

Environmental Toxin and Metabolism Assessment

This is a guideline to determine if you have any environmental toxins in your body. Most healthy people are able to remove most of environment toxins through metabolic functions. However, excessive exposure or abnormal functioning of the body system can lead to the accumulation of toxins in the body. This checklist can help you assess the potential risks.

This assessment is not a substitute for proper medical testing. It is a reference for qualified medical professionals only and does not apply to the treatment, diagnosis, or alleviation of any disease or physical condition.

If you wish to assess metabolism issues, please complete the first section only

Please rate the following categories based on the past three months:

Part 1: Medical symptom score (0=no problems; 5=severe problems)

Symptoms	0	1	2	3	4	5
1. Headache						
2. Multiple chemical sensitivities						
3. Insomnia						
4. Coughing or convulsions						
5. Rash or eczema						
6. Fatigue						
7. Forgetfulness						
8. Joint pain						
9. Nausea, diarrhea or vomiting						
10. Brain fog						
11. Anxiety						
12. Muscle weakness or paralysis						
13. Poor balance						
14. Dizziness						
15. Sad mood or depression						
Total scores from 1st section = / 75						

Part II: Food, drugs or other substances (no consumption=0, frequent consumption=5)

Food	0	1	2	3	4	5
1. Dairy Products						
2. Processed food or meat products						
3. Canned Food						
4. Soda						
5. Organic Ingredients						
6. Fast Food						
7. High sugar or artificially sweetened foods						
8. Nicotine or second hand smoke						
9. Alcoholic or caffeinated beverages						
10. General or prescribed medicine						
Total scores from 2nd section = / 50						

Part III: Other factors (not applicable = 0, applicable = 1)

Factors	0	1
1. Have you ever been exposed to toxic substances or supplies at home or work such as treated wood, lead paint, or paint debris?		
2. Have you ever been exposed to chemicals at home or work such as cleaning chemicals, disinfectants, hand sanitizers, air fresheners, scented candles, insecticides, or herbicides?		
3. Have you ever lived or worked near the source of environmental pollution such as factories, incinerators, gas stations, power plants, etc.?		

4. Do you have dental implants such as root canals, silver fillers, crowns, dental sealants, dentures, holders, braces, or guards?		
5. Are you under constant pressure?		
6. Are you sensitive to personal care products such as lotions, moisturizers, toners, shampoos, conditioners, shaving creams, or soaps?		
7. Do you often use plastic utensils or plastic straws?		
Total scores from 3rd section = / 7		

Data Analysis:

Your total score of all sections: _____ points

The higher the accumulated score, the higher the risk of environmental toxins affecting the body. Organic acid metabolism and environmental pollutant testing are recommended.

44 & Under	Low risk of environmental toxins in the body
45 – 65	Moderate risk of environmental toxins in the body. It is recommended to test.
59- 80	High risk of environmental toxins in the body. It is recommended to test.
81& Over	Very high risk of environmental toxins in the body. It is recommended to test.

***Reference Sources:**

Toxicity Survey, Life Health Science

Toxin Exposure Questionnaire, The Institute for Functional Medicine