

## Detoxification and Drainage Questionnaire

Point count	Points
Never or almost never have the symptom	0
Occasionally have it	1
Occasionally have it, effect is severe	2
Frequently have it, effect is not severe	3
Frequently have it, effect is severe	4

Emotions	Points
Irritability	
Nervousness	
Mood swings	
Frequent crying	
Aggressive behavior, i.e., road rage	
Anxiety	
Fear	
Confusion	
*Depression	
*Suicidal thoughts	
<b>Total Emotions</b>	

Skin	Points
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	
<b>Total Skin</b>	

Ear, Nose and Throat	Points
Increased salivation	
Mouth ulcers	
Common cold	
Sinusitis	
Sore throats	
*Ear infections	
Hay fever	
Loss of smell	
Cough	
<b>Total Ear, Nose and Throat</b>	

Mind and Brain	Points
Hyperactivity	
Stammering when speaking or problem finding words	
Difficulty in concentration	
Sleep disturbance	

Difficulty in making decisions	
Headache	
Poor memory	
Poor coordination	
*Compulsive behavior	
*Sleep disturbance	
Memory loss	
<b>Total Mind and Brain</b>	

<b>Digestive System</b>	<b>Points</b>
Loose stools	
Diarrhea	
Heartburn	
Constipation	
Bloating	
Abdominal pain	
Intolerance to certain foods	
Nausea or vomiting	
Severe diarrhea with blood or mucous	
<b>Total Digestive System</b>	

<b>Kidney</b>	<b>Points</b>
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	
<b>Total Kidney</b>	

<b>Joints and Muscles</b>	<b>Points</b>
Fleeting muscle aches or joint aches	
Tendinitis (e.g., tennis elbow, golfer's elbow, achilles tendinitis)	
Gout	
Arthritis	
Fibromyalgia	
<b>Total Joints and Muscles</b>	

<b>Metabolism</b>	<b>Points</b>
Feeling of coldness	
Hypoglycemia	
Craving certain foods	
Water retention	
Obesity	
Cellulite	
<b>Total Metabolism</b>	

<b>GRAND TOTAL</b>	
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\*These symptoms are indications of conditions that should not be treated with the Heel Detoxification and Drainage protocols alone.