INTEGRATIVE HEALTH PRACTITIONER

TOXICITY QUIZ

To complete the toxicity questionnaire and find your personal results score, simply fill in the blank ___ with a 0, 1, 2, or 3 depending on your typical symptoms.

0 = Never feel this symptom
1 = Feel this symptom 1-2 times per month
2 = Feel this symptom weekly
3 = Feel this symptom daily

Head
___ Headaches/Migraines
___ Dizziness/Faintness
___ Neck tension
___ Cloudy head

Sinus
___ Nasal congestion (stuffy nose)
___ Allergies (seasonal or daily)
___ Mucus
___ Sneezing
___ Nose blowing

Eyes
___ Dark circles under eyes
___ Bags under eyes
___ Itchy eyes
___ Discharge or watery eyes
___ Blurred vision
___ Crusted eyes upon waking

Ears
___ Itchy ears
___ Discharge or drainage from ears
___ Ringing in ears, tinnitus
___ Excessive wax build up
___ Blocked or muffled hearing

Teeth
___ Pain in gums or teeth
___ Bleeding gums
___ Silver fillings (Score with a 3 if you have any metal fillings)

Mouth
___ Canker sores
___ Cold sores (herpes virus)
___ Cracking on lips
___ Discolored lips
___ White film on lips upon waking or after eating

Tongue
___ Red dots on tongue
___ Sides of tongue have dents ("scalloping") ___ White, yellow, or brown coating on tongue
___ Cracks or lines on tongue

Glands
___ Swollen lymph nodes (neck, armpits, or groin)
___ Difficulty swallowing
___ Loss of voice
___ Swollen ankles or wrists/ hands/fingers

Breathing
___ Chest tension
___ Inability to get enough air in
___ Chest congestion
___ Chronic cough
___ Clear throat a lot
___ Voice hoarseness

Weight
___ Difficulty losing weight
___ Gain weight easily
___ Feel swollen or puffy
___ Retain water
___ Binge or compulsive eating

Joints/Muscles
___ Pain in joints
___ Muscle stiffness
___ Limited range of motion
___ Muscle weakness/Loss of strength
___ Arthritis

Skin
___ Acne
___ Hair loss
___ Flushing/Hot flashes
___ Dry, flaky skin
___ Excessive sweating
___ Hives or itchiness
___ Psoriasis, eczema, ringworm or skin rashes

Sleep
___ Inability to fall asleep
___ Can't stay asleep/Wake up frequently
___ Nightmares
___ Heart racing at night
___ Night sweats

Energy
___ Tired upon waking
___ Daytime or afternoon fatigue
___ General lack of energy
___ Apathy
___ Lack of ambition or drive
___ Hyperactivity (can't sit still – have to always be doing something)
___ Restlessness (feel uncomfortable with quiet)
___ Tap feet or shake leg or hands when seated
___ Decreased libido or sexual function

* All information provided is for health education purposes only and is not intended to diagnose, treat, cure, or prevent any disease.

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Digestion
___ Get tired after meals (esp. lunch)
___ Bloating
___ Gas
___ Belching/Burping
___ Heartburn or indigestion
___ Diarrhea
___ Constipation
___ Stomach or intestinal pain
___ Nausea or vomiting
___ Stomach sticks out more as day progresses

Mind
___ Lack of concentration
___ Easily distracted or lose train of thought
___ Difficulty making decisions
___ Brain fog
___ Stuttering or difficulty putting together sentences
___ Uncoordinated or drop things
___ ADD/ADHD or learning disabilities

Emotions
___ Anxiety
___ Overwhelm
___ Irritability
___ Anger or rage
___ Dark thoughts
___ Sad for no reason
___ Mood swings
___ Depressed
___ High-strung
___ Seasonal Affective Disorder (SAD)

Immunity
(Score each question below with 10 points if you answered yes)
___ Frequent colds (more than 2-3 illnesses a year)
___ Allergies (environmental or non-fatal food sensitivities)
___ Pneumonia (Score with a 10 if yes within the last 12 months)
___ Diagnosed disease (Score with a 10 if you have a diagnosed disease)
___ Unexplained illness (Score with a 10 for an undiagnosed disease)

TOTAL SCORE

___ **Grand Total Score** (add up your total points from above)

Scoring

Take a look at your overall quiz results and see which health sections you seem to be doing the best and what areas need some work. Those are the areas where you have underlying imbalances that must be corrected.

After adding up your total point total see what toxicity stage you're at below:

Stage 1: 0-9 Points

Congratulations - it looks like you're doing great! You appear to be well and it seems like you have your health under control. Just make sure you are not filling up your "rain barrel" with continued stress, lack of sleep, poor eating, etc.
My recommendation in terms of detoxification at this point is only a seasonal 7-day detox to keep up with and remove the continual accumulation of toxins. Do also try to incorporate a healthy daily routine as shared later in this book in order to stay well and balanced.

Stage 2: 10-19 Points

It looks like you're doing pretty well, but you're starting to see the effects of hidden toxicities expressing themselves on the outside as symptoms. It's also at this point that you may be moving towards a dis- ease state unless you begin to Empty Your Rain Barrel™.
A formal 7, 14, or 21-day detox is advised and then seasonal detoxes after that to maintain optimal health and balance. I also highly recommend incorporating the daily healthy living routines shared later in the DESTRESS Protocol™.

Stage 3: 20+ Points

Your body is now showing signs of toxic overload and total body burden. Most likely, you are feeling the effects of this toxicity in your daily life in terms of inflammation, lowered vitality, lowered mood, and less overall "get up and go."
A 21-day detox is recommended followed by a seasonal 7, 14, or 21-day detoxes to decrease toxic accumulation until you reach a score of 10 points or less. At that point you can simply drop down to one 7-day detox seasonally/quarterly. This is also the time to pay special attention to each step in the DESTRESS Protocol™ coming up soon.

Each time you complete a 7, 14, or 21-day detox please retake this RBE Toxicity Quiz to see how your score has decreased. And remember, my total toxicity score on this test used to be well over 100 pts! Now, it remains below 10 points and I want to show you how to do the same.

Authorized Reprint
This is an authorized reprint of Dr. Stephen Cabral's toxicity quiz from his original book, the Rain Barrel Effect.To find out more about Dr. Cabral's Functional Medicine Detox that he uses in his private practice please see, StephenCabral.com for details.