

## 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.

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**0= Never    2= Occasionally    3= Frequently**  
**4= infrequently with severe symptoms    5= almost always**

### Psychological:

- |   |  |
|---|--|
| <input type="checkbox"/> Irritability and unreasonable anger              | <input type="checkbox"/> Anxiety                     |
| <input type="checkbox"/> Nervousness                                      | <input type="checkbox"/> Difficulty in breathing     |
| <input type="checkbox"/> Restlessness                                     | <input type="checkbox"/> Depression                  |
| <input type="checkbox"/> Exaggerated response to stimulation              | <input type="checkbox"/> Emotional instability       |
| <input type="checkbox"/> Loss of recent memory                            | <input type="checkbox"/> Lack of self control        |
| <input type="checkbox"/> Brain Fog  | <input type="checkbox"/> Inability to make decisions |
| <input type="checkbox"/> Insomnia   | <input type="checkbox"/> Inability to concentrate    |
| <input type="checkbox"/> Fits of anger, with violent irrational behaviour | <input type="checkbox"/> Loss of self-confidence     |
| <input type="checkbox"/> Shyness of timidity, easily embarrassed          | <input type="checkbox"/> Attention deficit (ADD)     |
| <input type="checkbox"/> Despondency                                      | <input type="checkbox"/> Drowsiness                  |
| <input type="checkbox"/> Suicidal tendencies                              | <input type="checkbox"/> Manic depression            |

TOTAL SCORE =

**Neurological:**

- Headaches, often migraine type
- Tremors (hands, feet, eyelids )
- Numbness and tingling of hands, feet, lips
- Muscular weakness
- Diffuse myalgia (muscle pain)
- Twitching of eyelids, trigger fingers
- In-coordination, clumsiness
- Multiple Sclerosis
- Dizziness
- Speech and visual impairment
- Tinnitus(ringing in the ears)
- Hearing difficulties
- Paraesthesia (tingling/numbness)
- Impaired visual field
- Restricted, dim vision
- Glaucoma
- Diminished visual acuity
- Parkinson's disease
- Acute or chronic vertigo

TOTAL SCORE =

**Skin:**

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

TOTAL SCORE =

**Immunological:**

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

TOTAL SCORE =

**Hormonal:**

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

TOTAL SCORE =

**Digestive tract:**

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

- Abnormal blood pressure (high, low)
- Unexplained elevated cholesterol and serum triglycerade

- Tightness in chest

TOTAL SCORE =

### Urinal genital:

- Increased frequency of urination
- Loss of Libido
- Increased bladder infections
- Chronic kidney disease
- Adrenal disease

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

TOTAL SCORE =

### Head, neck and oral cavity disorders:

- Gum disease
- Metallic taste
- Mouth ulcers
- Burning sensation
- Loose teeth

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

TOTAL SCORE =

### Systemic Effects:

- Chronic headaches
- Thyroid disturbance

- Allergies
- Unexplained anemia

Total score for whole questionnaire:

TOTAL SCORE =

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](http://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.