

TOXICITY PROFILE

Within a one week period unless otherwise stated:	+	-
On any prescription medication, including hormones: -5 for each one		
On any over the counter meds: -1 for each one		
Take vitamin supplements daily: +5		
Drink soft drinks including diet drinks: -1 per can		
Sugar, including jam, syrup, chutney, tomato sauce, chocolates etc.: -1 per teaspoon over 3 teaspoons per day.		
Artificial sweeteners: -1 per day		
White flour: -1 per meal with any white flour in it.		
Margarine: -1 per any meal with margarine in it.		
Eat natural yogurt or maas: +1 per day		
Processed food: cans, boxes, packets, microwave dinners etc.: -1 per meal		
Junk food/ fast food, including savory snacks: -2 per meal		
Alcohol: -1 per drink over 2 per day		
Coffee: instant -1 per cup over 2/day; filtered -1/cup over 3/day		
Tea: -1 per cup Over 3 per day		
Rooibos and herbal teas: + 1 / day		
Drink filtered water: +5		
Drink 8 glasses/ 2litres of water per day (caffeinated, sodas and alcoholic drinks not counted): +5		
Eat 3+ fresh fruits per day: +1 per day		
Eat fresh veggies or salad at least 2 meals per day: +1 per day		
Smoking/ tobacco products: -1 per cigarette or equivalent.		
Live with a smoker or frequent smoky bars: -1 per day		
Indulge in narcotic drugs: - 100		
Exercise less than 3 hour per week: -10		
Exercise 3-12 hours per week: +10		
Exercise more than 12 hours per week: -2		
Live or work in a city: -5		
Work with toxic chemicals: -5		
Work in front of a computer: -1per day		
Sleep with a cell phone next to your bed: -1 per night		
Have a microwave in the house: -5		
Stress levels out of 10 (0=no stress, 10= verge of a nervous breakdown): - your score		
Go for massage: +1 per session		
Detox efforts: sauna, detox diets, electromagnetic footbaths etc: +5 per day		
Educating yourself on health and diet: +1 per half hour reading		
Sub total		
Total		

26- 60: Excellent: Don't know how you do it. Be careful of becoming too paranoid or boring. If you have cancer or a serious chronic disease then this is your only option so hang in there and well done.

0- 25: Good: Room for improvement but modern life and culture possibly make it difficult to do so.

0- -25: Low risk: watch your direction, you can't afford any more vices and could possibly make some easy positive changes to get above zero.

-26- -50: Moderate risk: Do something about your health risk status immediately. You are on the wrong track to chronic disease e.g.: high blood pressure, high cholesterol, diabetes etc.

-51- -100: High risk: If you want to make some healthy changes do so slowly and seek advice from a health practitioner especially with regard to exercise programs and detox regimes.

< -100: Be very careful. Seek Professional advice about your health management.