

Eyes

- Dark circles around the eyes
 - Puffy eyelids
 - Bags under the eyes
 - Bloodshot or reddened eyes
 - Whites of eyes are yellowed
 - Inflamed eyelids
 - Eyes are water and/or itchy
 - Blurred or tunnel vision
- TOTAL _____

Mental Emotional

- Feel spacey, thinking seems slow or fuzzy
 - Bizarre vivid or nightmarish dreams
 - Depressed Worried, apprehensive, anxious
 - Nervous or agitated
 - Mentally sluggish, reduced initiative
 - Difficulty concentrating
 - Mood swings
 - Coordination is poor
 - Poor memory
- TOTAL _____

Head

- Tension headaches at base of skull
 - Splitting type headache
 - Dizziness
 - Faintness
- TOTAL _____

Skin

- Experience hives, cysts, boils, rashes
 - Cold sores, fever blisters, or herpes lesions
 - Dry flaky skin and/or dandruff
 - Fragile skin, easily chaffed, as in shaving
 - Acne Itchy skin / dermatitis
 - Dull colored skin, yellowish, pale or grayish
 - Pale complexion
 - Skin has a sour or unpleasant odor
- TOTAL _____

continued

Nose

- Stuffy nose
- Airborne allergies
- Sinus congestion, "stuffy head", sinus infections
- Runny or drippy nose
- Ulcers
- Clinkers (crusty deposits in nose) TOTAL _____

Nails

- Ridged nails
- Splitting nails
- White spots on nails
- Crumbling nails
- Lack of 'moons' (poor peripheral circulation) TOTAL _____

Mouth & Throat

- Coated tongue (yellow, grayish-white or thick film)
- Swollen tongue
- Hoarseness
- Difficulty swallowing
- Lump in throat
- Dry mouth, eyes and / or nose
- Gag easily or need to clear throat often
- Mouth ulcers or canker sores TOTAL _____

Musculoskeletal

- Pain or swelling in joints
- Muscles become easily fatigued
- Muscle aches and pains
- Arthritic tendencies
- Joints are painful upon waking
- Joint pain after mild exertion
- Joint pain after eating certain foods
- Abdomen tends to hang out
- Surface of abdomen is uneven and distended
- Use over-the-counter pain medications TOTAL _____

Metabolism

- Pulse speeds after eating
- Night sweats
- MSG sensitivity
- Mood swings associated with periods (PMS)
- Breast tenderness associated with cycle TOTAL _____

continued

Heart/Lungs

- Asthma Wheezing or difficulty breathing
 - Shortness of breath
 - Chest congestion
 - Heart races, rapid heartbeat
 - Fast pulse at rest
 - Flush or blush easily
 - Heart skips beats
- TOTAL _____

Energy (Cellular mitochondria ability to generate ATP)

- Weakness
 - Easily fatigued, sleepy during the day
 - Fatigue is persistent and extreme
 - Apathetic and lethargic
 - Tired, even after a good nights rest
- TOTAL _____

Kidney

- Urine has a strong odor
 - Pain in mid back region
 - Urine is frothy
 - Urinate infrequently
- TOTAL _____

Weight

- Crave bread or noodles
 - Crave certain foods
 - Bloating, Retain water
 - Excessive weight
- TOTAL _____

Immune System

- Frequent infections (bladder, skin, ear, chest, sinus)
 - Frequent colds or flu
 - Auto-immune diseases (hyperactive immunity)
 - History of vaccinations (toxic mercury, stimulation by squalene)
 - History of antibiotics
 - Food allergies
 - Feel worse in moldy or musty places
- TOTAL _____

GRAND TOTAL _____

Please add the numbers from each section and write the total in the spaces provided, then add all the totals for each section together and put that total in the space below.

How to Interpret your score:

- 15 or less = Excellent
- 16-30 = Good
- 31-40 = Marginal need to start detox
- 51 or more = Very Poor, imperative to detox