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Easy 3-Step Detoxification Symptom Questionnaire

Rate each of the following symptoms based upon your typical health profile:

- 0 - Never or almost never have the symptoms
- 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

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

EMOTIONS

- Mood Swings
- Anxiety, fear, nervous
- Anger, irritability
- Depression
- TOTAL**

EYES

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

LUNGS

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

WEIGHT

- Binge eating/drinking
- Craving certain foods
- Excessive weight gain
- Compulsive eating
- Water retention
- Underweight
- TOTAL**

ENERGY / ACTIVITY

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

HEAD

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

EARS

- Itchy ears
- Earaches, ear infections
- Drainage from ears
- Ringing in ears, hearing loss
- TOTAL**

MOUTH / THROAT

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

SKIN

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

JOINTS / MUSCLES

- Pain or aches in joints
- Arthritis
- Stiff, limited movement
- Pain, aches, in muscles
- Weakness or tiredness
- TOTAL**

NOSE

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

MIND

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

OTHER

- Frequent illness
- Frequent, urgent urination
- Genital itch, discharge
- TOTAL**

Total Score

ONCE FINISHED:

1. Add up the numbers to arrive at a total for each section.
2. Then add the totals for each section to arrive at the grand total.
3. If any individual section is **10 or more**, or the grand total is **14 or more**, you may benefit from the Easy 3-Step Bio-Detoxification program.