

## QUESTIONNAIRE check your detox potential

Complete this questionnaire to discover whether you need to improve your detoxification potential:

1. Do you often suffer from headaches or migraine?
  2. Do you sometimes have watery or itchy eyes, or swollen, red or sticky eyelids?
  3. Do you have dark circles under your eyes?
  4. Do you sometimes have itchy ears, earache, ear infections, drainage from the ears or ringing in the ears?
  5. Do you often suffer from excessive mucus, a stuffy nose or sinus problems?
  6. Do you suffer from acne, skin rashes or hives?
  7. Do you sweat a lot and have a strong body odour?
  8. Do you sometimes have joint or muscle aches or pains?
  9. Do you have a sluggish metabolism and find it hard to lose weight, or are you underweight and find it hard to gain weight?
  10. Do you often suffer from frequent or urgent urination?
  11. Do you suffer from nausea or vomiting?
  12. Do you often have a bitter taste in your mouth or a furry tongue?
  13. Do you have a strong reaction to alcohol?
  14. Do you suffer from bloating?
  15. Does coffee leave you feel jittery or unwell?
- Total**

### Score

**7 or more** If you answer yes to seven or more questions you need to improve your detox potential.

**4-7** If you answer yes to between four and seven questions you are beginning to show signs of poor detoxification and need to improve your detox potential.

**Fewer than 4** If you answer yes to fewer than four questions, you are unlikely to have a problem with detoxification.