

## Signs and Symptoms of Environmental/Heavy Metal sensitivity

On their own the many symptoms below can be caused by a wide variety of factors, heavy metal toxicity being one of them. Given this, it is difficult for anyone to accurately diagnose heavy metal toxicity.

However, a collection or a complex of the symptoms below may point toward chronic metal toxicity and/or sensitivity/hypersensitivity.

Please rate the occurrence of the below described symptoms to find your total score and the level of imbalance.

**0= Never    2= Occasionally    3= Frequently**  
**4= infrequently with severe symptoms    5= almost always**

### Neurological:

- |  |  |
|--|--|
| <input type="radio"/> Headaches, often migraine type             | <input type="radio"/> Tinnitus(ringing in the ears)      |
| <input type="radio"/> Tremors (hands, feet, eyelids )            | <input type="radio"/> Hearing difficulties               |
| <input type="radio"/> Numbness and tingling of hands, feet, lips | <input type="radio"/> Paraesthesia (tingling/numbness) O |
| <input type="radio"/> Muscular weakness                          | <input type="radio"/> Impaired visual field              |
| <input type="radio"/> Diffuse myalgia (muscle pain)              | <input type="radio"/> Restricted, dim vision             |
| <input type="radio"/> Twitching of eyelids, trigger fingers      | <input type="radio"/> Glaucoma                           |
| <input type="radio"/> In-coordination, clumsiness                | <input type="radio"/> Diminished visual acuity           |
| <input type="radio"/> Multiple Sclerosis                         | <input type="radio"/> Parkinson's disease                |
| <input type="radio"/> Dizziness                                  | <input type="radio"/> Acute or chronic vertigo           |
| <input type="radio"/> Speech and visual impairment               |  |

TOTAL SCORE =

### Skin:

- |   |   |
|---|---|
| <input type="radio"/> Itchiness                               | <input type="radio"/> Dermatitis            |
| <input type="radio"/> Psoriasis                               | <input type="radio"/> Eczema                |
| <input type="radio"/> Red blotches on palms and soles of feet | <input type="radio"/> Itchy or tender scars |

TOTAL SCORE =

### Hormonal:

- |   |  |
|---|--|
| <input type="radio"/> Chronic Fatigue             | <input type="radio"/> Excessive perspiration |
| <input type="radio"/> Cold and clammy hands, feet | <input type="radio"/> Low body temperature   |

TOTAL SCORE =

**Immunological:**

- Repeated infections (viral, bacterial, fungal, mycobacterial, yeast infestation)
- Allergies
- Rhinitis
- Cancer
- Arthritis
- Multiple Sclerosis
- Hypothyroidism
- Sinusitis
- White cell abnormalities
- Chronic Fatigue
- Lupus Erythematosus
- Scleroderma

TOTAL SCORE =

**Digestive tract:**

- Food sensitivities (milk and eggs)
- Crohn's Disease
- Candida
- Parasites
- Loss of appetite with or without weight loss
- Irregular heart beat
- Abnormal blood pressure (high, low)
- Unexplained elevated cholesterol and serum triglycerade
- Abdominal cramps
- Chronic constipation
- Diahorroea
- Bloating, wind
- Cardio vascular
- Heart racing
- Tightness in chest

TOTAL SCORE =

**Urinal genital:**

- Increased frequency of urination
- Loss of Libido
- Increased bladder infections
- Chronic kidney disease
- Adrenal disease
- Nocturia (urination during the night)
- Prostate problems
- Cystitis
- Kidney infections

TOTAL SCORE =

**Head, neck and oral cavity disorders:**

- Gum disease
- Metallic taste
- Mouth ulcers
- Burning sensation
- Loose teeth
- Halitosis
- Excessive salivation
- Scalloped edges of tongue
- Amalgam tattoo
- Jaw dysfunction

TOTAL SCORE =

**Systemic Effects:**

- Chronic headaches
- Thyroid disturbance
- Allergies
- Unexplained anemia

TOTAL SCORE =

**Psychological:**

- Irritability and unreasonable anger
- Nervousness
- Restlessness
- Exaggerated response to stimulation
- Loss of recent memory
- Brain Fog
- Insomnia
- Fits of anger, with violent irrational behaviour
- Shyness of timidity, easily embarrassed
- Despondency
- Suicidal tendencies
- Anxiety
- Difficulty in breathing
- Depression
- Emotional instability
- Lack of self control
- Inability to make decisions
- Inability to concentrate
- Loss of self-confidence
- Attention deficit (ADD)
- Drowsiness
- Manic depression

TOTAL SCORE =

Total score for whole questionnaire:

TOTAL SCORE =

Scores in the range of 1-30 may indicate a mild imbalance.  
Scores in the range of 31-60 may indicate a moderate imbalance  
Scores in the range of 61-100 may indicate a severe imbalance.  
Scores in the range above 100 may indicate a critical imbalance.