

Is Your Body Detoxing As It Should?

- Do you experience headaches?
- Are your eyes sometimes watery or itchy or your eyelids swollen, red or sticky?
- Are there dark circles under you eyes?
- Do you sometimes experience itchiness in ears, earaches, ear infections, drainage from the ears or ringing in the ears?
- Do you often experience sinus problems or have excessive mucus or sinus problems?
- Do you suffer from skin problems such as acne or skin rashes or hives?
- Do you sweat excessively and suffer from a strong body odor?
- Do you sometimes suffer from joint or muscle pains?
- Do you have a very slow metabolism and find it tough to lose weight/ or are you underweight and have difficulties gaining the weight?
- Do you often experience frequent and urgent urination?
- Do you suffer from nausea or vomiting?
- Do you always feel bloating?
- Do you consume a lot of coffee during the day?

_____ Check with your Results _____

Scores:

7 or up: *you need to improve your detox potential!*

4-6: *you are beginning to show signs of poor detoxification and need to improve your detox potential.*

4 or less: *you are unlikely to have problems with detoxification.*

