

So How Toxic Are You?

You can gauge your own personal body burden by taking the following test.

	YES	NO
Do you eat in restaurants more than twice a week?		
Do you eat processed food or fast food?		
Do you use unfiltered tap water to brush your teeth, shower, make coffee or drink?		
Do you eat commercial (non-organic) vegetables, fruits, meat and dairy products?		
Do you drink alcoholic beverages regularly?		
Do you eat fish more than twice per week?		
Do you drink non-organic coffees?		
Do you wear clothes that have been dry-cleaned?		
Do you wear synthetic materials (polyester, nylon)?		
Do you use cologne or perfume?		
Do you use commercial cosmetics, lotions, and antiperspirants?		
Have you ever taken prescription medications?		
Have you ever taken over-the-counter medications?		
Have you ever taken birth control or hormone replacement therapy?		
Do you have silver dental fillings?		
Do you use commercial household cleaners?		
Do you use pest control services in your home or office?		
Do you use weed killer on your lawn?		
Do you have wall-to-wall carpet in your home or office?		
Have you ever smoked or been exposed to second-hand smoke?		
Does your occupation expose you to toxins?		
Do you swim regularly in a pool or lake?		
Do you live in a major metropolitan area?		
Do you live near an airport?		
Do you work under fluorescent lighting?		
Do you have cellulite deposits?		
Are you overweight?		
TOTAL "YES" ANSWERS		

SCORECARD –Based on number of "YES" answers:

- 0-5 This is too good to be true. Are you sure you live on the same planet as the rest of us? Or do you live a very sheltered life? A 3-day detox would be a good insurance policy and further increase your overall health.
- 6-15 A 7-day detox would be a great way to counteract the toxins you may have encountered in daily living.
- 16-27 You are a prime candidate for a more rigorous detoxification of 14 days or more.