

# TOXIN QUESTIONNAIRE

## Let's Play 20 Questions (Plus 2): Which of These Statements Apply to You?

1. Do you smoke or are you frequently exposed to secondhand smoke?
2. Do you smoke marijuana?
3. Do you use conventional cleaning products and inadvertently breathe their fumes?
4. Have you been exposed to carbon monoxide?
5. Do you travel on planes more than 3-4 times a year?
6. Do you pump your own gas or breathe automobile exhaust?
7. Do you live in an area with moderate to high air pollution?
8. Have you lived or worked in a building that had mold in it?
9. Do you come in contact with flame-resistant clothing or carpet, or with furnishings sprayed with chemicals to prevent stains?<sup>i</sup>
10. Do you spray your garden, farm or orchard with pesticides or live near an area with pesticides?
11. Do you paint indoors without adequate ventilation?
12. Do you drink unfiltered water?
13. Do you have more than 4 glasses of alcohol a week?
14. Do you regularly eat processed or fast foods?
15. Do you regularly eat conventionally raised produce, meat and dairy or farm-raised fish?
16. Do you eat large (i.e., mercury-contaminated) fish, such as swordfish?
17. Do you eat non-organic fruits and vegetables on a regular basis?
18. Do you consume foods with artificial colors or sweeteners, such as diet sodas, or use artificial sweeteners, such as aspartame (NutraSweet), sucralose (Splenda) or saccharin (Sweet'N Low)?
19. Do you use more than two health and/or beauty products per day without reading and understanding their labels?



20. Do you live in a house that contains lead pipes or copper plumbing soldered with lead (built prior to 1978)?
21. Do you have mercury amalgam fillings? How many?
22. Do you work in a job where you are exposed to environmental toxins, such as firefighting, painting, welding, longshoreman?

If you answered yes to more than two questions, you may have significant toxic exposure.

---

<sup>i</sup> Parrón T et al. Association between environmental exposure to pesticides and neurodegenerative diseases. *Toxicol Appl Pharmacol.* 2011 Nov 1;256(3):379-85.

