



# Nat Med

Try out this chemical toxicity check list to assess your exposure

<b>Diet and lifestyle</b>	
<b>Possible increased or higher toxicity</b>	
Eat little or no fruit daily	
Eat little or no vegetables daily	
Eat predominantly conventional fruit and vegetables	
Eat non organic meat, chicken, dairy and eggs	
Regularly drink alcohol	
Smoker or regular passive smoke exposure	
Drink little water daily	
Drink tap water, also in kettle	
Infants formula made with tap water	
Drink several coffees or caffeinated beverages daily	
Regularly eat fish with higher environmental contaminants	
Regularly eat artificial, processed or takeaways	
Regularly consume artificial sweeteners ( including chewing gum)	
Regularly take pharmaceutical drugs	
<b>Environmental factors</b>	
Live in an area with high industrial and agricultural waste exposure	
Live close to main roads, golf courses or other pollutants	
Work in an industry with exposure to chemicals or toxins	
Have regular exposure to electromagnetic radiation- high mobile phone usage, live close to high voltage power lines	
Regularly take long haul flights	
<b>Home and Personal factors</b>	
Use conventional shampoos, toothpastes, deodorants, make-up, skin and personal products	
Regularly dye or colour hair, or use hairspray	
Regularly use nail varnish or perfume	
Have many amalgam fillings	
Regularly use a microwave to cook, heat or defrost food	
Sore food in plastic , any other container other than glass	
Can see obvious mould in my home, feel damp in any rooms in the house	
Use several commercial cleaning products in my home, such as bleach, Jif, oven cleaners, exit mould	
Regularly use air fresheners, aerosols or Glen 20	
Use insecticides, pesticides, fly spray in and around my home	
Live in a home built and painted pre 1980 Australia	