

Weekly Check-In Health and Dietary Inventory

Name: _____ Date: _____

Current symptoms you are experiencing

Rate on a scale of 1-10. (1=no problems/symptoms 10=daily symptoms / severe)

Explain your symptoms:

1-10	Energy Level: ----- -----
	Sleep Quality (restful, restless, wake up often, hard to get to sleep, etc?): ----- -----
	Mental Focus (poor concentration, anxiety, depression, wired feeling, etc..?): ----- -----
	Joint Comfort (pain, swelling, stiffness, etc.?) ----- -----
	Skin (acne, rashes, hives, eczema, psoriasis, very dry, etc.?) ----- -----
	Heart Health (pain in chest, palpitations, etc.?): ----- -----
	Digestive System (burping, bloating, reflux, gas, nausea or pain?) ----- -----
	Male/Female organs ----- -----
	Pain level (where is the pain and how bad is it?) ----- -----
	Elimination (how often are your bowel movements? 1 x day, 2-3 x a day, or do you skip days?) ----- -----
	Allergies (foods, environmental, pollen, grasses, chemicals, etc.?): ----- -----
	Immune system (frequent colds, other infections, get sick easily?) ----- -----

Current weight: _____ Blood pressure: _____ Blood sugar: _____

Other health concerns : _____

Check the box that best describes your overall health changes since your last visit

Better	Much Better	The same	Worse	Much worse
<input type="checkbox"/>				

What has improved since the last class?

What have been your biggest challenges since our last class?

What have been your biggest wins since our last class?

On a scale of 1-10, how would you rate your effort since our last class?

** 1= I didn't put in any effort, 10= I made my best effort

What would help you be more successful in implementing the recommended lifestyle/
dietary changes?

How are you going to make sure you make that happen?

Toxins in Our World

Exposure to toxic chemicals has increased dramatically in the last century. 100,000 new chemicals have been created since World War II. Of these, only a handful have been tested for their impact on the health of humans.

These chemicals are now showing up across the globe. There are no longer any areas on Earth that are not polluted with man-made chemicals. These chemicals are released from smokestacks, dumped into our oceans, lakes, and rivers, sprayed on our food crops, used in manufacturing, etc... They are dispersed by the wind, rained out onto our soils, taken up by plants, then by the animals who eat the plants, then by humans who eat the animals and the plants. Studies have found high levels of modern chemicals in the breast milk of Eskimo women, even though they live far from modern sources of pollution.

In 2005, the Environmental Working Group did a study which found an average of 200 toxic chemical contaminants in the umbilical cord blood of newborns. Studies show that these chemicals interfere with our reproductive, developmental, and behavioral systems and cause diseases in lab animals that are on the rise in humans: cancer, infertility, low sperm count, endometriosis, diabetes, obesity, ADD, asthma, and autism.

Each toxic compound that we are exposed to may not be much by itself, but it is the sum total of all of these toxins in combination that add up so quickly. When the EPA sets the safe limits for contaminants in water or food, they look at each contaminant separately. They look at mercury and establish a "safe" limit, then they look at aluminum, etc... But the whole is much greater than the sum of its parts. Researchers know what dioxins do in the body, but they don't know what the chemical does in combination with other chemicals. That has not been researched at all! Parts per billion of these compounds begin to add up quickly because we are exposed to so many of them.

Toxicity Test: How Toxic Are You?

1. Do you use plastic containers to store food or drinking water?
2. Do you eat microwaved foods that come packaged with plastic wrap?
3. Do you eat only non-organic foods?
4. Do you use deodorants, shampoos, and soaps containing synthetic chemicals?
5. Do you use after shave lotions or perfumes containing synthetic chemicals?
6. Do you use cosmetics or hair colorings containing synthetic chemicals?
7. Do you live or work in an area that has recently installed new carpeting?
8. Do you use fabric softener?
9. Do you live or work near agricultural areas that use non-organic production methods?
10. Do you live or work in an area that has been recently painted?
11. Are you becoming more sensitive to certain things that didn't use to cause you a problem before?
12. Do you use artificial sweeteners, such as NutraSweet or Splenda?
13. Do you eat foods that contain hydrogenated fats such as margarine?
14. Do you eat "Fat Free" foods or snacks made with fat substitutes?
15. Do you regularly drink tap water at home or in restaurants?
16. Do you breathe polluted city air, rather than using air purifiers?
17. Have you owned several new cars and smelled the 'new car' smells?
18. Do you eat tuna fish more than once a week?
19. Do you dry clean your clothes at cleaners who use synthetic chemicals?
20. Are you often irritable?
21. Are you a smoker or have you smoked in the past?
22. Do you have difficulty breathing when anxious?
23. Do you use bug killer products inside your home or have an exterminator spray for pest regularly?
24. Do you often have memory loss or the inability to concentrate?
25. Do you sometimes feel dizzy?
26. Do you sometimes have ringing in your ears?
27. Do you get skin rashes easily?
28. Do you often get a metallic taste in your mouth?
29. Is your menstrual cycle often erratic or interrupted?
30. Do you have hair loss?
31. Do you sometimes have unexplained numbness?
32. Do you often feel very fatigued or nauseous?
33. Does your speech sometimes become slurred, stuttered, or disordered?

Toxicity Test: How Toxic Are You?

35. Have you been involved in one or more of the following professions or hobbies for more than a year.

Agricultural Product Handlers, Asbestos Abatement Technicians, Auto Mechanics, Battery Manufacturers, Ceramic Manufacturers, Cosmetic Manufacturers, Cosmetologists, Dental As-sistant, Dental Lab Workers, Dentists, Physicians, Diesel Equipment Mechanics, Dynamite Manufacturers, Dynamiters, Miners, Electronic Assembly Workers, Electronic Component Manufacturing, Electroplaters, Photographers, Engravers, Explosive Experts, Fertilizer Manu-facturers, Conventional Farmers, Fiberglass Installers, Fiberglass Manufacturing, Firemen, Foundry Workers, Hairdressers, Hazardous Material Workers, Jewelers, Laboratory Workers, Landfill Workers, Landscapers, Nail Technicians, Painters, Pharmaceutical Workers, Plastic Product Manufacturers, Preservative Manufacturers, Printers, Search and Rescue Workers, Smelting Plant Workers, Solderers, Military Workers, Tanners, Tattoo Artists, Truck Mechanics, Waste Handlers.

36. Do you have learning disabilities?

37. Do you have headaches regularly?

38. Do you have chronic coughing?

39. Do you stutter or stammer?

40. Do you have heartburn?

41. Do you have mood swings regularly?

42. Do you get depressed for no reason regularly?

43. Do you have hay fever?

44. Do you have insomnia?

45. Do you eat fried foods or fast foods regularly?

46. Do you eat less than three servings of fruits and vegetables daily?

47. Do you cook in aluminum cookware or use non-stick cookware?

48. Do you rarely drink several glasses of filtered water daily?

49. Are soft drinks one of the main beverages you drink?

50. Do you clean your house with commercial cleaning products containing synthetic chemicals?

51. Do you get less than 30 minutes of exercise daily?

52. Are your bowel movements irregular?

53. Do you use herbicides or pesticides on your lawn or garden?

54. Do you eat fast food or frozen convenience food at least twice a week?

55. Are you more than 20 pounds overweight?

56. Have you had cancer, diabetes, heart disease, liver disease, or high blood pressure conditions treated by pharmaceuticals

Toxicity Test: How Toxic Are You?

- 57. Do you have more than 2 metal fillings in your teeth?
- 58. Do you take antibiotics twice or more per year?
- 59. Do you take more than one prescription drug per day?
- 60. Have you had surgery that used anesthesia?
- 61. Do you react to perfumes, smoke, or other chemicals that don't seem to bother most other people?
- 62. Do you use household air fresheners or plug-ins?

Total number of YES answers: _____

Your total number of YES answers determines your relative toxicity level. Please note that this is not a scientific test of health evaluation. It simply suggests the possible extent to which you carry a body burden of chemicals.

Score: _____

1-15 Mildly Toxic

16-28 Generally Toxic

29-45 Very Toxic

46-65 Severely Toxic

We can tolerate a certain level of toxins in our bodies. For each person, this tolerance level will be different depending on your exposure levels, your lifestyle, your diet, drug intake, general habits, medical treatments, surrounding environment, the functioning of your faculties of elimination, and the general strength of your immune system.

Reducing your exposure to toxic chemicals and detoxifying your body are important keys to maintaining good health in our modern times.

Practical Steps you can take to Detoxify

1. Study the labels: On every product with an ingredient list, whether it be a food, medicine, or household item, familiarize yourself with the ingredients. The more chemicals you identify in a product, the more determined you should be to reject buying it. Switch to a safer alternative.

2. Replace Home Pesticides: Pesticides are one of the most toxic chemicals to the human body. There are a wide range of natural, non-toxic solutions for common household pests.

3. Keep your Elimination Pathways Open: An under-functioning large intestine or colon can lead to health problems because the toxins your body is trying to eliminate are reabsorbed, creating further toxicity. Two or three bowel movements per day is ideal. A diet high in raw foods can help regulate bowel function, as well as flaxseed meal, prunes, or extra magnesium. Herbal supplements can also be helpful. Anyone with a history of chronic constipation will benefit from a colon cleanse- either a series of colonics or an herbal colon cleansing program.

4. Support your Liver Function: Your liver can get overburdened by the sheer volume of chemicals it has to detoxify on a daily basis. Keep it healthy by reducing the chemicals you are exposed to. Certain supplements can help your liver: Milk Thistle, Dandelion root, R-Lipoic acid, etc...

5. Cleanse and Detoxify: Do a cleanse regularly!
Ways to do that:

- 24 hr water fast 1x a week: Fast for 24 hrs 1x a week can increase your lifespan by 25%, 48hrs once a week will increase it by 50%.
- Juice Fasting: fast only on freshly made vegetable juices (not fruit juices). Consume several quarts per day of juice for the most benefit.
- Eat Raw Foods: eating a diet of only raw foods will start the detox process in a big way. An 85-100% raw food diet is necessary for the detox process to happen. A shake or smoothie with HepataGest can be a great addition to this cleanse.
- Detox in a Sauna: a far-infrared sauna is ideal for aiding your body in detoxifying chemicals and toxins far better than a typical sauna or even near-infrared. A far infrared sauna operates at a lower temperature than most other types of saunas and is a more pleasant experience.



7-DAY CHALLENGE

1:

24 HR WATER FAST

Sick a day and stick to it. Find a friend or family member that will do it with you.

Post your success story on the group chat

2:

COLON CLEANSE

Take a colon cleanse every night before bed. The goal is to have 1 or mor bowel movements a day.

You don't have to post about this one :)

3:

REPLACE YOUR HOME PESTICIDES

Go through your home and take a note of every pesticide you have. Replace them with a more natural pesticide. There is plenty on line to find. If you use a professional company then look into a more natural one and using them.