

Liver Toxicity Questionnaire

Contributing Factors

Questions	Daily	4-6 x/week	1-3 x/week	On Occasion	Never
How many medical drugs do you take daily ? (score 1 per drug in the daily column). This includes oral, injectables, and topical applications.					
How many of these drugs are cholesterol-lower agents ? (score 1 per drug)					
How often do you take acetaminophen (Tylenol) or take drugs that contain this ingredient?					
How often do you take herbal supplements (if you also take medical drugs)?					
How often do you take more than 3 herbal supplements or a product containing more than 3 herbs?					
How often do you drink unfiltered tap water ?					
How often are you in a city for more than 8 hours?					
How often do you drink alcoholic beverages ? (put a 2 if you drink more than 3 beverages at a time)					
How often do you eat or drink sucralose/Splenda ?					
How often do you eat or drink aspartame/Nutrasweet ?					
How many processed foods do you eat? (score 2 per meal of processed foods)					
How often do you smoke or are exposed to second-hand smoke ?					
Add Columns					
Multiply Columns by	x 4	x 3	x 2	x 1	x 0
Sub Total					
Grand Total					

Add all columns' subtotals together for the grand total. Values greater than 24 suggest you have a high risk for developing liver toxicity

This questionnaire is for educational purposes only. Do not attempt to diagnose or treat yourself for any health condition; always seek the care of a qualified health practitioner.

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Signs of Liver Toxicity

To what degree do you experience these symptoms?	Severe	Moderate	Mild	Hardly Noticeable	Never
Difficulty digesting fatty or rich foods?					
Tired or fatigued?					
Pain below your right ribs?					
Swelling around the ankles for feet?					
Being overweight?					
Quickness to which you experience symptoms of being drunk?					
Anemia?					
Allergic reactions?					
Difficulty with menstruation or menopause?					
Low libido or sexual desire?					
Difficulty losing weight?					
Difficulty controlling blood sugar?					
Add Columns					
Multiply Columns by	x 4	x 3	x 2	x 1	x 0
Sub Total					
Grand Total					

Add all columns' subtotals together for the grand total. Values greater than 24 suggest liver toxicity may be a contributing factor to your health issues.

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