

HOW TOXIC ARE YOU?

- Y or N 1. I have taken antibiotics during my life?
- Y or N 2. I have gotten vaccines?
- Y or N 3. I have taken aspirin, Tylenol or Ibuprofen or other over-the-counter pain medication
- Y or N 4. I shower and/or bathe in regular tap water
- Y or N 5. I drink tap water
- Y or N 6. I have used plastic containers to heat my food in the microwave
- Y or N 7. I have been in a swimming pool where chlorine was used
- Y or N 8. I drive in a car every day
- Y or N 9. I drive in heavy traffic
- Y or N 10. I use hair dyes
- Y or N 11. I use fingernail polish
- Y or N 12. I use makeup and cosmetics
- Y or N 13. I use moisturizers, body lotions, and sunscreens on my skin
- Y or N 14. I use air fresheners in my house
- Y or N 15. I use bug spray in my house
- Y or N 16. I use standard cleaning products in my house
- Y or N 17. I use standard soap and detergent for my skin and my clothes
- Y or N 18. I use toothpaste with fluoride
- Y or N 19. I eat in fast-food restaurants at least once a month
- Y or N 20. I eat in restaurants at least once a month
- Y or N 21. I eat products produce by large publicly traded corporations
- Y or N 22. I buy brand-name food products that are heavily advertised on TV
- Y or N 23. I eat pork or shellfish
- Y or N 24. I use artificial sweeteners such as Nutrasweet or Splenda
- Y or N 25. I drink regular (non-diet) sodas several times a week
- Y or N 26. I drink diet sodas several times a week
- Y or N 27. I have fewer than 2 large bowel movements every day
- Y or N 28. I have taken over-the-counter, non-prescription drugs
- Y or N 29. I have taken prescription drugs in the last 5 years
- Y or N 30. I use non-stick pans to cook with
- Y or N 31. I use deodorant and antiperspirant
- Y or N 32. I do not drink 8 glasses of purified water every day
- Y or N 33. I have never had a colonic or enema
- Y or N 34. I live near high tension power lines
- Y or N 35. I use a cell phone without electromagnetic chaos protection
- Y or N 36. I use a laptop computer with a wireless device
- Y or N 37. I use a wireless telephone in my house?
- Y or N 38. I live within a few miles of a manufacturing plant of some kind
- Y or N 39. I live within 100 miles of an agricultural area where produce is grown
- Y or N 40. I live within 100 miles of ranches where livestock, cattle, chickens or other animals are raised