

RESOURCE 3

ENVIRONMENTAL EXPOSURE CHECKLIST

Could Your Environment Be Contributing to Inflammation?

● REBALANCE RESOURCE ●

Why This Matters

Your environment influences your health every day.

The air you breathe, the water you drink, the buildings where you live and work, and the chemicals you're exposed to may all affect your body.

For some individuals, environmental exposures can contribute to inflammation and ongoing symptoms. For others, they may have little or no noticeable effect.

This checklist is designed to increase awareness—not to diagnose illness.

HOME ENVIRONMENT

Water Damage & Moisture

- ☐ I currently live in or have lived in a home with water damage.
- ☐ I have seen visible mold.
- ☐ I notice a musty or damp odor.
- ☐ My home has experienced flooding or plumbing leaks.
- ☐ There is condensation or excessive humidity in my home.

Indoor Air Quality

- ☐ My home feels damp.
- ☐ I rarely open windows for ventilation.
- ☐ My HVAC system has not been serviced regularly.
- ☐ I frequently notice dust or poor air circulation.
- ☐ I use a HEPA air purifier.
- ☐ I regularly replace my HVAC filters.

WORKPLACE

- ☐ I work in an older building.
- ☐ There has been water damage where I work.
- ☐ I notice musty odors at work.
- ☐ My symptoms improve when I leave work.
- ☐ Coworkers have experienced similar symptoms.

CHEMICAL EXPOSURES

- ☐ I frequently use strong cleaning products.
- ☐ I am regularly exposed to pesticides or herbicides.
- ☐ I work with paints, solvents, fuels, or industrial chemicals.
- ☐ I am exposed to secondhand smoke.
- ☐ I regularly use products with strong fragrances.

HEAVY METALS

- ☐ I have worked in construction, manufacturing, welding, or mining.
- ☐ I have frequent exposure to batteries, metals, or industrial materials.
- ☐ I have concerns about my drinking water.
- ☐ I have been told I have elevated heavy metals.

LIFESTYLE

- ☐ I spend very little time outdoors.
- ☐ I spend most of my day indoors.
- ☐ My home has poor ventilation.
- ☐ I rarely use an air purifier or ventilation system.

MY SYMPTOMS

Do any of these situations sound familiar?

- ☐ I feel worse when I am at home.
- ☐ I feel worse at work.
- ☐ I improve while on vacation.
- ☐ My symptoms seem worse after entering certain buildings.
- ☐ My symptoms began after moving to a new home or workplace.
- ☐ My symptoms developed after water damage or flooding.

MY OBSERVATIONS

What environmental exposures concern you most?

What Should I Do Next?

If you identified one or more possible exposures:

- ✓ Continue making healthy lifestyle changes.
- ✓ Reduce unnecessary environmental exposures whenever possible.
- ✓ Discuss your concerns with your healthcare provider.
- ✓ If your symptoms persist despite healthy lifestyle changes, consider scheduling a **Precision Visit** to determine whether advanced testing may be appropriate.



Important Reminder

Having one or more environmental exposures does not mean they are causing your symptoms.

Likewise, normal routine laboratory tests do not always rule out every environmental contributor.

Your symptoms, medical history, physical examination, lifestyle, and, when appropriate, advanced testing all work together to help provide a more complete picture of your health.

Dr. Helen's Clinical Pearl

One of the questions I often ask my patients is, 'Where do you feel your best?' Sometimes people notice they improve while on vacation, while spending time outdoors, or after leaving a particular building. Those observations don't provide a diagnosis, but they can offer important clues that help us ask better questions and determine whether further evaluation is appropriate.

Remember

Your environment is one piece of your health story.

Our goal is not to create fear.

Our goal is to increase awareness so you can make informed decisions that support your health.

Health is the New Currency—Spend It Wisely.™

WELLNESS
YOUR HEALTHCARE SOLUTION