Neurotoxin Questionnaire (Autonomic Nervous System)

The following is a dys-autonomia questionnaire approved for use in an FDA study on mercury toxicity, developed by Dr. Dietrich Klinghardt and Dr. Paula Bickel. You will notice the wide range of symptoms and organs that can be affected by heavy metal toxicity, toxic chemicals, chronic infections and anything else that affects the functional nervous system (ANS).

Rate each on the following symptoms based upon your health profile for the past 30 days. Add your Total Score.

Point scale
0 = never or almost never have the symptom
1 = occasionally have it, effect is not severe
2 = occasionally have it, effect is severe
3 = frequently have it, effect is not severe
4 = frequently have it, effect is severe.

**Digestive tract:**
- nausea or vomiting
- heartburn
- diarrhea
- Colitis
- constipation
- abdominal pain
- bloated feeling
- blood in stool
- belching, passing gas
- ulcer
- Crohns disease
- poor appetite
- Graves disease

**Ears:**
- itchy ears
- hissing in ears
- earaches, ear infection
- hearing problems
- drain age from ears
- ringing in ears
- noise in ears

**Emotions:**
- mood swings
- anger
- depression
- divorced
- suicidal tendencies
- irritability, aggressiveness
- anxiety, fear or nervousness

**Energy, Activity:**
- fatigue, sluggishness
- apathy, lethargy
- hyperactivity
- restlessness
- tire easily
- tired when awaken in AM

**Eyes:**
- watery or itchy
- swollen, red or sticky
- bags or dark circles under
- blurred or tunnel vision (does not include near or far sightedness) eyes

**Head:**
- headaches
- faintness
- dizziness
- insomnia

**Heart:**
- heart attack
- heart, chest pain
- heart murmur
- partial heart block
- endocarditis
- angina
- high blood pressure
- low blood pressure
- abnormal EKG
- tachycardia (racing heart)

**Joints/ Muscles:**
- pain or aches in joint
- arthritis
- pain or aches in muscles
- feeling of weakness/ tiredness
- osteoporosis
- cramp in legs
- stiffness, limitation of movement
### Lungs:
- chest congestion
- shortness of breath
- asthma
- difficulty breathing
- laryngitis 1 or more times per year
- Pneumonia 1 or more times per year
- bronchitis 1 or more times per year

### Mind:
- Poor memory
- Poor concentration
- learning disabilities
- stuttering or stammering
- slurred speech
- difficulty making decisions
- confusion, poor comprehension
- poor physical coordination
- brain fog, hard to mentally function

### Mouth/ throat:
- metal taste in mouth
- increased saliva
- decreased saliva
- sore throat
- chronic coughing
- loss of voice
- canker sores
- hoarseness
- bleeding gums
- gagging, frequent need to clear throat
- loosening of teeth, periodontal disease
- swollen or discolored tongue, gums of lips

### Nose:
- stuffy nose
- bloody nose
- sinus problems
- hay fever
- sneezing attacks
- loss of smell
- excessive mucus formation
- dry, crusty membranes

### Skin:
- unexplained rashes
- excessive itching
- red flushed of color
- rough skin
- acne, pimples
- hives
- hair loss

### Weight:
- binge eating, drinking
- craving certain foods
- excessive weight
- compulsive eating
- water retention
- underweight

### Endocrine:
- thyroid, under of over active
- cold hands or feet
- diabetes
- low female hormones
- estrogen dominant
- prostrate problems
- chronically sub-normal temperatures
- pancreas, blood sugar low or pancreatitis
- menstruation, painful too often, too seldom

### Immune System:
- autoimmune
- allergies
- low immune system
- chronic infections (Lyme, Bartonella, Ehrlicha, Chlamydia, Candida, Babesia, Rickettsia, Mycoplasma, Staph, Strept, Mycobacterium…)
- chronic parasites
- chronic virus (Herpes I, II, VI, VII, shingles (herpes zoster)
- Cytomegalio, Epstein Barr

### Nervous and neurodegenerative disorders:
- multiple sclerosis
- Bells palsy
- Alzheimer’s
- Parkinson’s
- knees or leg jerk
- epilepsy or convulsions
- numbness in any part of body
- tingling in any part of body
- burning pain
- tremor of hands, feet of head
- twitching of face or other muscles

### Cancer:
- leukemia
- Hodgkin's
- any other (name)

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**Total Score**