



Detoxification Questionnaire

Patient Name: _____ Date : _____

Rate each of the following symptoms based on your typical health profile for the specified duration:

Past month Past week Past 48 hours

Point Scale: 0 - Never or almost never have the symptom 1 - Occasionally have it, effect is not severe

2 - Occasionally have it, effect is severe 3 - Frequently have it, effect is not severe 4 - Frequently have it, effect is severe

I. Medical Symptoms Questionnaire (MSQ)
Table with 10 columns: Symptom Category, Symptom, Rating Scale, and Total Score. Categories include HEAD, EYES, EARS, NOSE, MOUTH / THROAT, SKIN, HEART, LUNGS, DIGESTIVE TRACT, JOINTS / MUSCLE, WEIGHT, ENERGY / ACTIVITY, MIND, EMOTIONS, OTHER, and GRAND TOTAL.





II. Xenobiotic Tolerability Test (XTT)

1. Are you presently using prescription drugs?
2. Are you presently taking one or more of the following over-the-counter drugs?
3. If you have used or currently use prescription drugs, which of the following scenarios best represents your response to them?
4. Do you currently use or within the last 6 months had you regularly used tobacco products?
5. Do you have strong negative reactions to caffeine or caffeine containing products?
6. Do you commonly experience "brain fog," fatigue, or drowsiness?
7. Do you develop symptoms on exposure to fragrances, exhaust fumes, or strong odors?
8. Do you feel ill after you consume even small amounts of alcohol?
9. Do you have a personal history of...
10. Do you have a history of significant exposure to harmful chemicals...
11. Do you have an adverse or allergic reaction when you consume sulfite containing foods...

Overall Score Tabulation

Recommended protocols based on new detoxification questionnaire (MSQ and XTT)
MSQ SCORE _____ (High >50; moderate 15-49; Low <14)
XTT SCORE _____ (High >10; moderate 5-9; Low <4)

Table with 6 columns: MSQ Score, XTT Score, Description, Medical Food, Diet, Additional Nutraceutical Support. Rows include High level of general symptoms, Moderate level of general symptoms, and Low level of general symptoms.

Recommended protocols based on new detoxification questionnaire (MSQ and XTT)
MSQ SCORE _____ (High >50; moderate 15-49; Low <14)
XTT SCORE _____ (High >10; moderate 5-9; Low <4)

Additional Symptom-Specific Support

Table with 2 columns: Symptom, Nutraceutical Support. Symptoms include Water retention, Heartburn, and Diarrhea. Support includes Kidney support, Functional dyspepsia, and Probiotics.

Note: Patients with high MSQ 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 dysjunction, oxidative stress, hormonal/neurotransmitter dysfunction, nutritional depletion, and/or mind body. Individualize support with specific medical foods, diet, and/or nutraceuticals

