

## **Heavy Metal Toxicity Questionnaire**

Client Name:		
Client Age:		
Heavy I	Metal Symptom Che	ecklist
	Experience?	
Mild to Moderate Correlation	(Chk if yes)	Comments, Details
Frequent diarrhea		
Several Allergies/Sensitivities		
Chronic headaches		
Burning sensation on tongue		
Unexplained edema		
Feeling anxious, jumpy, nervous		
Chest pains		
Heart palpitations		
Sensitivity to light		
Metallic taste in mouth, routine		
Joint pain, chronic		
Ongoing insomnia		
Painful sore/ulcer on tongue, unexplained		
Chronic itching, unexplained by allergies, etc.		
Chronic or intermittent rashes, unexplained		
Chronic heartburn		
Frequent muscle cramps		
Autoimmune disease		
Type 2 Diabetes		
Tinnitus		
SubTotal (x <sup>*</sup>		
Major Correlation		Comments, Details
Muscle twitching		
Tremor, in any body part		
Regular constipation		
Mood swings, unexplained, or Emotional withdrawal		
Trouble making decisions		
Slow reaction time or reflex, unexplained		
Memory loss or Significant recall trouble		
Numbness and tingling in extremities		
Cold in extremities, regardless of season		
Cancer		
Heart Disease		
Alzheimer's Disease or Parkinson's		
Frequent overnight urination		
Chronic fatigue, unexplained		
Chronic depression		
Frequent irritability, unexplained		
SubTotal (x	3)	
Tota	al	

Each case is unique and needs individual consideration.

For general evaluation of toxicity possibility: 0-15: Low Likelihood; 16-30 Moderate Likelihood; Over 30: High Likelihood

## **Heavy Metal Toxicity Questionnaire**

Heavy Metal Exposure Questionnaire			
Common Sources	Dominant Toxins	Comments, Details	
Smoking (or lived with or worked next to smoker)	Cd	Comments, Details	
omoking (or lived with or worked hext to smoker)	Ou		
Vaccines	Al, Hg		
Heavy intake of large fish (e.g. tuna, swordfish)	Hg		
Heavy intake of shellfish (e.g. shrimp, scallops)	As		
Historically heavy intake of conventional chicken	As		
Lived in old home with original plumbing, paint	Pb		
Welding and metalworking	Cd		
Silver/amalgam fillings – especially damaged ones or drilling out without full protective support	Hg		
Community or School or Home playground equipment or decking made with pressure-treated wood	As		
Artist or those working with oil, acrylic, gouache, or watercolor paints	Cd, Pb, As, Hg		
Frequent intake of pesticide-laden foods (includes home gardens grown in prior farming land)	As, Cd, Pb		
Regular use of conventional cosmetics	As, Cd, Pb		