

Name _____

Date _____

| Detoxification and Drainage Questionnaire | |
|---|---------------|
| Point Count | Points |
| Never or almost never have the symptom | 0 |
| Occasionally have it | 1 |
| Occasionally have it, affect is severe | 2 |
| Frequently have it, effect is not severe | 3 |
| Frequently have it, effect is severe | 4 |
| <u>Emotions:</u> | Points |
| Irritability | |
| Nervousness | |
| Mood Swings | |
| Frequent Crying | |
| Aggressive behavior, i.e. road rage | |
| Anxiety | |
| Fear | |
| Confusion | |
| *Depression | |
| *Suicidal thoughts | |
| Total Emotions | |
| <u>Skin:</u> | Points |
| Skin: Increased sweating, ear wax, oily skin | |
| Skin rashes | |
| Brown spots on hands and face | |
| Boils | |
| Skin tags (small hanging warts) | |
| Acne | |
| Eczema | |
| Fever blisters | |
| Warts | |
| Total Skin | |
| <u>Ear, Nose, and Throat:</u> | Points |
| Increased salivation | |
| Mouth ulcers | |
| Common cold | |
| Sinusitis | |
| Sore throat | |
| *Ear infection | |
| Hay fever | |
| Loss of smell | |
| Cough | |
| Total Ear, Nose and Throat | |
| <u>Mind and Brain</u> | Points |
| Hyperactivity | |
| Stammering when speaking or problem finding words | |
| Difficulty in concentration | |

| | |
|---|---------------|
| Difficulty in making decisions | |
| Headache | |
| Poor Memory | |
| Poor coordination | |
| *Compulsive behavior | |
| Sleep disturbance | |
| Memory loss | |
| Total Mind and Brain | |
| <u>Digestive System</u> | Points |
| Loose stools | |
| Diarrhea | |
| Heartburn | |
| Constipation | |
| Bloating | |
| Abdominal pain | |
| Intolerance to certain foods | |
| Nausea or vomiting | |
| Severe diarrhea with blood or mucous | |
| Total Digestive System | |
| Kidney | |
| Increase in urination frequency and amount | |
| Needing to get up in the night to pass urine | |
| *Urinary tract infections and cystitis | |
| *Kidney stones | |
| *Blood in the urine | |
| Total Kidney | |
| <u>Joints and Muscles</u> | Points |
| Fleeting muscle aches or joint aches | |
| Tendonitis (e.g. tennis elbow, golfer's elbow, Achilles tendonitis) | |
| Gout | |
| Arthritis | |
| Fibromyalgia | |
| Total Joint and Muscles | |
| <u>Metabolism</u> | Points |
| Feeling of coldness | |
| Hypoglycemia | |
| Craving certain foods | |
| Water retention | |
| Obesity | |
| Cellulite | |
| Total Metabolism | |
| Grand Total | |
| Total < 100 = Mild to Moderate Toxicity | |
| Total > 100 = Moderate to Sever Toxicity | |
| See Decision Tree for treatment details at WWW.hesidetox.com | |