

# What is Your TQ (Toxicity Quotient)?

**Your TQ is your Detoxification Ability as compared to your Toxic Exposure.**

The higher your Toxic Burden, the higher your Detoxification Ability needs to be to handle the assault.

• Ideally you should focus on increasing your Detoxification Ability while decreasing your Toxic Burden to have the best TQ! The higher your TQ the better.

(This is not meant to be an exhaustive list, we have focused on the most important and common issues that are impacting your health and life.)

Please circle the appropriate response and add up your total **Detoxification Ability** score.

## 1. Bowel Movements

- |                                     |                    |
|-------------------------------------|--------------------|
| A. 1 daily, 4 or less days per week | 1 point = poor     |
| B. 1 daily at least 5 days a week   | 2 points = average |
| C. 1-2 daily                        | 3 points=Great     |

## 2. Sweating

- |   |                    |
|---|--------------------|
| A. Consistently sweat 1 or less times a week                              | 1 point = poor     |
| B. Consistently sweat 2-3 times a week through exercise and/or sauna      | 2 points = average |
| C. Consistently sweat 4 or more days a week through exercise and/or sauna | 3 points = great   |

## 3. Water intake

- |   |                    |
|---|--------------------|
| A. I don't drink water and/or I consume caffeinated beverages daily   | 1 point = poor     |
| B. 4-7 glasses of pure spring water daily and 1-2 servings of caffeinated beverages daily                   | 2 points = average |
| C. 8 or more glasses of pure spring water per day and no more than 1 serving of caffeinated beverages daily | 3 points = great   |

## 4. Fiber intake

- |   |                    |
|---|--------------------|
| A. Less than 10 grams per day   | 1 point = poor     |
| <i>*If you have no idea and you eat a diet high in processed, refined foods choose poor</i> |                    |
| B. 10-24 grams per day  | 2 points = average |
| C. 25 or more grams per day   | 3 points = great   |

## 5. Protein Intake (Men about 6-8 ounces per meal, women about 4-6 ounces per meal)

- |  |                    |
|--|--------------------|
| A. Vegetarian or eat protein at one meal daily or less | 1 point = poor     |
| B. Eat protein at 2 out of three meals                 | 2 points = average |
| C. I eat the optimal amount of protein 3 meals per day | 3 points = great   |

## 6. Digestion (gas, bloating, indigestion)

- |   |                    |
|---|--------------------|
| A. Experience gas/bloating daily  | 1 point = poor     |
| B. Experience gas/bloating 3-5 times a week                               | 2 points = average |
| C. Infrequently experience gas/bloating/indigestion-less than once a week | 3 points = great   |

**7. Non starchy vegetables, especially dark green and bright colored**

- A. Less than 2 servings daily 1 point = poor
- B. 2 or more servings daily 2 points = average
- C. 5 or more servings daily 3 points = great

**8. Sulfur rich foods** (e.g. cabbage, broccoli, Brussel sprouts, eggs, onions)

- A. 2 or less servings per week 1 point = poor
- B. 3-4 servings a week 2 points = average
- C. 1 or more servings daily, 5 or more days per week 3 points = great

**9. Exercise**

- A. Don't exercise 1 point = poor
- B. 1-2 times per week 2 points = average
- C. 3 or more times per week 3 points = great

**10. Supplements** (vitamins, minerals, antioxidants)

- A. None 1 point = poor
- B. Daily use of a drugstore or grocery store "One a Day" type formula 2 points = average
- C. Daily use of a professional brand multivitamin, mineral and antioxidant formula 3 points = great

**Total Detoxification Ability Score \_\_\_\_\_**

The goal is to get as many points as possible (maximum is 30) and to improve any areas that you scored "1" in ASAP.

Please circle the appropriate response and add up your **Toxicity Exposure** score.

**1. Alcohol**

- A. 1 or less drinks per week 1 point = low
- B. 2-4 drinks per week 2 points = medium
- C. 5 or more drinks per week 3 points = high

**2. Caffeine**

- A. No caffeine 1 point = low
- B. 1-2 caffeinated drinks daily 2 points = medium
- C. 3 or more servings of caffeine daily 3 points = high

**3. OTC and Rx Drugs, Recreational Drugs**

- A. Take 1 -2 times a month or not at all 1 point = low
- B. Take 1 or more times a week 2 points = medium
- C. Take 1 or more on a daily basis 3 points high

**4. Pesticides**

- A. Live in a totally organic area and don't travel 1 point = low
- B. Have house sprayed with organic pesticides but work or spend time regularly where non-organic pesticides are used (ie golf course, parks) 2 points = medium
- C. Have house and workplace sprayed with non organic pesticides 3 points = high

## 5. Food/Drinks

- A. Eat organic food 90% of the time 1 point = low
- B. Eat organic food whenever possible-approximately 50% of the time 2 points = medium
- C. Don't eat organic food 3 points = high

## 6. Cleaning supplies/dry cleaning

- A. I use only organic cleaning supplies at home and work 1 point = low
- B. I use organic cleaning supplies at home, non organic at workplace 2 points = medium
- C. I don't use organic cleaning supplies 3 points = high

## 7. Sugar, Artificial Sweeteners/Colorings and Refined/Processed Foods

- A. I don't eat anything with sugar, artificial sweeteners/colorings or processed foods 1 point = low
- B. I eat some things with sugar, artificial sweeteners/colorings or that is processed 2-4 times a week 2 points = low
- C. I eat processed foods, foods containing artificial sweeteners/colorings and/or sugar 5 times a week or more 3 points = high

## 8. Microwaves

- A. I don't use the microwave .5 points = low
- B. I use the microwave 5 or less times per week 1 point = medium
- C. I use the microwave to cook/reheat food daily 1.5 points = high

## 9. Cooking & Storage/Plastic Containers

- A. I use only non leaching "safe" cooking and drinking containers .5 points = low
- B. I cook with Teflon and/or drink from plastic bottles several times a week 1 point = medium
- C. I cook with Teflon regularly and/or drink from plastic bottles daily 1.5 points = high

## 10. Nicotine

- A. I don't smoke and am not around second hand smoke 1 point = low
- B. I am occasionally-average once a week, around second hand smoke 2 points = medium
- C. I smoke or live around someone who smokes or work in an environment where cigarette smoke is permitted 3 points = high

## 11. Vaccines

- A. I have not been vaccinated at all .5 points = low
- B. I have had some but not all vaccinations 1 points = medium
- C. I have been fully vaccinated 1.5 points = high

## 12. Silver Fillings (Mercury Amalgams)

- A. I have no silver fillings .5 points = low
- B. I have 3 or less or had silver fillings and have since removed them properly (ie biologic Dentist who used a rubber dam) 1 point = medium
- C. I have 4 or more silver fillings 1.5 points = high

**Total Toxicity Exposure Score** \_\_\_\_\_

## Your TQ Scorecard

Next, take your **Detoxification Ability (DA)** and subtract your **Toxicity Exposure (TE)**. This will give you your **Toxicity Quotient (TQ)**.

**YOUR DA** \_\_\_\_\_ **MINUS YOUR TE** \_\_\_\_\_ = **YOUR TQ** \_\_\_\_\_

### Your Score:

11-20 You are a **Detox RockStar!**

6-10 **Great Job** but still room for improvement so go for it

0-5 **Average** –pay close attention to raising your scores of “1” in your DA and lowering your scores of “3” in your TE

(-10) -0 **NG (Not Good!)** - intensify the efforts listed in the average category

(-11) – (-20) This is a **Detox Emergency**-get into massive action now