



Do you need a Detox/Cleanse? Take the Self-Assessment Quiz?

Take the quiz to determine whether you have toxic overload in your body leading to weight gain or poor health. **Read each question and give yourself 1 point for every “yes” answer.**

Using a piece of paper, write 1-30 and record your answer.

1. Do you crave sweets, bread, pasta, white rice and/or potatoes?
2. Do you eat processed foods (premade meals, luncheon meats, bacon, canned soup, snack bars) or fast food a min of 3 x's/week?
3. Do you drink caffeinated beverages like coffee and tea more than twice a day?
4. Do you drink diet sodas or use artificial sweeteners once a day?
5. Do you sleep less than 8 hours/day?
6. Do you drink less than 64 ounces of good, clean water daily?
7. Are you sensitive to smoke, chemicals or fumes in the environment?
8. Have you ever taken antibiotics, antidepressants or other medications?
9. Have you ever taken birth control pills or other estrogens, such as hormone replacement therapy?
10. Do you have frequent yeast infections on the skin or anywhere on the body?
11. Do you have “silver” dental fillings?
12. Do you use commercial household cleaners, cosmetics, or deodorants?
13. Have you ever smoked or been exposed to second hand smoke?
14. Are you overweight or have cellulose deposits?
15. Does your occupation expose you to environmental toxins?
16. Do you live in a major metropolitan area or near an airport?
17. Do you feel tired or, fatigued or sluggish throughout your day?
18. Do you have difficulty concentrating or focusing?
19. Do you suffer from bloating, indigestion or frequent gas after eating?
20. Do you get two or more colds or the flu per year?
21. Do you have reoccurring congestion, sinus issues or postnasal drip?
22. Do you sometimes notice you have bad breath, a coated tongue or strong-smelling urine?
23. Do you have puffy eyes or dark circles under your eyes?
24. Are you often sad or depressed?
25. Do you often feel anxious, antsy or stressed?
26. Do you have acne, breakouts, rashes or hives?
27. Do you have less than one bowel movement per day and/or get constipated occasionally?
28. Do you suffer from insomnia or trouble getting to sleep?
29. Do you get blurred vision or itchy, burning eyes?
30. Does your muscles or joints ache throughout your sleep or during the day?

TOTAL: _____

RESULTS

The higher your score, the greater the potential toxic burden you may be carrying and the more you may benefit from a detoxification and cleansing program.

- ***If you scored 20 or higher:*** You will *significantly* benefit from detoxifying your body, which could lead to weight loss and improved overall health and vitality. It is strongly recommended that you look into different ways to detoxify the body.
- If you scored between 5 and 19: You will likely benefit from a detoxification program for improved health and vitality.
- If you scored below 5: You might actually be free of toxic overload in the body and living a very healthy, toxic-free life. Good for you!

Although our bodies have the ability to eliminate toxins, it's when the body gets overloaded with toxins that it stores them in fat cells. Fat cells don't get broken down very easily, so they literally weigh down the body and it bigger. As toxins accumulate, we begin to experience health problems like allergies, migraines, major diseases, fatigue, low energy and an overall feeling of lack of motivation no matter how hard we try to combat this "feeling".