



## Heavy Metal Toxicity Screening Questionnaire

Please put an X by all the following symptoms that apply to you. When you're finished, add the scores next to those you have marked.

1. Numbness and tingling in extremities \_\_\_\_6
2. Twitching of face and other muscles \_\_\_\_5
3. Tremors or shakes of hands, feet, head, etc. \_\_\_\_5
4. Jumpy, jittery, nervous \_\_\_\_3
5. Unexplained chest pains \_\_\_\_3
6. Tachycardia (rapid heart rate over 100 beats per minute) \_\_\_\_3
7. Unexplained rashes or skin irritations \_\_\_\_4
8. Excessive itching \_\_\_\_4
9. Bloating feeling most of the time \_\_\_\_6
10. Frequent or recurring heartburn \_\_\_\_4
11. Constipation on a regular basis \_\_\_\_5
12. Frequent diarrhea \_\_\_\_1
13. Constant or very frequent periods of depression \_\_\_\_7
14. Unexplained irritability \_\_\_\_7
15. Sudden, unexplained or unsolicited anger \_\_\_\_5
16. Constant death wish or suicidal intent \_\_\_\_3
17. Difficulty in making even simple decisions \_\_\_\_5
18. Cold hands and feet, even in moderate/warm weather \_\_\_\_6
19. Get out of breath easily \_\_\_\_4
20. Get headaches just after eating \_\_\_\_2
21. Experience frequent leg cramps \_\_\_\_4
22. Constant or frequent metallic taste in mouth \_\_\_\_3
23. Burning sensation on the tongue \_\_\_\_2
24. Constant or frequent ringing or noise in ears \_\_\_\_4
25. Frequent urination during the night \_\_\_\_6
26. Unexplained chronic fatigue \_\_\_\_6
27. Difficulty remembering or use of memory \_\_\_\_5
28. Constant or frequent pain in joints \_\_\_\_3
29. Frequent insomnia \_\_\_\_3
30. Unexplained fluid retention \_\_\_\_2

TOTAL \_\_\_\_\_

Score of 86-126: Strong likelihood of heavy metal toxicity.  
Score of 40-85: Moderate likelihood of heavy metal toxicity.  
Score or 0-39: Low likelihood of heavy metal toxicity.

# Signs and Symptoms of Environmental Toxicity

Environmental toxins have a tendency to go to and disrupt the immune, nervous and hormonal systems. This is where a majority of signs and symptoms are found. Check off all that apply to you.

A history of:

- Immune problems: allergy, infections, autoimmune, cancer
- Nervous system problems(see below)
- Chemical exposure during times of high stress
- Asthma
- Toxin exposure at home or work or before onset of symptoms
- Silver amalgam tooth fillings
- Root canals or implants
- Smoking or second hand exposure
- Reactions after vaccination
- Scented home and body products
- Recreational drug use
- Home near golf course, farm/orchard or gas station
- Pesticide use
- Frequent use of dry cleaning
- Mould exposure
- High fish or shellfish intake
- Regular hair colouring, perms, acrylic nails

Reactions to chemicals:

- Headaches
- Brain fog
- Fatigue
- Shortness of breath
- Muscle weakness or cramps
- Bowel reaction
- Inability to handle caffeine
- Sensitivity to medications

## **Pesticides Neurotoxicity**

### **Organophosphates:**

- Poor cognition
- Poor attention
- Depression
- Fatigue
- Headache
- Tremors
- Paresthesia (tingling, pricking, or burning sensation on the skin)
- Slower reaction time

## **Heavy Metal Neurotoxicity**

### **Lead**

- Diminished learning, comprehension
- Reduced coordination
- Memory problems
- Depression
- Insomnia
- Fatigue
- Tremors

### **Mercury**

- Cognitive difficulty
- Memory loss
- Hair loss
- Headaches
- Muscle aches
- Irritability, excitability
- Anger, fear, depression

## **Solvent Neurotoxicity**

- Poor cognition
- Short term memory loss
- Balance problems
- Depression
- Irritability
- Fatigue
- Headaches

## **Signs of Endocrine Toxicity**

- Sleep disturbances
- Changes in energy level
- Mood changes
- Weight & appetite changes
- Bowel problems
- Change in sexual interest and function
- Menstrual changes in women
- Changes in temperature perception, perspiration
- Changes in skin or hair growth
- Infertility
- Erectile dysfunction
- Diabetes
- Hypothyroid