

DETOXIFICATION APPRAISAL & REMEDY EVALUATION

IMPORTANT: This appraisal is designed to help discern remedies to reduce allergic/toxic reactions which can undermine recovery from addiction and stimulate addictive behavior.

Read each product description carefully and score **only those statements which pertain to you** on a 1-5 scale of intensity, 5 being the strongest. **You do not have to have every detoxification symptom listed in each section** in order for the appropriate remedy to be effective. At the end of the appraisal, prioritize the remedies with the highest score. **Remedies, when used in combination, improve effectiveness.**

1 = Symptoms of occasional significance

2 = Symptoms of slight significance

3 = Symptoms of moderate significance

4 = Symptoms of severe significance

5 = Symptoms of very severe significance

ALLERGY/ADDICTION REACTIONS

Choose remedies from this category when experiencing external and internal stresses including burnout, lack of sleep, anxiety and fears drive the addictive behavior. Combine with other remedies from for a synergistic effect.

ALLER-DETOX: CAFFEINE™

General:

- acute and chronic allergy to caffeine
- cravings for coffee, chocolate, tea
- sneezing, stuffy nose, sinus conditions
- coughing, sore throat, clearing throat
- headache, mental fog
- hives, skin rashes, eczema
- digestive problems

Possible Related Physical Conditions:

- ADD, ADHD, hyperactivity
- fatigue, burn-out, low motivation
- diarrhea
- insomnia
- nervousness, anxiety
- blood sugar imbalance

ALLER-DETOX: FOOD ADDITIVES™

General:

- acute or chronic reaction to food additives
- sneezing, stuffy nose, sinus conditions
- coughing, sore throat, clearing throat
- mental fog, mental confusion
- hyperactivity or dullness of mind

Possible Related Physical Conditions:

- ADD, ADHD, hyperactivity
- fatigue, low motivation
- nervousness, anxiety
- insomnia, hyperactivity
- increased pulse, vision changes

ALLER-DETOX: WATER CHEMICALS™

General:

- acute and chronic reaction to chemicals in water
- reactions to chlorine or fluoride
- sneezing, stuffy nose, sinus conditions
- coughing, sore throat, clearing throat
- headache, mental fog
- hives, skin rashes, eczema

Possible Related Physical Conditions:

- ADD, ADHD, hyperactivity
- fatigue, burn-out, low motivation
- vision changes

ALLER-DETOX INDOOR AIR POLLUTION™

General:

- acute and chronic reaction to indoor air
- reaction to carpeting, Formica, paint
- sneezing, stuffy nose, sinus conditions
- coughing, sore throat, clearing throat
- headache, mental fog
- hives, skin rashes, eczema

Possible Related Physical Conditions:

- ADD, ADHD, hyperactivity
- fatigue, burn-out, low motivation
- vision changes

ALLER-DETOX OUTDOOR AIR POLLUTION™

General:

- acute and chronic reaction to outdoor air
- reaction to exhaust, smog, air chemicals
- sneezing, stuffy nose, sinus conditions
- coughing, sore throat, clearing throat
- headache, mental fog
- hives, skin rashes, eczema

Possible Related Physical Conditions:

- ADD, ADHD, hyperactivity
- fatigue, burn-out, low motivation
- vision changes

ALLER-DETOX COSMETICS, HOUSEHOLD CHEMICALS™

General:

- acute and chronic reaction to lotions, makeup, nail products
- acute and chronic reaction to hair products
- acute and chronic reaction to cleaning products, soaps, detergents, waxes
- sneezing, stuffy nose, sinus conditions
- coughing, sore throat, clearing throat
- headache, mental fog
- hives, skin rashes, eczema

Possible Related Physical Conditions:

- ADD, ADHD, hyperactivity
- fatigue, burn-out, low motivation
- vision changes

THANK YOU FOR COMPLETING THIS QUESTIONNAIRE. If you have MANY symptoms scoring 5, 4, or 3 begin taking remedies for the highest scores to initiate the deepest healing process. These remedies work synergistically and are safe to use for extended periods of time. Also, work on the areas of your greatest concern.

- **The higher the score, the more likely the allergies or toxins.**
- **The more likely the allergies or toxins, the longer the need to take allergy/detox remedies.**
- **Several remedies may be combined in order to be most effective.**

If you have concerns or questions, discuss this appraisal with your health care provider.

**Adapted from the KingBio Personal Health Appraisal*