



Toxicity Questionnaire- Keep the Beet Inc.

On a scale of 1-10 rate each question

1. Are your levels of energy low?
2. Do you feel older than you are?
3. Do you eat processed foods? Any prepackaged cereal, pastas, canned foods refined sweeteners?
4. Do any of foods you consume, include dyes, additives or other chemicals? Do you use cleaning products that are chemical based?
5. Are you exposed to smoke and pollution?
6. Do you use hairspray?
7. Do you use cosmetics?
8. Do you use deodorant and or perfume or cologne?
9. Do you struggle with weight problems?
10. Do you drink coffee or other caffeine laden beverages?
11. Is your source of water one of the following, well, unfiltered, or distilled?

Key:

0-1 = Little to no toxic load

2-5 = Slight to moderate load

5 or More = Heavy toxic load

Anything above 2 indicates a good opportunity to do the 14 day elimination challenge and further clear toxins through a 21 day detoxification program at minimum once a year. Two times per year is recommended for most people. This ensures the pathways stay clear of toxins while keeping a clean diet as a maintenance plan.

**Trish Carty** NTP, CHFS, CGP, Keep The Beet Inc.

Tel: [253-347-6949](tel:253-347-6949) | Mobile: [253-347-6949](tel:253-347-6949)

[trish@keepthebeet.com](mailto:trish@keepthebeet.com) | <http://keepthebeet.com>