



where weight loss is a science

UNDERLYING METABOLIC IMBALANCES: TOXIC BURDEN

Directions: This questionnaire asks you to assess how you have been feeling during the past two months. This information will help us determine whether toxic burden is one of your underlying metabolic imbalances as well as how this changes as you progress with your program.

For each question, circle the number that best describes your symptoms:

0 = No or Rarely – You have never experienced the symptom or the symptom is familiar to you but you perceive it as insignificant.

1 = Occasionally – Symptom comes and goes and is linked in your mind to stress, diet, fatigue or some other identifiable trigger

4 = Often – Symptom occurs 2-3 times per week and /or with a frequency that bothers you enough that you would like to do something about it

8 = Frequently – Symptom occurs 4 or more times per week and/or you are aware of the symptom every day, or it occurs with regularly on a monthly or cyclical basis

Some questions require a YES or NO response: 0 = NO, 8 = YES

1. Do you eat out?	0	1	4	8
2. Do you consume 'diet foods' or foods with artificial sweeteners?	0	1	4	8
3. Do you eat packaged or processed foods?	0	1	4	8
4. Drink soda/pop	0	1	4	8
5. Consume alcohol	0	1	4	8
6. Use over the counter medication	0	1	4	8
7. Smoke or use tobacco or live with someone that does	0	1	4	8
8. Take prescription medication daily	0	1	4	8
9. Do you live or work in places where pesticides are used?	0	1	4	8
10. Do you travel in planes?	0	1	4	8
11. Exposed to household or industrial cleaners or solvents	0	1	4	8
12. Use fluorinated toothpaste or mouthwash	0	1	4	8
13. In traffic more than 10 minutes/day	0	1	4	8

TOTAL POINTS

If your total score is greater than 16, Toxic Burden is likely one of your top UMIs and you should jumpstart your program with a 7-10 day detoxification.