



ARE YOU TOXIC? TAKE THE

## TOXICITY QUIZ

Rate the following symptoms on a 0–4 scale, then use the Toxicity Score to determine your potential toxicity level.

<b>SYMPTOMS:</b>	<b>MILD</b>					<b>SEVERE</b>				
1. Fatigue, low energy, loss of energy?	0	1	2	3	4					
2. Weight loss resistance or sudden weight gain?	0	1	2	3	4					
3. Sleep and/or anxiety issues?	0	1	2	3	4					
4. Joint and muscle aches?	0	1	2	3	4					
5. Short term memory loss, mental fatigue, or brain fog?	0	1	2	3	4					
6. Irritability and mood changes?	0	1	2	3	4					
7. Persistent headaches or migraines?	0	1	2	3	4					
8. Digestive issues: heart burn, constipation, diarrhea, bloating?	0	1	2	3	4					
9. Hair thinning and/or hair loss?	0	1	2	3	4					
10. Chronic cold hands or feet?	0	1	2	3	4					
11. Allergies and/or food allergies?	0	1	2	3	4					
12. Eye and/or muscle twitching?	0	1	2	3	4					
13. Acne or skin rashes?	0	1	2	3	4					
14. Dizziness or faintness?	0	1	2	3	4					
15. Sensitivity to smells including chemicals and perfumes?	0	1	2	3	4					

**Add up the numbers for your Toxicity Score:** \_\_\_\_\_

0-10: Minor Toxicity    11-40: Moderate-Severe Toxicity    41-60: Extreme Toxicity

Schedule an appointment with Dr. Downing today (913-432-5678). He will review your results and share what options are available for your specific needs.

**Limited-Time Offer: When you bring in your completed Toxicity Quiz, you will also receive a complimentary body scan (\$50.00 Value).**