

Toxin Test

Let's do a little test. Let me give you a questionnaire so you can see just how toxic you are. Answer each question yes or no. If you answer yes to over twenty questions, you are highly toxic.

1. I have taken antibiotics in my life.
2. I have gotten vaccines.
3. I have sometime taken in my life taken aspirin, or Tylenol, or ibuprofen, or other over-the-counter pain medication.
4. I shower and/or bathe in regular tap water.
5. I drink water out of the tap.
6. I have been in a swimming pool where chlorine was used.
7. I use a cellular telephone without any electromagnetic chaos protection.
8. I use a laptop computer with a wireless device.
9. I watch TV.
10. I own and watch a high-definition television.
11. I use a wireless telephone in my house.
12. I use a remote control for my television or other electronic appliance.
13. I have a satellite television.
14. I drive in a car everyday.
15. I drive in heavy traffic.
16. I use hair dyes.
17. I use fingernail polish.
18. I use makeup and cosmetics (non-natural products) that contain chemicals, artificial colors, etc.
19. I use moisturizers, body lotions, and sunscreens on my skin.
20. I use air fresheners in my house.
21. I use bug spray in my house and/or yard..
22. I use standard cleaning products in my house.
23. I use standard soap and detergent for my skin and my clothes.
24. I use toothpaste with fluoride.
25. I eat in fast-food restaurants at least once a month.
26. I eat in restaurants at least once a month.
27. I eat products produced by large publicly traded corporations (Nabisco, Kraft).
28. I buy brand-name food products that are heavily advertised on TV.
29. I eat food that is not certified 100-percent organic.
30. I eat beef, lamb, poultry, eggs and dairy products that are not certified 100-percent organic.
31. I eat pork and shellfish.
32. I use artificial sweeteners such as NutraSweet and Splenda.
33. I drink sodas at least several times a week.

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34. I drink diet sodas at least several times a week.
35. I have less than two large bowel movements everyday.
36. I have taken over-the counter nonprescription drugs that I purchased at a drug store in my life.
37. I have taken prescription drugs in the last five years.
38. I use nonstick pans to cook with.
39. I use deodorant and antiperspirant.
40. I do not drink eight glasses of purified water every day.
41. I have never had a colonic or enema.
42. I live near high tension power lines.
43. I live within a few miles of a manufacturing plant of some kind.
44. I live within 100 miles of an agricultural area where produce is grown.
45. I live with 100 miles of ranches where livestock, cattle chickens, or other animals are raised.

This is just a quick look to hopefully open your eyes to the fact that living a “normal life” absolutely results in mass toxins going in your body. Keep in mind this is a relatively new phenomena to the human species. One hundred years ago people were not exposed to all these toxins in our environment

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