



Detoxification and Drainage Questionnaire

Point count	Intensity	Points
Never or almost never have the symptom		0
Occasionally have the symptom		1
Occasionally have it, effect is severe		2
Frequently have it, effect is not severe		3
Frequently have it, effect is severe		4

Intensity is a multiplication factor

Emotions	Intensity	Points
Irritability	X2	
Nervousness	X2	
Mood swings	X3	
Frequent crying		
Aggressive behaviour ie road rage	X2	
Anxiety	X2	
Fear		
Confusion	X3	
Depression	X4	
Suicidal thoughts	X4	
TOTAL EMOTIONS		

Skin	Intensity	Points
Increased sweating, ear wax, oily skin		
Skin rashes	X2	
Brown spots on hands and face		
Boils	X3	
Skin tags (small hanging warts)		
Acne	X3	
Eczema	X2	
Fever blisters		
Warts	X2	
TOTAL SKIN		

Ear Nose and Throat	Intensity	Points
Increased salivation		
Mouth ulcers	X2	
Common cold	X3	
Sinusitis	X3	
Sore throats	X3	
Ear infections	X3 in adults only	
Hay fever	X2	
Loss of smell		
Cough		
TOTAL EAR NOSE and THROAT		
Mind and Brain	Intensity	Points
Hyperactivity	X3	
Stammering when speaking or word finding problem	X3	
Difficulty in concentration	X2	
Sleep disturbance		

Difficulty in making decisions		
Headache	X2	
Poor memory		
Poor coordination		
Compulsive behaviour	X3	
Severe sleep disturbance	X3	
Memory loss	X3	
TOTAL MIND and BRAIN		

Digestive System	Intensity	Points
Loose stools	X2	
Diarrhoea	X3	
Heartburn	X4	
Constipation	X3	
Bloating	X2	
Abdominal pain	X2	
Intolerance of certain foods		
Nausea or vomiting	X3	
Severe diarrhoea with blood or mucous	X5	
TOTAL DIGESTIVE SYSTEM		

Kidney and Urinary System	Intensity	Points
Increase in urination frequency and amount	X2	
Needing to get up in the night to pass urine	X2	
Urinary tract infections and cystitis	X3	
Kidney stones	X4	
Blood in the urine	X4	
TOTAL KIDNEY and URINARY SYSTEM		

Joints and Muscles	Intensity	Points
Fleeting muscle aches or joint aches	X3	
Tendonitis (tennis elbow, Achilles tendonitis etc)	X3	
Gout	X3	
Arthritis (all types)	X4	
Fibromyalgia	X4	
TOTAL for JOINTS and MUSCLES		

Metabolism	Intensity	Points
Feeling of coldness		
Hypoglycaemia		
Craving certain foods		
Water retention		
Obesity		
Cellulite		
TOTAL METABOLISM		

GRAND TOTAL	
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Results:

Under 75 - Limited effects from toxins at present. Minimise your exposure to toxins.

76 – 150 – Moderate toxins – you may benefit from a detox protocol. speak to your practitioner

150 + Considerable toxins – Consult with your practitioner for an individual detox protocol