

ARE YOU TOXIC QUIZ

Answer the questions below & find out!



Take this quiz to determine whether you have toxic overload in your body leading to weight gain and poor health.

Read each question and give yourself **1 point** for every **“yes”** answer.

- Do you crave sweets, bread, pasta, white rice, and/or potatoes?
- Do you eat processed foods (TV dinners, lunch meats, bacon, canned soup, snack bars) or fast foods at least three times a week?
- Do you drink caffeinated beverages like coffee and tea more than twice daily?
- Do you drink diet sodas or use artificial sweeteners at least once a day?
- Do you sleep less than eight hours per day?
- Do you drink less than 64 ounces of good, clean water daily?
- Are you very sensitive to smoke, chemicals, or fumes in the environment?
- Have you ever taken antibiotics, antidepressants, or other medications?
- Have you ever taken birth control pills or other estrogens, such as hormone replacement therapy?
- Do you have frequent yeast infections?
- Do you have “silver” dental fillings?
- Do you use commercial household cleaners, cosmetics, or deodorants?
- Do you eat non-organic vegetables, fruits, or meat?

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Read each question and give yourself **1 point** for every “**yes**” answer.

- Have you ever smoked or been exposed to secondhand smoke?
- Are you overweight or do you have cellulite fat deposits?
- Does your occupation expose you to environmental toxins?
- Do you live in a major metropolitan area or near a big airport?
- Do you feel tired, fatigued, or sluggish throughout the day?
- Do you have difficulty concentrating or focusing?
- Do you suffer bloating, indigestion, or frequent gas after eating?
- Do you get more than two colds or the flu per year?
- Do you have reoccurring congestion, sinus issues, or postnasal drip?
- Do you sometimes notice you have bad breath, a coated tongue, or strong-smelling urine?
- Do you have puffy eyes or dark circles under your eyes?
- Are you often sad or depressed?
- Do you often feel anxious, antsy, or stressed?
- Do you have acne, breakouts, rashes, or hives?
- Do you have less than one bowel movement per day and/or get constipated occasionally?
- Do you have insomnia or trouble getting restful sleep?
- Do you get blurred vision or itchy, burning eyes?

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Results

We hope you had fun answering the questions. Now, let's take a look at your score...

The higher your score, the greater the potential toxic burden you may be carrying and the more you may benefit from a detoxification and cleansing program.

- If you scored 20 or higher: You will significantly benefit from detoxifying your body, which could lead to weight loss and improved health and vitality. It is strongly recommended that you look into different ways to detoxify the body.
- If you scored between 5 and 19: You will likely benefit from a detoxification program for improved health and vitality.
- If you scored below 5: You might actually be free of toxic **overload** in the body and living a very healthy, toxin-free life. Good for you!

Although our bodies have the ability to eliminate toxins, it's when the body gets overloaded with toxins that it stores them in fat cells. Fat cells don't get broken down very easily, so they literally weigh down the body and make it bigger. As toxins accumulate, we begin to experience health problems like allergies, migraines, major diseases, and fatigue/low energy.

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Far Infrared Saunas have been scientifically proven to be the most effective way to get rid of accumulated toxins in the body

[Pure Life Energy Saunas](#)

*Aspire to
Perspire...*

- ✓ Burn up to 600 Calories in Pure Relaxation
- ✓ Reduce Blood Pressure and Ease Pain
- ✓ Detoxify at the Cellular Level