

Medical Symptoms Questionnaire

How do you score on the Toxic Scale?

Base your answers on your health in the last 30 days.



POINT SCALE

- 0= Never or almost never** have the symptom
- 1= Occasionally** have it, effect is **not severe**
- 2= Occasionally** have it, effect is **severe**
- 3= Frequently** have it, effect is **not severe**
- 4= Frequently** have it, effect is **severe**

DIGESTIVE SYSTEM

- Nausea or vomiting
- Diarrhea
- Constipation
- Bloating Feeling
- Belching, passing gas
- Heartburn
- TOTAL**

EARS

- Itchy ears
- Earaches, Ear Infection
- Drainage from ear
- Ringing in ears
- TOTAL**

EMOTIONS

- Mood swings
- Anxiety, fear, nervousness
- Anger, Irritability
- Depression
- TOTAL**

ENERGY / ACTIVITY

- Fatigue, sluggishness
- Apathy, Lethargy
- Hyperactivity
- Restlessness
- TOTAL**

EYES

- Watery, itchy, eyes
- Swollen, reddened, or sticky lid
- Dark circles under eyes
- Blurred/tunnel vision
- TOTAL**

HEAD

- Headaches
- Faintness
- Dizziness
- Insomnia
- TOTAL**

LUNGS

- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing
- TOTAL**

MIND

- Poor Memory
- Confusion
- Poor concentration
- Poor coordination
- Difficulty making decisions
- Stuttering, stammering
- Slurred speech
- Learning disabilities
- TOTAL**

MOUTH / THROAT

- Chronic coughing
- Gagging, frequent need to clear throat
- Sore throat, hoarse
- Swollen or discolored tongue, gums, lips
- Canker sores
- TOTAL**

NOSE

- Stuffy nose
- Sinus problems
- Hay fever
- Sneezing attacks
- Excessive mucus
- TOTAL**

SKIN

- Acne
- Hives, rashes, dry skin
- Hair loss
- Flushing or hot flashes
- Excessive sweating
- TOTAL**

HEART

- Skipped heartbeats
- Rapid heartbeats
- Chest pain
- TOTAL**

JOINTS / MUSCLES

- Pain or aches in joints
- Arthritis
- Stiffness, limited movement
- Pain, aches in muscles
- Feeling of weakness or tiredness
- TOTAL**

WEIGHT

- Binge Eating/Drinking
- Craving certain foods
- Excessive weight
- Water Retention
- Underweight
- TOTAL**

OTHER

- Frequent Illness (> 2x per yr)
- Frequent or Urgent urination
- Genital itch or discharge
- TOTAL**

Add up the numbers for each section total. Then add up the section totals for the Grand Total.

_____ **GRAND TOTAL**

STAGE of TOXIC PROGRESSION

0-36.....	Maintain
37-55.....	Early Toxicity
56-75	Slipping
>75.....	Destructive
10 or more in any 1 section.....	Slipping

Use your **Grand Total score** as a baseline for showing improvement.

This **Scoring Stage** is only a guideline and does not reflect a specific medical state.

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