



Toxicity Quiz

Please fill in the blanks 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
- Constant nose blowing

Eyes

- Dark circles under eyes
- Bags under eyes
- Itchy eyes
- Discharge or watery eyes
- Blurred vision
- Crusted eyes upon waking
- Very dark veins in white areas

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 a 3 for any metal fillings/implants/root canals)

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
- Artificial joints

Skin

- Acne
- Hair loss
- Flushing/Hot flashes
- Dry, flaky skin
- Excessive sweating
- Hives or itchiness
- Psoriasis/eczema/ringworm/rash

Sleep

- Difficulty falling asleep
- Can't stay asleep/Wake up often
- 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

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 10 if yes within the last 12 months)
- Diagnosed disease (Score 10 if you have any diagnosed disease)
- Unexplained illness (Score 10 for an undiagnosed disease)

_____ Grand Total Score
(add all 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.

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 the recommended healthy daily routine 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 detox is advised and then seasonal detoxes after that to maintain optimal health and balance. It's also important to incorporate the daily healthy living routines shared later in the recommended 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 detox is recommended followed by seasonal detoxes to decrease toxic accumulation until you reach a score of 10 points or less. This is also the time to pay special attention to each step in the recommended protocol.

Adapted from 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.



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