



THE DETOX DILEMMA ASSESSMENT:
Is Your Body Asking for a Reset?

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Most people wait for a diagnosis.

Your body has been giving you signals long before that.



Instructions:

- Over the past 12 months, check any symptom or habit you've experienced.
- 1 point for each item
- Be honest. This is for you.

Energy, Focus & Mental Clarity

Check all that apply:

- Tired even after a full night's sleep
- Energy crashes during the day
- Brain fog or mental sluggishness
- Difficulty concentrating
- Memory lapses
- Trouble understanding new information
- Difficulty making decisions
- Feeling restless or shaky
- Confusion

Subtotal: _____

Mood, Stress & Emotional Health

Check all that apply:

- Mood swings
- Feeling anxious or nervous
- Unexplained sadness or low mood
- Irritability or anger
- Negative outlook
- Feeling overwhelmed easily
- Disrupted sleep
- Depression

Subtotal: _____

Eyes, Ears & Sinus Signals

Check all that apply:

- Itchy or watery eyes
- Bloodshot eyes
- Swollen or inflamed eyelids
- Sensitivity to light
- Dark circles under eyes
- Itchy ears
- Sensitivity to noise
- Runny or itchy nose
- Sneezing fits or chronic cough
- Itchy palate
- Coated tongue

Subtotal: _____

Gut, Digestion & Elimination

Check all that apply:

- Bloating or abdominal discomfort
- Gas or belching after meals
- Heartburn or indigestion
- Diarrhea or loose stools
- Less than 1 bowel movement per day
- Foul-smelling bowel movements
- Certain foods irritate your stomach
- Strong food cravings

Subtotal: _____

Inflammation & Physical Discomfort

Check all that apply:

- Aching or painful joints
- Joint stiffness
- Headaches or migraines
- Feeling physically exhausted from normal activity
- Clumsiness or lack of coordination

Subtotal: _____

Skin & External Signs

Check all that apply:

- Acne or blemishes
- Eczema or psoriasis
- Hives
- Dull, pale, or uneven skin tone
- Cellulite
- Water retention or bloating

Subtotal: _____

Daily Habits & Toxic Exposure

Check all that apply:

- Drink alcohol regularly
- Drink coffee or caffeinated beverages daily
- Eat fast food, packaged, or frozen meals
- Consume sugary foods or drinks
- Eat white flour products (bread, pasta, baked goods)
- Eat fried foods or margarine
- Regular exposure to processed or convenience foods

Subtotal: _____

What Is Your Body Telling You?

Add up your **total score**: _____

0–5 → You're Maintaining—Stay Intentional

You're doing well—but remember:

Symptom-free does NOT mean inflammation-free.

Recommendation: Preventative detox + maintain your environment.

6–10 → Your Body Is Asking for Support

You may already be experiencing early signs of imbalance.

This is the window where change is easiest.

Recommendation: Begin reducing exposure + start a structured reset.

11+ → It's Time for a Reset

Your body is showing clear signs of overload.

This is not failure. This is feedback.

Recommendation: A guided detox and lifestyle reset will be critical for you.

Your symptoms are not random.

They are messages.

The question is...

What will you do with them?