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Environmental Quiz (2024)

Check each item that applies to you:

- Do you drink pop, calorie free or sugary drinks?
This includes mixing them in with alcohol (i.e. rum and coke)
- Do you drink anything out of a plastic bottle?
- Do you use non-stick frying pans?
- Do you drink Vitamin mineral or Gatorade?
- Do you use a microwave?
- Do you use a cell phone or a computer for more than 3 hours a day?
- Do you use Advil, Tylenol, Imodium or any over the counter medication more than 1x/ year?
- Do you eat foods that have food coloring (i.e. Smarties, M&Ms, cheddar cheese, etc.)?
- Do you consume canned goods (i.e. soup in a can)?
- Do you use personal care products with phthalates or parabens?
- Do you drink more than 2 alcoholic drinks per day?
- Do you exercise less than 30 minutes per day, 4 days per week?
- Do you regularly consume foods that are Genetically Modified?
These foods are: **Corn, Soybeans, Canola, Cottonseed and Beet sugar.**
- Do you eat any of the following foods in the non-organic form:

1. Strawberries	7. Bell & hot peppers
2. Spinach	8. Cherries
3. Kale	9. Peaches
4. Nectarines	10. Pears
5. Apples	11. Celery
6. Grapes	12. Tomatoes

- Do you drink manufactured orange juice?
- Do you suffer from any of the following: ongoing fatigue, headaches, pain, and constant colds and coughs?
- Do you regularly experience digestive concerns such as gas, bloating, constipation, diarrhea or irritable bowel syndrome?
- Have you been diagnosed with low thyroid function or a skin condition (ie eczema, psoriasis, acne)?
- Do you use hand sanitizer or Colgate toothpaste on a regular basis?
- Are you more than 15 lbs overweight?
- Do you use perfume?

Score: _____

Number of checks	Category
Less than 5	You win top marks and qualify for the “Squeaky Clean” award - Congrats!
Between 5 -12	You are in need of an integrated detoxification program – call our clinic today and schedule an appointment with Dr. Michael Mason-Wood! 587-521-3595
Greater than 12	Your body is a toxic wasteland – call our clinic today to schedule a critical care appointment with Dr. Michael Mason-Wood 587-521-3595