

What is your toxic load?

Add each score from the questions to find out your total toxic load

- 0 = I never experience this symptom
- 1 = I rarely experience this and/or it is very mild
- 2 = I sometimes experience this and/or it is mild
- 3 = I experience this fairly often and/or it is moderate
- 4 = I experience this often and/or it is severe

Please note that some of the symptoms listed can be related to serious disease and illness and should be reviewed by a medical practitioner.

Muscles & Joints

Aching muscles
Joint aching
Arthritis
High acidity or gout
Painful muscles or fibromyalgia
Difficulty moving/stiffness
Sore tendons
Muscle tremors/shaking

Skin

Hair loss (not genetic)
Eczema or psoriasis
Warts or skin tags
Acne
Rashes, hives or dry skin
Boils
Sweating (more than normal)
Brown spots (hands & face)

Eyes/Nose/Throat/Ears

Lung/sinus infections & colds
Loss of smell
Cough (dry or moist)
Hay fever
Sore throats
Swollen lips/tongue/gums
Discoloured lips/tongue/gums
Voice changes (e.g. hoarseness)
Floaters in vision
Watery/red/itchy eyes
Blurred vision
Mouth ulcers
Sneezing episodes
Dark circles/bags under eyes
Ear infections

Score

Organs & Systems

Kidney stones
Blood in urine or dark colour
Caffeine intolerance (strong reaction)
Low morning appetite
Urination frequency
Fatigue/apathy
Bad breath
UTIs/cystitis
Urination in middle of night
Constipation
Bloating
Heartburn
Loose stools
abdominal pain
Food intolerances
Vomiting or nausea
Weight gain/overweight

Score

Mind, Emotions & Cognitive

Depression
Anxiety/nervousness
Stress
Anger/irritability
Mood swings
Hyperactivity
Poor memory
Low coordination
Sleep problems
Speech problems
Headache
Dizziness/faintness
Nervous system symptoms (eg Tingling sensations)
High sensitivity

What is your toxic load?

0 to 64

Congratulations, your toxic load is very low! Keep going with your current healthy lifestyle!

65 to 128

Your toxic load is mild. Your body may be giving you warning signs that a few diet and/or lifestyle tweaks are required to stay well in mind and body.

129 to 192

Your toxic load is moderate and your body is asking you to make changes to your lifestyle and diet. It is possible that if you do not make any changes you will experience more and more of the symptoms listed

193 to 256

Your toxic load is high and you are at risk of serious illness and disease (or may already have diagnosis). While this may not be good news, the silver lining is that with every healthy change you make, your body will thank you by beginning the healing process.

Body Reset

Detox naturally in 6 weeks
Begins 16th Jan 2023

Guided by Maria Arora (Naturopath), The Body Reset will help you to start 2023 feeling alive, supported and full of energy.

Join Maria on the 5th of December for Part 1 of “Detoxification,” where you will gain an understanding of WHY you need to support your body in its cleansing processes. In part 2, on the 9th January, Maria will take you through the detox protocol in the Body Reset. In this webinar you will have the opportunity to get clear on how the Body Reset is going to work for you. You will also have the opportunity to ask any questions you have so you can begin your detox with confidence on the 16th January.

The Body Reset includes:

- Diet guidelines
- Supplement guide (Young Living & Tissue Salts)
- Weekly check-in prompts
- Community support
- Lifestyle Guidelines
- Detoxification webinar (LIVE on 5th December or catch the replay in the members area)

Cost: Included in Maria’s Monthly Masterclass. To join the masterclass membership head to www.mariaarora.com.au