

## How Toxic Are You? © 2012 by www.PeggyHall.com

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Here's a chance for you to get an exact picture of just how much you'll benefit from embarking on a cleansing, nourishing and healing journey!

Score yourself in each category. This will give you a good idea guide of how you're feeling before beginning your transformation. After the cleanse, you'll rate yourself again to see how you've changed!

- 0 = Never or only rarely experience this symptom**
- 1 = Occasionally experience this symptom**
- 2 = very often experience this symptom**
- 3 = frequently experience this symptom**
- 4 = experience severe effects of this symptom**

	<b>Pre-Cleanse</b>	<b>Post-Cleanse</b>
<b>Digestive issues</b>	Date:	Date:
Heartburn		
IBS		
Constipation		
Diarrhea		
Bloating or gas		
Nausea or vomiting		
<b>Energy/mood issues:</b>		
Fatigue, sluggishness		

Hyperactivity		
Restlessness		
Mood swings		
Depression		
Anger, irritability		
Anxiety, fear, nervousness		
<b>Ears/eye issues:</b>		
Itchy ears		
ringing in ears		
Earaches or infections		
Watery or itchy eyes		
Swollen or red eyelids		
Dark circles or bags		
Blurred vision		
<b>Heart/lung issues:</b>		
Chest pain		
Irregular or rapid heartbeat		
Shortness of breath		
Chest congestion		
Asthma or allergies		
<b>Muscle/bone issues:</b>		
Aches and pains in joints		
Arthritis		
Muscle aches and pains		
Joint stiffness		
Muscle weakness, fatigue		

<b>Head/mental issues:</b>		
Headaches		
Poor memory		
Confusion		
Difficulty concentrating		
Poor physical coordination		
Difficulty making decisions		
Stuttering or stammering		
<b>Throat/sinus issues:</b>		
Chronic coughing		
Need to clear throat often		
Sore throat or hoarse voice		
Swollen tongue or gums		
Canker sores		
Sensitive teeth		
Stuffy nose		
Sneezing attacks		
Excessive mucous		
<b>Skin issues:</b>		
Acne or blemishes		
Rashes, hives, dry skin		
Hot flashes		
Excessive sweating		
<b>Weight issues:</b>		

Cravings		
Excessive weight		
Drinking alcohol to excess		
Compulsive eating/binging		
Water retention		
Skipping meals		
Night eating		
<b>Grand Total:</b>		

### What Your Score Means

10 or less: Optimal Health!

11-50: Mildly toxic – will benefit quickly from a short cleanse

51-100: Very imbalanced – can definitely benefit from cleansing

100 + Severely in need of cleansing and detoxing!

<b>Record your stats</b>	<b>Pre-Transformation Date:</b>	<b>Post-Transformation Date:</b>	<b>Difference</b>
Weight (unclothed)			
Chest measurement			
Waist measurement (at narrowest point)			
Hip measurement (at widest point)			

