

The Clean Audit

Answer the questions on this list and note your “yes” answers.

Do you have headaches more than occasionally?

Do you tend to get colds or viruses each year?

Do you have bowel movements less frequently than after every meal?

Do you have bowel movements that are not soft and easily passed?

Do you have diarrhea more than very rarely?

Do you get itchy or watery eyes and nose at certain times of year?

Do you have allergies or hay fever?

Do you often get congested or mucousy?

Do you get bloated after eating?

Do you have extra pounds that won't come off with diet and exercise?

Do you have puffiness in areas of your face or body? Do you have dark circles under your eyes? Do you get heartburn? Do you have gas more than occasionally? Do you have bad breath or body odor?

Is there a thin white coat on the back of your tongue when you wake up?

Do you get cravings for certain kinds of food, especially sugary, starchy, or dairy foods?

Do you have a tendency toward restless sleep?

Do you have itchy skin, pimples, or any other troubling skin condition?

Do you get pain or stiffness in your joints or muscles? Do you have low moods or a foggy mind?

Do you find that you are forgetful, have difficulty concentrating, or can't find words?

Do you feel apathetic and tired?

Do you feel anger or bursts of irrational frustration?

Do you have higher than average sensitivity to odors?

Have you noticed an increasing sensitivity to toxins in everyday life, such as feeling more nauseated when you smell dry-cleaning fluid or fill up your car's tank with gas, noticing stronger effects of certain food additives, or having reactions to cleaning or personal-care products?

Do you use multiple prescription medications?

Do you use many potentially toxic chemicals in your home or work environment?

Do you have musculoskeletal aches and pains or symptoms suggestive of fibromyalgia?

Do you have tingling or numbness on one side?

Do you have strange reactions to medications or supplements?

Do you have recurrent edema?

Have you noticed a worsening of any troublesome symptoms after anesthesia or pregnancy?

-If you answered "yes" to more than 2 of these questions, then you could benefit from a detox cleanse.