



## Joey Wyson How Toxic Am I?

### How Can I Spot Toxins in My Life?

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*Take the Toxic Load quiz on the back of this worksheet.*

### Lemongrass Essential Oil

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### Citrus Oils

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### Slim & Sassy®

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### Zendocrine®

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### How do we keep toxins out?

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## Joey Wyson How Toxic Am I?

Mark the answers that best match your habits, then check the bottom to calculate your toxicity score!

**When cleaning your house you use...**

- 1 pt. The harshest chemicals I can find every time. If there are no fumes, it is not strong enough.
- 2 pts. Basic cleaning supplies from the supermarket.
- 3 pts. Natural products only!

**How well do you hydrate?**

- 1 pt. Soda has water in it, right?
- 2 pts. I drink water during meals.
- 3 pts. I keep a water bottle with me at all times.

**Is your air clean?**

- 1 pt. I guess so...?
- 2 pts. I change my air filters regularly.
- 3 pts. I use essential oils to purify the air, and keep plants in my home.

**How regularly do you detox?**

- 1 pt. I have never heard of detoxing.
- 2 pts. I think about it occasionally, but it seems too hard to do.
- 3 pts. I love a good detox.

**How would you describe your personal care products?**

- 1 pt. As long as the package is cute, I do not care what is inside.
- 2 pts. I try to check the ingredients of my makeup and perfumes, but do not worry too much.
- 3 pts. I prefer using natural products, and use essential oils instead of perfume.

**Do you eat clean?**

- 1 pt. Are you asking if I wash my food?
- 2 pts. I try to be conscientious about my food choices.
- 3 pts. I choose organic when possible and always read labels. If I cannot pronounce it, I do not eat it.

**Add up the point total of the answers you marked to calculate your toxicity score!**

- 6-8 Points:** Reducing your toxic load is an area of wellness that you can easily improve. Switch your harsh chemical cleaning products for natural options, like the dōTERRA On Guard® Cleaner Concentrate. Read the labels before you buy products so you know what you are putting in or on your body.
- 9-11 Points:** With a few changes, you can effectively reduce your toxic load. Try to purchase fewer processed foods at the grocery store. Instead of using chemical air fresheners, diffuse cleansing essential oils such as Purify to help purify the air in your home.
- 12-14 Points:** You are doing pretty well, but there is room for improvement. Take small steps to avoid toxins such as changing your personal care products and drinking more water. Add a drop of Lemon essential oil to your water in the morning for a gentle cleanse.\*
- 15-18 Points:** You have clearly done a lot of work to reduce the amount of toxins you take in. Check the Live guide to see how you rate on the other levels of the wellness pyramid.