**Signs and Symptoms of Environmental/Heavy Metal sensitivity**

On their own the many symptoms below can be caused by a wide variety of factors, heavy metal toxicity being one of them. Given this, it is difficult for anyone to accurately diagnose heavy metal toxicity. However, a collection or a complex of the symptoms below may point toward chronic heavy metal toxicity and/or sensitivity/hypersensitivity. Please rate the occurrence of the below described symptoms to find your total score and the level of imbalance.

<table>
<thead>
<tr>
<th>Psychological:</th>
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<tbody>
<tr>
<td>O Irritability and unreasonable anger</td>
<td>O Anxiety</td>
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<tr>
<td>O Nervousness</td>
<td>O Difficulty in breathing</td>
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<tr>
<td>O Restlessness</td>
<td>O Depression</td>
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<tr>
<td>O Exaggerated response to stimulation</td>
<td>O Emotional instability</td>
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<td>O Loss of recent memory</td>
<td>O Lack of self control</td>
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<td>O Brain Fog</td>
<td>O Inability to make decisions</td>
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<td>O Insomnia</td>
<td>O Inability to concentrate</td>
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<td>O Fits of anger, with violent irrational behaviour</td>
<td>O Loss of self-confidence</td>
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<tr>
<td>O Shyness of timidity, easily embarrassed</td>
<td>O Attention deficit (ADD)</td>
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<tr>
<td>O Despondency</td>
<td>O Drowsiness</td>
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<tr>
<td>O Suicidal tendencies</td>
<td>O Manic depression</td>
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</table>

TOTAL SCORE =
Neurological:
- Headaches, often migraine type
- Tinnitus (ringing in the ears)
- Tinnitus (raining in the ears)
- Hearing difficulties
- Tinnitus (tingling/numbness)
- Hearing difficulties
- Numbness and tingling of hands, feet, lips
- Paraesthesia (tingling/numbness)
- Impaired visual field
- Tinnitus (ringing in the ears)
- Restricted, dim vision
- Glaucoma
- Incoordination, clumsiness
- Diminished visual acuity
- Parkinson’s disease
- Twitching of eyelids
- Acute or chronic vertigo
- Trigger fingers
- Scleroderma
- Multiple Sclerosis
- Multiple Sclerosis
- Parkinson’s disease
- Dizziness
- Restricted, dim vision
- Twitching of eyelids
- Glaucoma
- Dizziness
- Acute or chronic vertigo
- Speech and visual impairment

TOTAL SCORE =

Skin:
- Itchiness
- Dermatitis
- Psoriasis
- Eczema
- Red blotches on palms and soles of feet
- Itchy or tender scars

TOTAL SCORE =

Immunological:
- Repeated infections (viral, bacterial, fungal, mycobacterial, yeast infestation)
- Allergies
- Sinusitis
- Rhinitis
- White cell abnormalities
- Chronic Fatigue
- Cancer
- Lupus Erythematosus
- Multiple Sclerosis
- Multiple Sclerosis
- Scleroderma
- Hypothyroidism

TOTAL SCORE =

Hormonal:
- Chronic Fatigue
- Excessive perspiration
- Cold and clammy hands, feet
- Low body temperature

TOTAL SCORE =

Digestive tract:
- Food sensitivities (milk and eggs)
- Abdominal cramps
- Crohn's Disease
- Chronic constipation
- Candida
- Diahorroeal
- Parasites
- Bloating, wind
- Loss of appetite with or without weight loss
- Cardio vascular
- Irregular heart beat
- Heart racing

TOTAL SCORE =
O Abnormal blood pressure (high, low)
O Unexplained elevated cholesterol and serum triglyceride

TOTAL SCORE =

O Tightness in chest

Urinal genital:
O Increased frequency of urination
O Loss of Libido
O Increased bladder infections
O Chronic kidney disease
O Adrenal disease

TOTAL SCORE =

O Nocturia (urination during the night)
O Prostate problems
O Cystitis
O Kidney infections

Head, neck and oral cavity disorders:
O Gum disease
O Metallic taste
O Mouth ulcers
O Burning sensation
O Loose teeth

TOTAL SCORE =

O Halitosis
O Excessive salivation
O Scalloped edges of tongue
O Amalgam tattoo
O Jaw dysfunction

Systemic Effects:
O Chronic headaches
O Thyroid disturbance

TOTAL SCORE =

O Allergies
O Unexplained anemia

Total score for whole questionnaire:

Scores in the range of 1-30 may indicate a mild imbalance.
Scores in the range of 31-60 may indicate a moderate imbalance
Scores in the range of 61-100 may indicate a severe imbalance.
Scores in the range above 100 may indicate a critical imbalance.

Thank you

Please check our website www.karunaflame.com and educate yourself about heavy metals toxicity, health issues, scientific references and detox protocols of i.e. mercury, aluminium, lead, arsenic and halogens i.e. chlorine and fluoride. To find information click on ‘article’ (you will see the list of links there) or type names of individual heavy metals in our internal search engine, which you will find on the left side of our ‘Home’ webpage.