## **DETOXIFICATION QUESTIONNAIRE**

Patient Name:				Date:	
	e following symptoms based on your typical he	ealth profile f	or the specified duration:		
Past month	☐ Past week		Past 48 hours		
oint Scale:	<b>0</b> —Never or almost never have the sympton	n	1—Occasionally have it, effect is r	not severe 2—Occasionally h	ave it, effect is seve
	<b>3</b> —Frequently have it, effect is not severe		<b>4</b> —Frequently have it, effect is se	vere	
	l.	Medical Sy	mptoms Questionnaire (MS	Q)	
HEAD	Headaches		DIGESTIVE	Nausea, vomiting	
	Faintness		TRACT	Diarrhea	
	Dizziness			Constipation	
	Insomnia	TOTAL		Bloated feeling	
EYES	Watery or itchy eyes			Belching, passing gas	
	Swollen, reddened or			Heartburn	
	sticky eyelids			Intestinal/stomach pain	TOTAL
	Bags or dark circles under eyes		JOINTS/	Pain or aches in joints	
	Blurred or tunnel vision	TOTAL	MUSCLE	Arthritis	
EARS	Itchy ears			Stiffness or limitation of movemer	nt
LAKS	Earaches, ear infections			Feeling of weakness or tiredness	
	Drainage from ear			Pain or aches in muscles	TOTAL
	Ringing in ears,				
	hearing loss	TOTAL	WEIGHT	Binge eating/drinking	
HOGE	Stuffy nose			Craving certain foods	
NOSE	Stury nose Sinus problems			Excessive weight	
				Water retention	
	Hay fever			Underweight	
	Sneezing attacks Excessive mucus formation	TOTAL		Compulsive eating	TOTAL
	Excessive illucus loilliation	TOTAL	ENERGY/	Fatigue, sluggishness	
MOUTH/	Chronic coughing		ACTIVITY	Apathy, lethargy	
THROAT	Gagging, frequent need to		·	Hyperactivity	
	clear throat			Restlessness	TOTAL
	Sore throat, hoarseness, loss of voice		MIND	Poor memory	
	Swollen or discolored			Confusion, poor comprehension	
	tongue, gums, lips		-	Difficulty in making decisions	
	Canker sores	TOTAL		Stuttering or stammering	
SKIN	Acne			Slurred speech	
	Hives, rashes, dry skin			Learning disabilities	
	Hair loss			Poor concentration	
	Flushing, hot flashes			Poor physical coordination	TOTAL
	Excessive sweating	TOTAL		roor physical coordination	101/12
	Excessive streaming		EMOTIONS	Mood swings	
LUNGS	Chest pain			Anxiety, fear, nervousness	
	Irregular or skipped heartbeat			Anger, irritability, aggressiveness	
	Rapid or pounding heartbeat	TOTAL		Depression	TOTAL
			OTHER	Frequent illness	
	Chest congestion			Frequent or urgent urination	
	Asthma, bronchitis			Genital itch or discharge	TOTAL
	Shortness of breath				
	Difficulty breathing	TOTAL	GRAND TOTAL		TOTAL

II. Xenobiotic Tole	erability Test (XTT)						
Are you presently using prescription drugs?	6. Do you commonly experience "brain fog," fatigue, or drowsiness?						
1. Are you presently using prescription drugs?  Yes (1 pt.)  If yes, how many are you currently taking? (1 pt. each)  No (o pt.)  2. Are you presently taking one or more of the following over-the counter drugs?  Cimetidine (2 pts.)  Acetaminophen (2 pts.)  Bestradiol (2 pts.)  3. If you have used or currently use prescription drugs, which of the following scenarios best represents your response to them:  Experience side effects, drug(s) is (are) efficacious at lowered dose(s) (3 pts.)  Experience side effects, drug(s) is (are) usually not efficacious (2 pts.)  Experience no side effects, drug(s) is (are) usually efficacious (0 pt.)  4. Do you currently use or within the last 6 months had you regularly used tobacco products?  Yes (2 pts.) No (0 pt.)  5. Do you have strong negative reactions to caffeine or caffeine							
containing products?  See See See See See See See See See Se	GRAND TOTAL:						
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. III. Alkalizing	g Assessment						
1. Do you have a history or currently have kidney dysfunction?  Yes No  2. Have you ever been diagnosed with a condition known as hyperkalemia?  No	3. Are you currently on diuretics or blood pressure medication?  Yes No Note: Prescribe non-alkalizing nutrients if patient answered yes to any part of this section.						
For Practitioner Use Only:	For Practitioner Use Only:						
OVERALL SCORE TABULATION							
See doctor brochure for protocol suggestions.  MSQ SCORE  XTT SCORE  URINARY pH	(High >50; moderate 15-49: Low <14) (High >10; moderate 5-9: Low <4)						

**Note:** Patients with high MSQ but low XTT may be exhibiting pathology that is not related to toxic load. Other mechanisms should be considered such as inflammation/immune/ allergic gastrointestinal dysfunction, oxidative stress, hormonal/neuro-transmitter dysfunction, nutritional depletion, and/or mind body. Individualize support with specific medical foods, diet, and/or nutraceuticals.