DETOXIFICATION QUESTIONNAIRE

Patient Nan	1e:		Date:
Rate each of the	e following symptoms based on your typical health pro	ofile for the specified duration:	
☐ Past month	☐ Past week	☐ Past 48 hours	
Point Scale:	0 — <i>Never or almost neve</i> r have the symptom	1 —Occasionally have it, effect is not severe	2 —Occasionally have it, effect is severe
	3—Frequently have it effect is not severe	1 - Frequently have it effect is severe	

3-	- Frequently have it, effect is not severe	4 —Fr	<i>equently</i> have it, effect is <i>se</i>	evere	
	1.	Medical Sympto	ms Questionnaire (MS	iQ)	
HEAD	Headaches		DIGESTIVE	Nausea, vomiting	
_	Faintness		TRACT	Diarrhea	
_	Dizziness			Constipation	
_	Insomnia	TOTAL		Bloated feeling	
EYES	Watery or itchy eyes		-	Belching, passing gas	
	Swollen, reddened or			Heartburn	
_	sticky eyelids			Intestinal/stomach pain	TOTAL
	Bags or dark circles under eyes		JOINTS/	Pain or aches in joints	
_	Blurred or tunnel vision	TOTAL	MUSCLE	Arthritis	
EARS	Itchy ears			Stiffness or limitation of movemer	nt
	Earaches, ear infections			Feeling of weakness or tiredness	
	Drainage from ear			Pain or aches in muscles	TOTAL
	Ringing in ears,		WEIGHT	Binge eating/drinking	
	hearing loss	TOTAL	WEIGHT	Craving certain foods	
NOSE	Stuffy nose			Excessive weight	
	Sinus problems			Water retention	
	Hay fever			Underweight	
_	Sneezing attacks			Compulsive eating	TOTAL
_	Excessive mucus formation	TOTAL	.	computative eating	TOTAL
MOUTH /	Chronic coughing		- ENERGY/	Fatigue, sluggishness	
,	Chronic coughing		ACTIVITY	Apathy, lethargy	
THROAT	Gagging, frequent need to clear throat			Hyperactivity	
	Sore throat, hoarseness,			Restlessness	TOTAL
	loss of voice		MIND	Poor memory	
_	Swollen or discolored			Confusion, poor comprehension	
	tongue, gums, lips Canker sores	TOTAL		Difficulty in making decisions	
	Caliker soles	TOTAL	· <u>·</u>	Stuttering or stammering	
SKIN	Acne			Slurred speech	
_	Hives, rashes, dry skin			Learning disabilities	
_	Hair loss			Poor concentration	
_	Flushing, hot flashes			Poor physical coordination	TOTAL
	Excessive sweating	TOTAL	EMOTIONS	Mood swings	
HEART	Chest pain			Anxiety, fear, nervousness	
_	Irregular or skipped heartbeat			Anger, irritability, aggressiveness	
_	Rapid or pounding			Depression	TOTAL
	heartbeat	TOTAL	- OTHER	Frequent illness	
LUNGS	Chest congestion		OTILK	Frequent niness Frequent or urgent urination	
_	Asthma, bronchitis			Genital itch or discharge	TOTAL
_	Shortness of breath			German men of discharge	. Jine
_	Difficulty breathing	TOTAL	GRAND TOTAL		TOTAL
			GRAND IUIAL		TOTAL

II. Xenobiotic Tolerability Test (XTT)						
1. Are you presently using prescription drugs? ☐ Yes (1 pt.) ☐ No (o pt.)	6. Do you commonly experience "brain fog," fatigue, or drowsiness?					
If yes, how many are you currently taking?	Yes (1 pt.)					
tobacco products? Yes (2 pts.) No (o pt.) 5. Do you have strong negative reactions to caffeine or caffeine containing products? Yes (1 pt.) No (o pt.) Don't know (o pt.)	11. Do you have a history of significant exposure to harmful chemicals such as herbicides, insecticides, pesticides, or organic solvents? Yes (1 pt.) No (0 pt.) 12. Do you have an adverse or allergic reaction when you consume sulfite containing foods such as wine, dried fruit, salad bar vegetables, etc? Yes (1 pt.) No (0 pt.) Don't know (0 pt.) GRAND TOTAL:					
III. Alkalizing Assessment						
1. Do you have a history or currently have kidney dysfunction? Yes No 2. Have you ever been diagnosed with a condition known as hyperkalemia? Yes No	3. Are you currently on diuretics or blood pressure medication? Yes No Note: Prescribe non-alkalizing nutrients if patient answered yes to any part of this section.					
For Practitioner Use Only: OVERALL SCORE TABULATION						
See doctor brochure for protocol suggestions. MSQ SCORE XTT SCORE URINARY pH	(High >50; moderate 15-49: Low <14) (High >10; moderate 5-9: Low <4)					

Note: Patients with high MSQ but low XTT may be exhibiting pathology that is not related to toxic load. Other mechanisms should be considered such as inflammation/immune/ allergic gastrointestinal dysfuntion, oxidative stress, hormonal/neuro-transmitter dysfunction, nutritional depletion, and/or mind body. Individualize support with specific medical foods, diet, and/or nutraceuticals.