

Would I benefit from a detoxification - supporting protocol?

DETOXIFICATION QUIZ **Arc** INTEGRATED MEDICINE

Test your natural detoxification ability:

General facts about detoxification:

- The liver is the main center of natural detoxification in our bodies. The liver uses 2 sets of metabolic reactions to modify foreign substances to make them ready for elimination through your kidneys and intestines.
- Based on genetic factors, everyone's capability to detoxify is a little different, which is why some people can handle more than others without experiencing any health effects.
- Your ability to detoxify is also dependent on how many substances your body needs to process at once. Like an assembly line, if there aren't enough workers to do the job, work builds up and the factory begins to overflow.

Lifestyle factors that may interfere with your natural detoxification mechanisms

- Living in a moldy home
- Environmental job (firefighters, mechanics, industrial plant workers, working with/around vehicle exhaust regularly, farmer using pesticides)
- Regular alcohol consumption (more than 5 drinks per week)
- Regular Tylenol/acetaminophen use (more than 1-2 times per week)
- High sugar diet (refined sugar) & partially hydrogenated fats
- You take birth control pills, regular antibiotics, antidepressants (some forms)
- Low protein diet

Please score the following on a scale of 1 (least) - 3 (most) based on severity of each symptom:

- _____ Do you react poorly to caffeine; examples:
 - Palpitations, anxiety, headaches/migraines, restless leg, high blood pressure, upset stomach, overly jittery/restlessness, insomnia
 - Symptoms may get worse the more you drink
- _____ Do you feel sick after eating sulfur containing foods (onions, garlic, eggs) eg. hives, itchiness, asthma, headaches, nausea, fatigue, flushing, and brain fog.
- _____ Multiple allergies
- _____ Seem to react to more substances than you did in the past
- _____ Fatigue or Brain fog
- _____ Mood changes (more than usual)
- _____ Frequent headaches
- _____ Long term joint pain
- _____ Weakened immune function (frequent infections, infections that take longer than normal to resolve, persistent skin infections like warts, athlete's foot, dandruff)
- _____ Excessive mucous production
- _____ Skin rashes
- _____ Poor exercise tolerance
- _____ Do you eat seafood or tofu weekly? (1 = once/week, 2 = 2-4 times, 3 = more than 4 times)
- _____ **Total score**

If you scored 12 or higher you may benefit from detoxification support and a proper assessment to encourage more efficient organ function.

Success with a detoxification protocol is best achieved under the supervision of a trusted health care professional. If you would like more information, please see a naturopathic doctor!



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