

Is it Time for a Foot Detox?

Detox Quiz

Read through the following questions. The more "2's" you have, the greater your need for a detox.

	No	Rare	Often
Do you feel tired, lethargic or sluggish?	0	1	2
Do you have difficulty concentrating or have slow or fuzzy thinking?	0	1	2
Do you feel depressed or have mood swings?	0	1	2
Do you get more than one or two colds per year?	0	1	2
Do you get post-nasal drip, congestion or "stuffed up" in your nose or sinuses?	0	1	2
Do you have bad breath, a coated tongue or a bitter or metallic taste in your mouth?	0	1	2
Do you have body odour?	0	1	2
Do you have strong smelling urine?	0	1	2
Do you have trouble sleeping or feel unrefreshed upon waking?	0	1	2
Do you have sore muscles or joints?	0	1	2
Are your nails weak or brittle?	0	1	2
Do you have dark circles under your eyes?	0	1	2
Do you have digestive disturbances such as bloating, gas or indigestion a couple hours after eating?	0	1	2
Do you have less than one bowel movement per day?	0	1	2
Do you feel anxious or stressed out?	0	1	2
Are you sensitive to odours, foods or chemicals?	0	1	2
Do you have allergies?	0	1	2
Do you have eczema, dry skin, acne or skin rashes?	0	1	2
Do you gain weight easily?	0	1	2
Do you have food cravings?	0	1	2
Do you have pain or discomfort under your right ribcage?	0	1	2
Does dietary fiber cause constipation?	0	1	2
Do you feel like you're not as healthy as other people your age?	0	1	2
Total			