

Root Cause Wellness Assessment

Discover what's really going on in your body and
what to do next

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Welcome

Thank you for taking a brave step in understanding your health from the inside out. This assessment is designed to help you see your body as a whole — not just a collection of symptoms.

We're often told to focus on quick fixes, but real healing starts when you understand your *root causes*. This tool will help you do exactly that — so you can make clear, confident decisions about what your body truly needs.

Please answer honestly, take your time, and when you're done, follow the "What to Do Now" guidance at the end.

If you score high in any area, I strongly recommend booking a personal consult — I'm here to help you build a plan that works for *your* body, *your* life.

To your health and freedom,
Dr. Ian D. Hosein

Tox Free Doc

Disclaimer

This wellness assessment is for **informational and educational purposes only** and is not intended to diagnose, treat, cure, or prevent any disease. The information provided does not replace professional medical advice, diagnosis, or treatment from your licensed healthcare provider.

Always consult your physician or qualified health practitioner before starting any new health program, dietary supplement, or lifestyle change, especially if you are pregnant, nursing, have existing health conditions, or are taking medications.

By using this assessment, you acknowledge that you are solely responsible for your own health decisions and outcomes.

Name:

Date:

Wellness Assessment:

How to Use This Assessment

Please respond to the best of your ability using the numbers provided below. This assessment covers a wide range of **symptoms, patterns, and root cause indicators** organized under several broad categories — including functions of different body systems, common exposures, and possible hidden pathogens.

You'll find each item has a **rating scale from 0 to 3**, where:

- **0** means *not an issue*
- **3** means *more severe or frequent*

Some questions are simple **Yes or No** — follow the points indicated for those.

- 👉 **Circle** the appropriate number for each item. Take your time and be as honest as possible.
- 👉 When finished, **add up the total score for each section** — your score will fall into a range:
 - **Green:** mild or no concern
 - **Yellow:** moderate concern — needs support
 - **Red:** high concern — needs focused attention

It's best to **print this assessment** so you can circle answers, take notes in the margins, and reflect on what you discover.

At the end, use the **“What to Do Now”** section to understand exactly which next step is right for you.

Mitochondrial Dysfunction				
History of infections (EBV, Lyme, Shingles, etc)	N		Y (2)	
Dizziness upon standing up quickly	0	1	2	3
Exercise intolerance	0	1	2	3
Poor exercise or muscle stamina	0	1	2	3
Low muscle tone	N		Y (2)	
Brain fog	0	1	2	3
Difficulty focusing	0	1	2	3
Vision or hearing problems	0	1	2	3
General or chronic fatigue	0	1	2	3
Afternoon headaches	0	1	2	3
Migraines or seizures	0	1	2	3
Mood problems: anxiety, depression or bipolar	0	1	2	3
Poor brain processing (cognition)	0	1	2	3
Blood sugar issues	0	1	2	3
Breathing problems	0	1	2	3
Overweight	N		Y (2)	
Low body temperature	N		Y (2)	
Intolerant to heat	0	1	2	3
Low thyroid lab numbers	N		Y (2)	
Little to no skin sweating	N		Y (2)	
Suppressed immune system	N		Y (2)	
Catch colds or get sick easily	N		Y (2)	
Cannot fall asleep	0	1	2	3
Chronic inflammation	0	1	2	3
Slow moving in the morning	0	1	2	3

Mitochondrial Dysfunction				
Wake up tired, even after 6 hours of sleep or more	0	1	2	3
Weight gain when under stress	0	1	2	3
Loss of libido	N		Y (2)	
Green: 0-16 Yellow: 17-45 Red: 46-107	Total:			

Mitochondria is how you get energy every day at a cellular level to function. Exposure to stress, toxins, and often our lifestyle of being in front of computers all day can play a toll on mitochondria health. The breakdown of our mitochondria is what causes sickness. So this is our first line, and essential line of protection and healing. It is important to really address this first if you are scoring high. I generally recommend these people aim for more sleep, reduce stress where possible, get 20 minutes of sunshine daily, (red light therapy for 20 minutes can be a great alternative if not sunny), eat healthy fats in the diet, aim for at least 100g of protein as well. If you want to get the mitochondria working better, consider the Power Shake from Purium.

Drainage Dysfunction Susceptibility				
Constipation (pooping one or fewer times daily)	0	1	2	3
Feeling that bowels haven't completely emptied	0	1	2	3
General or chronic fatigue	0	1	2	3
Mood problems: anxiety, depression or bipolar	0	1	2	3
Poor brain processing (cognition)	0	1	2	3
Chronic inflammation	0	1	2	3
Wake up between 1am to 4am	0	1	2	3
Edema or swelling, retaining extra fluids	0	1	2	3
Skin problems: rashes, hives, itching, eczema, psoriasis or acne	0	1	2	3
Yellowish skin and face	0	1	2	3
Suppressed immune system	0	1	2	3
Can't clear infections despite following protocols to do so	0	1	2	3
Sore or swollen breast tissue	0	1	2	3
Heart Palpitations or irregular heartbeat	0	1	2	3
Light, sound, or EMF sensitivities	0	1	2	3

Drainage Dysfunction Susceptibility				
Morning stiffness	0	1	2	3
Brain fog	0	1	2	3
Swollen glands	0	1	2	3
Cellulite or flabby skin	0	1	2	3
Varicose veins or spider veins	0	1	2	3
Kidney problems (low eGFR, swollen ankles, lower back pain)	0	1	2	3
Breathing or lung issues	0	1	2	3
Skin doesn't sweat	0	1	2	3
Puffy eyes	0	1	2	3
Pain occasionally under right rib cage (especially with fatty foods)	0	1	2	3
Floating stool with consumption of too many fats or fiber	0	1	2	3
Green: 0-14 Yellow: 15-35 Red: 36-78	Total:			

Are you pooping? Are you sweating? Are you moving your body? If you aren't, your drainage is likely poor. Sweating, movement and resolving why you're not moving your bowels is imperative. This is often due to lack of fiber, lack of hydration and sometimes a stagnant liver. There can also be trapped emotions that can hold one back from regular bowel movements. If the bowels are not moving, you cannot do parasite cleansing just yet. The best product to get drainage going is Power Shake from Purium. The best lifestyle options are warm baths, exercise, hydration, dry brushing and rebounding.

Minerals and electrolytes				
Edema (swelling) in wrists and ankles	0	1	2	3
Muscle cramping	0	1	2	3
Poor muscle endurance	0	1	2	3
Frequent urination	0	1	2	3
Frequent thirst	0	1	2	3
Crave salt	0	1	2	3
Unable to hold breath long periods of time	0	1	2	3

Minerals and electrolytes				
Shallow rapid breathing	0	1	2	3
History of carpal tunnel syndrome	N		Y (2)	
History of stress fracture	N		Y (2)	
History of lower right abdominal pains or ileocecal valve problems	N		Y (2)	
Bone loss (reduced density on bone scan)	0	1	2	3
History of anemia	0	1	2	3
Crave chocolate	0	1	2	3
Feet have a strong odor	0	1	2	3
Whites of eyes are blue tinted	0	1	2	3
Hoarse voice	0	1	2	3
White spots on fingernails	0	1	2	3
History of amalgam fillings	N		Y (2)	
High stress lifestyle (always on the go)	0	1	2	3
Green: 0-19 Yellow: 20-35 Red: 36-56	Total:			

Having the right amount of minerals can help protect the body from toxicity. We are often deficient in minerals due to limited diet, lack of mineral rich foods, EMF exposure, leaky gut and stress. High amounts of stress can cause us to burn through our macro minerals like calcium, sodium, potassium and magnesium. These can inevitably lead to endocrine issues. Aim for mineral rich foods such as coconut water, pumpkin seeds and bone broth. Consider running an HTMA at www.holisticheal.com to see what minerals you're not absorbing well. I often recommend getting all 90 essential nutrients, especially while you correct the deficiency. My favorite one is [here](#). They also have ones for kids ([EpiGenius Family](#)). All whole food and superfoods, certified organic, regeneratively farmed, not additives.

Blood sugar				
Crave sweets during the day	0	1	2	3
Irritable if meals are missed	0	1	2	3
Eating relieves fatigue	0	1	2	3
Agitated, easily upset, nervous	0	1	2	3

Blood sugar				
Fatigue after meals	0	1	2	3
Must have sweets after meals	0	1	2	3
Forgetful: poor memory	0	1	2	3
Feel better or calmer after eating	0	1	2	3
Prone to infections and colds	0	1	2	3
History of diabetes in your family	N		Y (2)	
Sugar (glucose) detected in urine test?	N		Y (2)	
Hair loss at ankles/frictional alopecia?	N		Y (2)	
Green: 0-10 Yellow: 11-20 Red: 21-33	Total:			

Blood sugar imbalance can be due to dietary choices, stress, predispositions and lifestyle. It can be really helpful to monitor your blood sugar for a few days to see how different foods and food pairing can help you. I generally recommend focusing on at least 30g of protein with each meal, walking for 20 minutes after your biggest meal, incorporating healthy fats, and enjoying more cinnamon. There are products such as berberine to help regulate blood sugar as well.

Hormonal imbalance				
Irregular periods: none, short, long, outside of 28 day cycles	0	1	2	3
Heavy periods with or without clots	0	1	2	3
Acne on chin	0	1	2	3
History of birth control use	N		Y (2)	
History of infertility/miscarriage	0	2	4	6
Painful or tender breasts when ovulating or on cycle	0	1	2	3
Tenderness when ovulating (in ovarian area)	0	1	2	3
History of PCOS	0	1	2	3
Facial hair	N		Y (2)	
Erectile Dysfunction (men)	0	1	2	3
Low libido (women and men)	0	1	2	3

Hormonal imbalance				
History of using conventional tampons and pads (women)	N		Y (2)	
Men presenting with slightly larger breasts	0	1	2	3
Consumption of conventional (non-organic) dairy products	0	1	2	3
Headaches or migraines around cycles (women)	0	1	2	3
Weight gain in the abdomen that will not go away	0	1	2	3
Vaginal dryness	0	1	2	3
Mood changes around ovulation or cycle	0	1	2	3
Hot flashes	N		Y (2)	
Green: 0-13 Yellow: 14-33 Red: 34-56	Total:			

Hormonal imbalances can occur in both men and women. This can present in terms of mood changes, physical changes and skin changes in many. There are a variety of endocrine disruptors in our environment such as BPA and forever chemicals that can impair our hormone production. There are also choices we make through medications, lifestyle and food that can impact our hormones. I am not a proponent of synthetic hormones for anyone but I have seen great success with bio-identical hormone replacement therapy. There are also hormone support products like Menopositive from Purium to rid the body of excess estrogen which is a common reason the other hormones decrease. Other products to research are Vitex (Chaste Berry) to balance all of the hormones and Royal Jelly to increase ovulation. Liver support can also be a great way to heal hormones as many of them pass through and metabolize in the liver.

Poor Gut health				
Belching or burping	0	1	2	3
Gas following a meal	0	1	2	3
Bad breath	0	1	2	3
Feeling full while eating or shortly after meals	0	1	2	3
Undigested fruits and vegetables in stool	0	1	2	3
Stomach pain or burning 1-4 hours after eating	0	1	2	3
Temporary relief with antacids, food, milk or carbonated drinks	0	1	2	3
Indigestion	0	1	2	3
Heart burn from spicy foods, chocolate, citrus, coffee, alcohol	0	1	2	3

Poor Gut health				
Constipation	0	1	2	3
Diarrhea or rotating between constipation and diarrhea	0	1	2	3
Yeast infection (including vagina)	0	1	2	3
Coated tongue with debris or white	0	1	2	3
Fingernail or toenail fungus	0	1	2	3
Use of antibiotics in the last year	0	1	2	3
History of bladder or kidney infection	0	1	2	3
Hard, dry, rabbit pellet stool	0	1	2	3
Lower abdominal pain relieved by passing gas	0	1	2	3
Adverse reactions to certain foods	0	1	2	3
Unpredictable food reactions	0	1	2	3
Food allergies	0	1	2	3
Frequent bloating	0	1	2	3
Psoriasis or itchy, scaly scalp	0	1	2	3
Frequent alcohol consumption	0	1	2	3
Green: 0-24 Yellow: 25-50 Red: 51-72	Total:			

Finding the root cause of leaky gut is imperative. This can be dietary, toxicity driven, or even from stress. I generally recommend going back to eating just food. Meat, fruits, vegetables, nuts and seeds, eggs and seafood. Simple ingredients are important for now. Eliminating inflammatory foods such as gluten, conventional dairy, food dyes, processed sugars and sometimes even other trigger foods like corn and soy are worth considering. Addressing the root cause is important. But you can absolutely support the gut with my favorite digestive enzymes, Enzyme Advantage, Advanced Probiotic Blend, or any of the needed probiotics from MicroBiome Labs. For a basic but systemic cleanse, I love Biocidin drops which serve as a board spectrum anti-microbial. Sometimes more rigorous testing is needed such as a Gut Zoomer from Vibrant America. Remember all illness starts in the gut, so unless you get the gut terrain to a happy place, you cannot heal any sickness fully.

Small intestine or SIBO				
Increased gut motility, diarrhea	0	1	2	3

Small intestine or SIBO				
Alternating constipation and diarrhea	0	1	2	3
Mucus in stool (white, yellow, looks like spit)	0	1	2	3
Poorly formed or loose stools	0	1	2	3
Four or more large stools a day	0	1	2	3
Stools have a foul odor	0	1	2	3
Suspected nutrient malabsorption	0	1	2	3
Diagnosed with celiac disease, IBS, diverticulitis or Crohns	0	1	2	3
Flatulence	0	1	2	3
Stomach cramps	0	1	2	3
Acne or skin irritation on the temples of the face	0	1	2	3
Fiber rich diet does not help with constipation	0	1	2	3
Abdominal distention after consuming fiber, starches or sugar	0	1	2	3
Abdominal distention after taking probiotics	0	1	2	3
Abdominal distention or noisy gut after eating healthy vegetables	0	1	2	3
Bloating or feeling full in upper abdomen (just below ribcage)	0	1	2	3
History of gallstones or elevated cholesterol levels	0	1	2	3
Green: 0-21 Yellow: 22-37 Red: 38-51	Total:			

The small intestine is an essential part of digestion. It is responsible to break down food, absorb nutrients, and get rid of what the body does not need. It also serves as an immune support keeping harmful bacteria from entering the body. The small intestine is where much of the fats and proteins will be broken down and where many of the minerals will be absorbed. If you are having issues with the small intestine, this often times stems back to a stagnant or troubled liver and gallbladder. What keeps the small intestine working well is the bile production. If you are scoring high in this section, it is imperative that the liver and gallbladder health is addressed as well. Drinking apple cider vinegar (1tsp) in water first thing in the morning, incorporating more bitters like dandelion, and of course products like digestive enzymes and TUDCA can be helpful in this phase. Identifying any pathogen or toxin that may be playing a roll is also important.

Hyperthyroid				
Heart palpitations	0	1	2	3

Hyperthyroid				
Inward trembling	0	1	2	3
Increased pulse, even at rest	0	1	2	3
Nervous or emotional	0	1	2	3
Insomnia	0	1	2	3
Night Sweats	0	1	2	3
Eyes appear bulged or swollen	0	1	2	3
Difficulty gaining weight	0	1	2	3
Green: 0-7 Yellow: 8-17 Red: 18-24	Total:			

Hypothyroid				
Tired or sluggish	0	1	2	3
Feeling cold (hands, feet or whole body)	0	1	2	3
Require excessive sleep to function properly	0	1	2	3
Gain weight easily	0	1	2	3
Depression or lack of motivation	0	1	2	3
Difficult, infrequent bowel movements	0	1	2	3
Dry skin and/or scalp	0	1	2	3
Slow brain processing	0	1	2	3
Infertility or impotency	N		Y (2)	
Heavy or profuse menstrual bleeding (women)	0	1	2	3
Lack of libido	0	1	2	3
Thinning on outer third of eyebrows	0	1	2	3
Thinning of hair on scalp, face or genitals, excessive hair loss	0	1	2	3
Green: 0-12 Yellow: 13-25 Red: 26-38	Total:			

The thyroid can be influenced by a lack of or overload of certain minerals such as iodine or selenium. When these are out of balance, the thyroid can be victim to common irritants such as toxic heavy metals, EMF and radiation as well as viruses. Running an HTMA can be very helpful in this case. Oftentimes supplementation of Selenoexcell and Iodoral can be useful (re: The Iodine Crisis book) as well as identifying root cause. Eliminating gluten and dairy is important for thyroid disease diagnosis as both of these can attack the thyroid. There may also be emotional blockages (not being able to speak up) and other factors at play such as pituitary and adrenal health.

Parasites				
Restless sleep (wake up, toss and turn)	0	1	2	3
Skin issues, rashes, itches, hives, acne, eczema	0	2	4	6
Frequent diarrhea or loose stools	0	1	2	3
Alternating constipation and diarrhea	0	1	2	3
Scored high in the small intestine section	0	1	2	3
Bowel urgency, occasional accidents	0	1	2	3
Abdominal pain, cramps or burning	0	1	2	3
Rectal, anal itch	0	2	4	6
Anal issues (small, painful)	0	2	4	6
Grinding teeth when asleep	0	2	4	6
Stomach or small intestine lesions or ulcers	0	1	2	3
Picking at nose as a habit	0	2	4	6
Excess boogers in nose and scab-like boogers	0	2	4	6
Fingernail biting	0	1	2	3
Headache/migraines	0	2	4	6
Irritable for no apparent reason	0	1	2	3
Mood disorder, depression, anxiety, or suicidal thoughts	0	1	2	3
Nervous and hyperactive tendencies	0	1	2	3
Dark circles under eyes	0	2	4	6
Need for extra sleep, wake unrefreshed	0	1	2	3
Allergies or food sensitivities	0	2	4	6
Fevers of unknown origin	0	1	2	3

Parasites				
Kiss pets, allow pets to lick your face	0	1	2	3
Net sweats (not menopause)	0	1	2	3
Anemia (low iron, low ferritin)	0	1	2	3
Elevated eosinophils (over 3) or high basophils (over 1)	0	2	4	6
Vitamin B6 deficiency	0	2	4	6
Zinc deficiency (white spots on nails, frequently sick)	0	2	4	6
Increase of any of these symptoms around full moon	0	2	4	6
Travel to other countries and bowel movements change	0	2	4	6
Eaten sushi before, especially raw	0	2	4	6
Eats pork	0	2	4	6
Bed-wetting	0	1	2	3
Loss of appetite	0	1	2	3
Frequent vomiting	0	1	2	3
Strong sugar and processed food cravings	0	1	2	3
Hungry frequently	0	2	4	6
Blurry or unclear vision, eye floaters	0	2	4	6
Dry lips	0	1	2	3
Menstrual problems (heavy, clots or amenorrhea, etc)	0	1	2	3
Drooling when asleep	0	1	2	3
Ever swam in lakes, creeks or rivers	0	2	4	6
History of parasitic infection	N		Y (2)	
Work in childcare	N		Y (2)	
Work in veterinary	N		Y (2)	
History of or current diagnosis of cancer	N		Y (2)	
Green: 0-46 Yellow: 47-96 Red: 97-169	Total:			

If you have a pulse, you have a parasite. Everyone has parasites, it doesn't matter how clean you eat. The issue is when they become overbearing on our system. Some parasites can live in the body up to 25 years. They can create severe deficiencies as well as very challenging symptoms. It is recommended for people who eat meat to do parasite cleansing 3x annually. For those who are plant based, 2x annually is sufficient. Remember, not all parasites are visible either which is why retesting for symptomatology is important. You cannot parasite cleanse while nursing or pregnant. My two favorite recommendations are the Super CleansR for adults and teenagers, and RogersHood Parafy Kit for kids.

Lyme risks				
Arthritic like joint pain or swelling	0	2	4	6
Pain migraines or moves around different areas	0	2	4	6
Forgetfulness or short term memory	0	2	4	6
Disorientation (getting lost or going to wrong place)	0	1	2	3
Conduction or difficulty thinking	0	4	6	8
Tingling, numbness, burning or stabbing sensations	0	2	4	6
Disturbed sleep, to much, too little or early awakening on your own	0	2	4	6
Unexplained fevers, chills or flushing	0	1	2	3
Unexplained weight change (loss or gain)	0	1	2	3
Difficulty swallowing	0	1	2	3
Sore throat or swollen glands	0	1	2	3
Fatigue, lack of energy	0	1	2	3
Pelvic or testicular pain	0	2	4	6
Stiff neck	0	2	4	6
Twitching of facial or other muscles	0	1	2	3
Muscle pain or cramps	0	1	2	3
Constochondritis	0	4	6	8
Right shoulder pain (AC joint)	0	1	2	3
Facial paralysis history (bells palsy)	0	4	6	8
Unexplained breast milk production	0	4	6	8
Unexplained menstrual irregularity	0	4	6	8

Lyme risks				
Irritable bladder	0	4	6	8
Sexual dysfunction or low libido	0	2	4	6
Blurry or double vision	0	1	2	3
Ear buzzing, ringing or pain	0	1	2	3
Vertigo or increased motion sickness	0	4	6	8
Light headed, poor balance or difficulty walking straight	0	4	6	8
Woozy (mentally unclear or hazy)	0	2	4	6
Tremors	0	2	4	6
Headaches	0	1	2	3
Depression	0	1	2	3
Impulsivity, aggression or bipolar	0	1	2	3
Panic attacks	0	1	2	3
Pulse skips or chest flutters	0	4	6	8
Skin hypersensitivity	0	2	4	6
Bitten by a tick before	N		Y (6)	
Diagnosed with Lyme disease before (lab work)	N		Y (8)	
Bulls eye rash	N		Y (6)	
Elevated ESR on labs	0	2	4	6
Air hunger	0	6	8	10
Shinbone pain	0	4	6	8
OCD	0	4	6	8
Foot pain or plantar fasciitis (heels or soles of feet)	0	4	6	8
Small red bumps (maculopapular)	0	2	4	6
Seizures	0	4	6	8
Swollen lymph nodes	0	1	2	3
Ear buzzing, ringing, pain or sound sensitivity	0	2	4	6
Dysautonomia of the heart or diagnosis of POTS	0	4	6	8

Lyme risks				
Green: 0-30 Yellow: 31-90 Red: 91-227	Total:			

Lyme disease is often misdiagnosed. Most tick bites that create Lyme disease come from the nymphs which can be as small as a poppyseed (95%). Certain Lyme and co-infections can be spread through sexual transmission, mosquitos, fleas, ticks and cat scratches as well. Chronic illness that can impact the heart, joints, head and vision are often an undiagnosed Lyme disease. Testing can be incredibly limited in mainstream medicine missing almost all co-infections. The Lyme testing from Vibrant America is a great option, I can order this tests for you as a client, but thorough testing can be quite an expense. Oftentimes I suggest if it walks like Lyme and talks like Lyme, just treat it. The ULT 90-day program is a powerful foundation for people dealing with chronic Lyme disease. It helps nourish, detoxify, and strengthen the body's systems so it can clear hidden infections more effectively. Many people see benefits in energy, inflammation, gut health and overall resilience within the first 90 days. Other products worth researching are Methylene Blue and Cryptolepis which both have high efficacy on eradicating Lyme in both acute and chronic stages.

General toxicity				
Live near a golf course	N		Y (2)	
Live near a freeway or high-tension wires	N		Y (2)	
Wear conventional sunscreen	N		Y (2)	
Wear perfume or cologne	N		Y (2)	
Use air fresheners in your house, car or workplace	N		Y (2)	
Were you the first-born child	N		Y (2)	
Receive static shocks when you touch things	0	1	2	3
Headaches or migraines	0	1	2	3
Work reversal or trouble finding the words	0	1	2	3
Poor short-term memory	0	1	2	3
Difficulty losing weight regardless of diet and exercise	0	1	2	3
Chronic sinus issues or congestion	0	1	2	3
Cold extremities (hands or feet)	0	1	2	3
Chronic fungal or viral infection (ex. Candida, warts)	0	1	2	3
Joint pain	0	1	2	3

General toxicity				
Sensitive skin to touch or body care products	0	1	2	3
Rashes or rosacea	0	1	2	3
Muscle cramps, aches or sharp pains	0	1	2	3
Issues processing new information	0	1	2	3
Take pharmaceutical medication	0	1	2	3
Has had vaccinations	0	1	2	3
Sensitive to smells (someones cologne, cigarettes, etc)	0	2	4	6
Green: 0-20 Yellow: 21-47 Red: 48-63	Total:			

Everyone has a toxin bucket. Some accumulate toxins quicker than others due to exposures and choices. Knowing common triggers and avoiding them is important. This is also why detoxing through clean eating and sweating can be helpful for overall health. The Total Tox Burden Test is a comprehensive urine-based panel that measures the levels of mycotoxins, heavy metals, and environmental chemicals in the body. The test provides detailed insights into toxin accumulation and exposure, helping guide personalized detoxification strategies and reduce the health risks associated with environmental and chemical toxins. Dr. Ian Hosein can order this test for you as a client.

EMF and radiation sensitivity				
History or current cancer diagnosis	N		Y (4)	
Pain migraines or moves around different areas	0	1	2	3
Osteoporosis or osteopenia diagnosis	N		Y (2)	
Can't clear infections despite following protocols	0	1	2	3
Chronic Candida infection	0	2	4	6
Fatigue, lack of energy	0	2	4	6
Anemia	0	2	4	6
Hair loss	0	1	2	3
Skin (dry, red, itchy or changing color)	0	1	2	3
Loss of appetite	0	1	2	3
Low blood cell count	0	1	2	3

EMF and radiation sensitivity				
Seizures	0	1	2	3
Ear aches or difficulty hearing	0	1	2	3
Stiff neck or jaw	0	1	2	3
Soreness or breast swelling	0	1	2	3
Irregular heartbeat	0	2	4	6
Heart palpitations	0	2	4	6
Tooth decay	0	2	4	6
Loss of bladder control or cystitis	0	2	4	6
Work at a computer 30+ hours a week	0	4	6	8
Use of a cellphone device more than 3+ hours daily	0	4	6	8
Can hear electronics turned on/plugged in	0	2	4	6
Sexual performance issues (ex. Erectile dysfunction)	0	2	4	6
Unexplained infertility	0	1	2	3
Do you sleep with your cellphone on your nightstand/next to you?	N		Y (4)	
Do you live within 2 miles of a 5G tower?	N		Y (4)	
Do you live in a busy city?	0	2	4	6
Do you turn off your wifi router at night?	Y		N (6)	
Green: 0-40 Yellow: 41-80 Red: 81-139	Total:			

Perhaps the most misunderstood and not commonly addressed is just how much EMF and radiation impact our bodies. We are essentially living in a microwave with the new 5G technology along with a need to be connected to phones, laptops and televisions day to day. This causes grave impacts on our nervous system but also can cause intense mineral depletion. The higher we score for heavy metal toxicity and the lower we score for minerals, the more likely EMF will impact us. Ensure iodine levels are adequate as they can protect the body from EMF and radiation. A urine test can be performed with your PCP.

Heavy metal toxicity				
Do you have amalgam fillings?	N		Y (4)	

Heavy metal toxicity				
Have you have them removed by a biological dentist?	N		Y (2)	
Have you had them removed by a regular dentist?	N		Y (6)	
Ever worn contact lenses in 1980-2000?	0	1	2	3
Received flu vaccinations in the past/present?	0	2	4	6
Eat tuna, shark, salmon or swordfish at least 2x weekly?	0	1	2	3
Do you have CFL bulbs in your home?	N		Y (4)	
Have you ever broken a CFL bulb?	N		Y (6)	
Sound in ears (heartbeat or ringing)	0	1	2	3
Sound sensitivity (overstimulation or hyper vigilant to noise)	0	1	2	3
Dizziness or balance issues	0	2	4	6
Did your mother have amalgam fillings when pregnant with you?	N		Y (4)	
Ever received allergy shots?	0	1	2	3
Urinate frequently all day and night long	0	1	2	3
Social phobia, extreme social aversion	0	1	2	3
Do you live near a mining area?	0	2	4	6
Eyelid twitching?	0	1	2	3
Bleeding gums?	0	1	2	3
Peeling on top layer of skin (hands and feet)	0	1	2	3
High blood pressure	0	1	2	3
Depression	0	1	2	3
Read newspaper before 1985	0	2	4	6
Lived in a home with lead paint	0	2	4	6
Work as electrician, welder, construction worker, ceramic or soldering	0	2	4	6
Dye hair	0	1	2	3
Eyelid swelling	0	1	2	3
Indecisiveness	0	1	2	3
Dyslexia (even just as a child)	0	1	2	3

Heavy metal toxicity				
Stomach pain in the morning	0	1	2	3
Ever used eye make up called Kohl	0	1	2	3
Handle ammunition	0	2	4	6
Metallic taste in mouth	0	1	2	3
Teeth sensitivity	0	1	2	3
Gout (arthritic pain especially in big toe)	0	1	2	3
Green: 0-50 Yellow: 51-89 Red: 90-133	Total:			

Heavy metal toxicity can be incredibly dangerous to ones health. There are several ways we can be exposed from something as simple as laying new carpets or polluted cities to routine vaccinations and even pharmaceutical medication. Heavy metal toxicity can accumulate in a body that has poor mitochondrial function, low mineral status, high parasitic load and a stagnant liver. There are several modalities to cleanse heavy metals from the body such as

Cracked Cell Chlorella and Ionic Elements or even high dosing Selenoexcell. Identifying the exposures and eliminating them is essential. Running an HTMA would also be strongly advised to see what metals are interfering with the bodily function. This can be run at www.holisticheal.com with a simple hair test. Overall, for the best heavy metal detox, the ULT 90-day nutrition and detox program is the most thorough option as it combined but cellular nutrition and cellular detox.

Mold and Mycotoxins				
See mold growing in your home, work or school?	N		Y (4)	
Even experienced water damage at home, work or school?	N		Y (4)	
Home, workplace or school has a damp or mildew odor?	N		Y (2)	
Basement ever wet?	N		Y (4)	
Spending time in the basement worsens symptoms	0	2	4	6
Decrease in symptoms when not in location of concern:	0	2	4	6
Plumbing leaking in your kitchen or bathroom?	N		Y (4)	
Wet spots in home (current or past)	N		Y (4)	
Often see condensation on inside if windows or cold surfaces in home?	N		Y (4)	
Car has a mildew smell	N		Y (4)	

Mold and Mycotoxins				
Brain fog	0	1	2	3
Reactions to supplements are the opposite of expected	0	1	2	3
Nose bleeds	0	1	2	3
Body rashes and hives at random	0	1	2	3
Any asthma-like symptoms to anyone in your location of concern?	0	1	2	3
Sinus infections	0	1	2	3
You or family member have chronic sinus irritation or infection	0	1	2	3
Runny, blocked or stuffy nose all the time	0	1	2	3
Experience static shocks often	0	1	2	3
Wheezing or whistling in your chest	0	1	2	3
Waking up in the morning with chest tightness	0	1	2	3
Wake up during the night coughing	0	1	2	3
Chest tightness when around animals or dusty part of house	0	1	2	3
Memory loss	0	1	2	3
Hoarse voice	0	1	2	3
Scored high for EMF sensitivity	0	1	2	3
Scored high for SIBO and small intestine	0	1	2	3
Frequent urination, especially at night	0	1	2	3
Very sensitive to chemicals and smells	0	1	2	3
Achy all over	0	1	2	3
Chronic inflammation	0	1	2	3
Do you consume regular coffee?	N		Y (4)	
Do you eat peanuts?	N		Y (2)	
Do you react to certain foods like citric acid, leafy greens, almonds and raspberries?	0	1	2	3
Green: 0-21 Yellow: 22-49 Red: 50-72	Total:			

Mold and mycotoxins can exist in households, schools, cars, workplaces and even in our foods. You can run an organic acid test (OAT) or mycotoxin test through Vibrant America to see how the mold and mycotoxins are impacting you individually. I can run these for you as a client. You can additionally look into supportive supplementation such as PC from BodyBio to stop the cell danger response if you're living in mold. Antioxidants, binders and probiotics and sweating are also critical. For antioxidant support try the Purium Power Shake, for binders the Biome Medic, and for probiotics Advanced Probiotic Blend, all of which are a great way to help remove mold from the body.

Self-Reflection

Take a moment to pause and connect the dots. Use these questions to help clarify what you've learned and where you want to go next.

What did you come to this assessment thinking you were dealing with?

(Write it out — your current symptoms, conditions, or diagnoses you had in mind.)

What did this assessment help you discover about possible root causes, exposures, or hidden stressors?

(Are there patterns or categories you scored higher in than you expected?)

In your own words, summarize what you now feel could be contributing to your health challenges.

- What root causes, toxins, deficiencies, or pathogens might be at play?
- Do they make sense when you think about your past health history, lifestyle, or known exposures?
- Where do you feel you need to go from here?

(Use this summary to guide which next step is right for you — a consult, a full program, or targeted support.)

What to Do Now Based on Your Score

(My Top Suggestions)

Book a 1:1 Consult (Red — High Score)

If you scored high in any category, the best next step is a **personalized consult**. This is for you if you have complex or chronic issues that need a clear plan. Together, we'll uncover hidden root causes, prioritize what to address first, and create a step-by-step strategy you can trust.

Book now at www.toxfreedoc.com

Start the 90-Day ULT Program (Yellow — Moderate Scores)

If you scored moderate in several areas, the **90-Day ULT Nutrient & Detox Program** is the strongest place to start. It lays a whole-food foundation, nourishes your body deeply, and supports safe detox — so your system can reset and heal naturally.

Consider extra support:

- **Enzyme Advantage** for digestion
- **Menopositive** for hormone balance
- **Women's Defense** or **Men's Defense** for dedicated female/male support
- **Pineal Clear** for deeper brain & nervous system support
- **Customized ULT** (for pregnant or breastfeeding — swaps parasite cleanse for Cracked Cell Chlorella)
- **For kids:** Power Shake, EpiGenius Family, Kids In Focus

[Learn more about the ULT Program.](#)

Try Targeted Supplements (Green — Low Scores)

If your scores are low, you may only need gentle, targeted support to maintain balance. Browse my **Fullscript Dispensary** for practitioner-grade supplements chosen to fill gaps, boost daily resilience, and keep you feeling your best.

[Access Fullscript Dispensary](#)

Whatever your score, remember: your body can heal — with the right support. Take your next step today.

Considering Additional Testing?

Sometimes, deeper answers require deeper insight. If your scores or reflections suggest you may need more clarity, I offer advanced functional testing to pinpoint hidden toxins, pathogens, nutrient deficiencies, and more.

These include:

- Hair Tissue Mineral Analysis (HTMA)
- Organic Acid Testing (OAT)
- Mold & Mycotoxin Panels
- Lyme & Co-Infection Panels
- Heavy Metal Testing
- Environmental Toxins
- Comprehensive Stool or Gut Testing

If you'd like help choosing the right test or want these ordered for you, book a **1:1 consult** and we'll map out the best path for you.

Final Words of Encouragement

There is **nothing on this list** that cannot be addressed or improved with the right support. Your body is an incredible, intelligent system — fully capable of healing, rejuvenating, cleansing, and finding balance when given what it needs.

Let this assessment **empower you** with understanding. Use what you've learned here to take clear, confident steps toward a healthier, toxin-free life — naturally.

Your healing is possible — and it starts with you.

About the Author

Dr. Ian D. Hosein, PhD, HHP
Certified Holistic Health Practitioner
Founder of **Tox Free Doc**

Dr. Ian Hosein is a scientist, educator, and holistic wellness practitioner who combines cutting-edge biomedical knowledge with time-tested natural healing methods. Holding a PhD from **Cornell University**, Dr. Hosein brings over a decade of academic and research experience to his wellness practice.

He is also a **Certified Holistic Health Practitioner** through the New Eden School of Natural Health & Herbal Studies. His work blends rigorous science with the root-cause approach of holistic healing, using diet, detox, and lifestyle changes to help clients resolve both acute and chronic health issues — naturally.



Having personally healed his own thyroid condition and guided **over 100 clients** through gut healing, parasite cleansing, and detox protocols, Dr. Hosein is passionate about empowering others to take control of their health — from the inside out. He is also a devoted autism parent, with lived experience and compassion that shapes his approach to helping families.

Dr. Hosein created the **Tox Free Doc** platform to simplify healing, educate others about the hidden sources of illness, and provide a path back to vibrant health using clean food, targeted supplements, and real answers.

Learn more or work with Dr. Hosein:

www.toxfreedoc.com

Book a consult: toxfreedoc.com/book-a-consult

Instagram: [@toxfreedoc](https://www.instagram.com/toxfreedoc)