

## Chemical Sensitivity Survey

This survey serves two purposes. First it categorizes chemical sensitivities to give clues about your physiology. There is a difference between a chemical sensitivity and an allergy.

Please complete this survey and identify the category of response the substance gives you. The symptom information, and severity, often helps to identify whether the substance response is a “true allergy” or a detox response.

- A **Detox Exit Response** exhibit creation or activation of a substance exit or flow of urine, stool or exit lesions in the skin or mouth. They reflect an “exit” aspect where the body releases a matrix of unknown substances enabled by the detoxification agent;
- Enlargement of lymph nodes in the neck, armpits, or groin area – elevated detoxification causes the body to enlarge glands to facilitate elimination;
- A **Herxheimer’s Response** involves sweating, nausea, flu-like symptoms, where the body mobilizes toxins and passes them through the liver or other pathways. Common Herxheimers indicators are short term, and usually accompany exit path flow. Detoxification experiences usually last from a few hours to 7 days. Short term indicators result from temporary elevation of circulating toxins adversely affecting metabolism:
  - Fatigue;
  - Flu-like symptoms, headache, nausea, sometimes vomiting, cramping;
  - Emotional indicators are depression, anxiety, anger, agitation;
  - An elevated exit response, including but not limited to, diarrhea, caustic urine, vomiting, draining lesions, often occur as the body releases the “mobilized” toxins;
- Inflammation of internal tissue, when accompanied by either a Detox Exit Response or a Herxheimer’s response.

Allergic responses generally show internal inflammation, trauma, shock, etc., as the immune system activates to eliminate a substance.

Indications of an allergic response are:

- Internal pain and swelling in reactions present as inflammation;
- Swelling in the throat;
- Large closed lesions without exit indications;
- Discolored lesions absent exit indication.



