

## Checking the build up of toxins.

Every disease begins at a cellular level when those cells become acidic due to toxins and pollution. The changes that happen in your body as cells become acid is profound. The process of becoming acid correlates directly with the onset of old age and the onset of chronic degenerative disease. Therefore Ayurvedic treatments will always start to detoxify and cleanse your system. This procedure, followed by changes in lifestyle often prevent long term serious health problem to occur.

This questionnaire will help to identify toxic build up in various parts of your system.

Description	Yes	No
You wake up tired even after a good nights sleep.		
You feel lethargic.		
Your tongue is coated in the morning when you wake.		
You don't feel real hunger, even if you have not eaten for several hours.		
You have generalized aches and pains.		
After eating certain foods the next day you have aches or stiffness in specific parts of the body.		
You lack mental clarity and energy.		
You feel heaviness in the abdomen, arms and legs or in the body as a whole.		
You feel weary and un-enthusiastic.		
You experience frequent indigestion such as gas, bloating or heartburn.		
You feel blocked anywhere in the body, including constipation, sinusitis, and have difficulty breathing.		

### Build-up of toxins in the tissues.

Description	Yes	No
Excessively dry skin		
Premature hair greying		
Early wrinkling of skin occurs at a young age.		
Chronic mucous secretions and excessive congestion.		
Variable energy levels, feeling weak and tired.		
<b>Ladies only;</b> Intermittent periods of vaginal dryness.		
<b>Ladies only;</b> History of ovarian cysts.		
<b>Ladies only;</b> Breasts cysts.		

**Build-up of toxins in the red blood cells and bile.**

Description	Yes	No
Chronic skin disorders - inflammation, acne, rashes etc.		
History of gall stones - gall bladder removal.		
Bleeding hemorrhoids.		
Excessive thirst.		
<b>Ladies only;</b> intense hot flashes, feeling of excessive heat.		
<b>Ladies only;</b> Heavy bleeding - flooding.		

**Build-up of toxins in the muscles.**

Description	Yes	No
Chronic muscle fatigue, aches and pains		
Continual swelling of tonsils and lymph glands in the neck		
Frequent ear canal clogging, eczema, itching.		
Excessive dry lips, lip cracking.		
<b>Ladies only;</b> History of uterine fibroids.		
<b>Ladies only;</b> Glandular, fibrous lumps in the breast.		

**Build-up of toxins in metabolism**

Description	Yes	No
Recent weight gain of 10 lbs (5 kilo) or more.		
Not able to lose weight even when dieting.		
High cholesterol.		
Description	Yes	No
Diabetes or high blood sugar.		
Unpleasant smelling sweat and body odor.		
Cysts under skin or scalp		
Diagnosed thyroid disorder.		
Frequent night sweats.		
<b>Ladies only;</b> Sweating during hot flashes.		
<b>Ladies only;</b> Fatty cysts in breasts.		

**Build-up of toxins in bone, cartilage, hair and nails.**

Description	Yes	No
Osteoporosis or low bone density.		
Dry hair lacking lustre with split ends.		
Weak teeth with excessive decay and frequent cavities.		
Weak nails with frequent chipping and breaking.		
Chronic joint pains and arthritis.		
Deep bone pain.		

**Build-up of toxins in nerve tissue and immune system.**

Description	Yes	No
Chronic infections, low resistance.		
Dryness of upper lids of eyes.		
Excessive secretions of the eyes.		
Feeling distracted, not centred, unfocused with difficulty concentrating.		
Frequent problems with tendons - chronic tendonitis.		
Often feeling dizziness and faintness.		

**Build-up of toxins in reproductive tissue.**

Description	Yes	No
Infertility		
Low sex drive		
Lack of vibrancy, face has dull complexion / looks tired.		
Eyes are dull and unclear.		
<b>Ladies only;</b> More than one miscarriage.		
<b>Ladies only;</b> Severe vaginal dryness.		