

Nature's Intentions Naturopathic Clinic  
Sushma Shah Hons Bsc ND,  
1849 Yonge St., Suite 614, Toronto, ON, M4S 1Y2  
416 913 4325 (HEAL)

<http://www.naturesintentionsnaturopathy.com>

*Balanced healing for the body, mind and spirit.*

## DETOXIFICATION QUESTIONNAIRE

**No=0 Rare=1 Often=2**

1. Do you feel tired, lethargic, sluggish on waking and throughout the day? 0 1 2
2. Do you have difficulty concentrating or have slow or surreal thinking? 0 1 2
3. Do you feel depressed or have mood swings? 0 1 2
4. Do you get more than one or two colds per year? 0 1 2
5. Do you get post-nasal drip, congestion or "stuffed up" in your nose or sinuses on waking or during the day? 0 1 2
6. Do you have bad breath, a coated tongue or a bitter or metallic taste in your mouth? 0 1 2
7. Do you have strong body odor? 0 1 2
8. Do you have strong smelling / foul urine? 0 1 2
9. Do you have trouble sleeping or feel unrefreshed upon waking? 0 1 2
10. Do you have sore muscles or joints for no apparent reason? 0 1 2
11. Are your nails weak, soft or brittle? 0 1 2
12. Do you have dark circles under your eyes? 0 1 2
13. Do you have digestive disturbances such as bloating, gas or indigestion a couple hours after eating? 0 1 2
14. Do you have less than one bowel movement per day? 0 1 2
15. Do you feel anxious or stressed out? 0 1 2

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16. Are you sensitive to odors, foods or chemicals? 0 1 2
17. Do you have allergies to various environmental and household products, dust and molds? 0 1 2
18. Do you have eczema, dry skin, and acne or skin rashes? 0 1 2
19. Do you gain weight easily? 0 1 2
20. Do you have food cravings – especially carbohydrate rich foods? 0 1 2
21. Do you have pain or discomfort under your right ribcage occasionally or after eating? 0 1 2
22. Does dietary fiber cause constipation? 0 1 2
23. Do you feel like you're not as healthy as other people your age? 0 1 2

**Total Score**

**1 – 23: You may be required to do a body cleanse.**

**23 and more: Time to do a body cleanse or a detoxification diet.**

**Call our clinic to book an appointment at 416 913 4325 (HEAL) or talk to your health care provider.**