## Metabolic Detoxification Questionnaire

FirstLine Therapy

Lifestyle Medicine Programs by Metagenics

		Pail I: 3	symptoms		
Name				Date	
Rate each of the	e following symptoms based on how you'v	e been feeling for	the: □ Past 48 ho	urs 🗆 Past week 🗆 Past 30 days	
Point Scale	<ul> <li>o — Never or almost never have the symptoms</li> <li>1 — Occasionally have it; effect is not severe</li> </ul>		2 — Occasiona	2 — Occasionally have it; effect is severe	
			3 — Frequently have it; effect is not severe		
	·		4 — Frequently	y have it; effect is severe	
Head	Headaches		Digestive	Nausea, vomiting	
	Faintness		Tract	Diarrhea	
	Dizziness			Constipation	
	Insomnia	Total		Bloated feeling	
				Belching, passing gas	
Eyes	Watery or itchy eyes			Heartburn	
	Swollen, reddened or sticky eyelids				Total
	Bags or dark circles under eyes			Intestinal/stomach pain	Total
	Blurred or tunnel vision (does not include	2	Joints/	Pain or aches in joints	
	near- or farsightedness)	Total	Muscles	Arthritis	
	, , , , , , , , , , , , , , , , , , ,			Stiffness or limitation of movement	
Ears	Itchy ears			Pain or aches in muscles	
	Earaches, ear infections			Feeling of weakness or tiredness	Total
	Drainage from ear				
	Ringing in ears, hearing loss	Total	Weight	Binge eating/drinking	
				Craving certain foods	
Nose	Stuffy nose			Excessive weight	
	Sinus problems			Compulsive eating	
	Hay fever			Water retention	
	Sneezing attacks			Underweight	Total
	Excessive mucus formation	Total			
Mouth/	Chronic coughing		Energy/	Fatigue, sluggishness	
	Chronic coughing		Activity	Apathy, lethargy	
Throat	Gagging, frequent need to clear throat			Hyperactivity	
	Sore throat, hoarseness, loss of voice			Restlessness	Total
	Swollen or discolored tongue, gums, or li		A4:J	D	
	Canker sores	Total	Mind	Poor memory	
Skin	Acne			Confusion, poor comprehension	
	Hives, rashes, dry skin			Poor concentration	
	Hair loss			Poor physical coordination	
	Flushing, hot flashes			Difficulty in making decisions	
	Excessive sweating	Total		Stuttering or stammering	
				Slurred speech	
Lungs	Irregular or skipped heartbeat			Learning disabilities	Total
	Rapid or pounding heartbeat		Emotions	Mood swings	
	Chest pain	Total		Anxiety, fear, nervousness	
				Anger, irritability, aggressiveness	
	Chest congestion			Aligel, initiability, aggressivenessDepression	Total
	Asthma, bronchitis			υτριτοσίοι	TOTAL
	Shortness of breath		Other	Frequent illness	
	Difficulty breathing	Total		Frequent or urgent urination	
				Genital itch or discharge	Total
		_		-	

**Grand Total** 

For Practitioner Use Only:

Urinary pH \_\_\_

## Metabolic Detoxification Questionnaire

1. Are you presently using prescription drugs?  ☐ Yes (1 pt.) ☐ No (o pt.)	7. Do you develop symptoms on exposure to fragrances, exhaust fumes, or strong odors?  Yes (1 pt.)   No (o pt.)   Don't know (o pt.)
If yes, how many are you currently taking? (1 pt. each)	8. Do you feel ill after you consume even small amounts of alcohol?
2. Are you presently taking one or more of the following over-the-counter drugs?  ☐ Cimetidine (2 pts.) ☐ Acetaminophen (2 pts.) ☐ Estradiol (2 pts.)	☐ Yes (1 pt.) ☐ No (o pt.) ☐ Don't know (o pt.)
3. If you have used or currently use prescription drugs, which of the following scenarios best represents your response to them:  Experience side effects; drug(s) is (are) efficacious at lowered dose(s) (3 pts.)  Experience side effects; drug(s) is (are) efficacious at usual dose(s) (2 pts.)  Experience no side effects; drug(s) is (are) usually not efficacious (2 pts.)  Experience no side effects; drug(s) is (are) usually efficacious (0 pt.)  4. Do you currently within the last 6 months have you regularly used tobacco products?  Yes (2 pts.) No (0 pt.)  5. Do you have strong negative reactions to caffeine or caffeine-containing products?  Yes (1 pt.) No (0 pt.) Don't know (0 pt.)	10. Do you have a personal history of:  Environmental and/or chemical sensitivities (5 pts.)  Chronic fatigue syndrome (5 pts.)  Multiple chemical sensitivity (5 pts.)  Fibromyalgia (3 pts.)  Parkinson's type symptoms (3 pts.)  Alcohol or chemical dependence (2 pts.)  Asthma (1 pt.)  11. Do you have a history of significant exposure to harmful chemicals such as herbicides, insecticides, pesticides, or organic solvents?  Yes (1 pt.) No (o pt.)
6. Do you commonly experience "brain fog," fatigue, or drowsiness?  ☐ Yes (1 pt.) ☐ No (o pt.)  Part 3: Alkalizi	12. Do you have an adverse or allergic reaction when you consume sulfite-containing foods such as wine, dried fruit, salad bar vegetables, etc.?  Yes (1 pt.) No (o pt.) Don't know (o pt.)  Total
Do you have a history of or currently have kidney dysfunction?  ☐ Yes (1 pt.) ☐ No (0 pt.)	3. Are you currently taking diuretics or blood pressure medication?  ☐ Yes (1 pt.) ☐ No (0 pt.)
2. Have you ever been diagnosed with hyperkalemia?  ☐ Yes (1 pt.) ☐ No (o pt.)	Total
Overall Scor	re Tabulation
For Practitioner Use Only:  Part 1: Symptoms Grand Total (High >50; moderate 15-49;  Part 2: XTT Total (High >10; moderate 5-9; low <4)  Part 3: Alkalizing Assessment Total (High ≥1)  Urinary pH	

Part 2: Xenobiotic Tolerability Test (XTT)

## Notes:

- Patients with high Symptoms but low XTT may be exhibiting pathology that is not related to toxic load. Other mechanisms should be considered, such as inflammation/immune/allergic gastrointestinal dysfuntion, oxidative stress, hormonal/neurotransmitter dysfunction, nutritional depletion, and/or mind body. Individualize support with specific medical foods, diet, and/or nutraceuticals.
- Recommend non-alkalizing nutrients if patient answers "yes" to any questions in the Alkalizing Assessment.