

# TOXICITY QUIZ

- Y/N I eat mostly organic foods
- Y/N I eat sugar and/or processed foods
- Y/N I have taken antibiotics in the last year
- Y/N I've use/d hormonal birth control
- Y/N I take medications or supplements
- Y/N I experience stress in my life
- Y/N I use big brand personal care products
- Y/N I wear perfume
- Y/N The cleaning products I use are non-toxic
- Y/N I have been/am exposed to smoke or I smoke personally
- Y/N I have been exposed to mold
- Y/N I swallow my emotions
- Y/N I tend to put everyone and everything else before my needs
- Y/N I feel deeply and care deeply about people and the world
- Y/N The news stresses me out

## Check off any symptoms you are experiencing:

- sugar cravings
- digestive issues
- skin rashes
- weak immune system
- imbalances in the hormones
- poor sleep
- exhaustion
- brain fog
- joint pain
- edema/swelling/water retention
- white coating on the tongue
- cold sores
- autoimmune flares
- infertility
- painful periods or PMS
- weight gain or inability to gain weight
- dry, brittle, cracked nails
- hair thinning or hair loss
- irritability
- frequent illness
- sensitivity to temperature
- fatigue
- decreased sex drive
- insomnia or difficulty sleep