

TOXICITY SYMPTOM CHECKLIST

Are you experiencing any of the following symptoms of toxicity? These are all health complaints that many of our health practitioners and colleagues have heard from clients and patients who later improved through detoxification practices. Early symptoms are often not treated effectively in people using the traditional medical system, and so these initial indicators of deterioration in health can develop into chronic conditions and diseases.

Don't let this happen to you! Take charge of your health and educate yourself as to how to live your life experiencing great health, wonderful energy, joy and vitality.

Consider which symptoms apply to you in the following categories:

DIGESTIVE SYSTEM

- Indigestion/heartburn
- Gas (burping or flatulence)
- Bad breath
- Coated tongue
- Body odour
- Constipation
- Diarrhea
- Bloating
- Nausea
- Abdominal pain
- Hemorrhoids
- Gallstones
- Irritable bowel syndrome
- Protruding abdomen
- Candida (multiple symptoms can be involved)
- Parasites (multiple symptoms can be involved)

DERMAL SYSTEM (SKIN)

- Rashes
- Acne
- Hives
- Eczema
- Extremely dry skin
- Extremely oily skin
- Plugged pores
- Slowly healing wounds
- Dark circles under eyes

MUSCULOSKELETAL SYSTEM

- Sore Joints
- Frequent headaches
- Neck/back pain
- Aches/pain
- Fibromyalgia

LYMPHATIC SYSTEM

- Swollen Joints
- Sore lymph nodes

ENDOCRINE (HORMONAL) SYSTEM

- Hypoglycaemia/diabetes
- Food cravings
- Overweight/underweight
- Cellulite
- Excess sweating/night sweats
- Infertility

NERVOUS SYSTEM

- Insomnia
- Hyperactivity
- Mental fog
- Dizziness
- Attention Deficit Disorder (ADD)
- Attention Deficit Disorder with Hyperactivity (ADHD)

IMMUNE SYSTEM

Allergies
Frequent colds/flu
Fatigue
Cancer

RESPIRATORY SYSTEM

Coughing
Wheezing
Sinus infections
Sneezing
Congestion

CARDIOVASCULAR SYSTEM

High blood pressure
Heart disease
High cholesterol

URINARY SYSTEM

Kidney Stones
Fluid retention
Darkly coloured urine
Prostate issues

REPRODUCTIVE SYSTEM

PMS
Fibroid tumours
Fibrocystic breast disease
Yeast Infections
Irregular periods

PSYCHOLOGICAL INDICATIONS

Depression
Mood swings
Anxiety
Irritability

Did you find symptoms that are troubling you? If you have mild symptoms, you may notice improvements just by some basic changes. If you have a chronic health challenge or many of these symptoms, you would probably benefit from some basic lifestyle changes plus a detoxification program with the assistance of a holistic health care professional who is trained in detoxification.

If you cannot identify with any of the above symptoms, congratulations, you are probably in great health. Periodic detoxification would be a wonderful addition to help you maintain excellent health as you grow older.

Most Americans would claim at least one of these symptoms from the checklist. Many are living with numerous symptoms of toxicity, thinking that they are just the result of “bad luck”, genetics or the aging process. Though toxicity is not the sole reason such symptoms occur, it is often a major contributing factor. Remember, although your body is programmed and designed for healing, when it is pushed to a limit, life-threatening conditions can develop.

So where do you start? Do call Tip to Toe Wellness (905) 951-9991 for guidance as to how to incorporate detoxification and healthy lifestyle changes in your life ... beginning today. Detoxification doesn't have to be an "all or nothing" matter. You can begin with just a few changes that fit into your lifestyle right now and progress as slowly or quickly as feels right. As the saying goes, "*a journey of a thousand miles begins with a single step*". Why not invest in yourself today.

Thank you Dr. Patricia Fitzgerald and "The Detox Solution" for your contributions.