

## Environmental Influences

If any of the following statements apply to you, tick the corresponding box, if not leave blank.

NB: If you are already using known certified organic or chemically free products then do not tick the box for that question.

Environmental Influences 2A - Do you/have you...	Scaling	Tick
Own a new car (within 12 months)	3	
Recent painting (home painting / artistic)	2	
Use dry-cleaned clothes / linen	2	
Noticed changes in health since moving home	5	
Use industrial chemicals / metal de-greasers	5	
Regularly swim in chlorinated pools / spa ( > 3 times p/w)	5	
Live in an old home (built prior to 1970)	5	
Moved into a new home / new office building (within 1 year)	5	
Live on / near a non-organic farm (within 100 meters)	5	
Use mobile phone/ computer / screens daily	5	
Have new carpets / lounge suite/drapes	5	
Been in contact with glues / resins / epoxy (within last month)	1	
Smoke cigarettes or other smoking	10	
Pesticides / weed killers are used on your property	10	
Work in an industry known to have toxic environment	10	
Use fumigants / insect repellants	2	
Have fluorescent/energy saving lights	5	
Use moth balls	2	
Use air fresheners	1	
Use non-natural commercial household cleaners	3	
Own known fumigated furniture (in past 2 yrs)	5	
Live near a golf course (within 100 metres)	5	
Live near an industrial area (within 100 metres)	5	
Live near a landfill (within 100 metres)	5	
Live near power lines (within 100 metres)	5	
Sleep near active electrical items or power points	2	
Have wifi in your home on 24 hours daily	10	
Been exposed to known radiation	10	
Use mildew cleaners /rug /carpet cleaners/spot stain removers	2	
Live in a damp home	5	
Have poor ventilation at home or work	1	
Have an open fireplace	1	
Have gas heating or cooking	1	
Live near or on a busy road	5	
Is your home chemically termite treated	2	
Have a known existing chemical/heavy metal exposure	10	
<b>Subtotal Environmental Influences (2A)</b>		

Environmental Influences 2B - Do you/have you...	Scaling	Tick
Eat non-organic rice regularly ( > 3 times p/w)	2	
Eat non-organic chicken regularly ( > 3 times p/w)	2	
Drink coffee each day	2	
consume gluten containing grains ( > 3 times p/w)	5	
consume berries/grapes/stone-fruit/apples ( > 3 times p/w)	2	
Eat smoked / cured meats regularly ( > 3 times p/w)	3	
Use plastics in your kitchen / home	10	
Eat tuna, swordfish, shark, orange roughy ( > 3 times p/w)	10	
cook with aluminum pots and pans	5	
consume rice milk/ soy milk regularly ( > 3 times p/w)	2	
consume cow's milk or dairy products ( > 3 times p/w)	2	
Drink alcohol (more than 7 glasses p/w)	5	
Regularly eat canned food ( > 3 times p/w)	5	
Regularly touch/handle newsprint/magazines	1	
Use commercial sunscreen regularly ( > 3 times p/w)	2	
Use toothpaste with fluoride	2	
Sleep with an electric blanket on	1	
Use a microwave daily	2	
Drink soft drinks such as cola or diet sodas ( > 3 times p/w)	5	
Eat processed foods regularly ( > 3 times p/w)	5	
Use Teflon cooking pans	5	
Use commercial fabric softener / spray starch	2	
Drink tap water	10	
Use hair spray	1	
Have mercury fillings	10	
Have had mercury filling removed in last 10 years	5	
Use recreational drugs (once per month or more)	10	
Wear commercial make-up / body moisturizer most days	5	
Dye your hair (non-henna)	2	
Use deodorant containing aluminium	5	
Take any medication with suspected toxicity (ask your practitioner)	5	
Use medication for reflux / heart burn ( > 3 times p/w)	5	
Use painkillers / steroid / NSAID medication ( > 3 times p/w)	5	
Use medications for nerve pain / muscle relaxants ( > 3 times p/w)	5	
Regularly use antihistamines or anticholinergic medications	5	
Take mood altering medication (antidepressants / antipsychotics)	5	
<b>Subtotal Environmental Influences (2B)</b>		

Add each column for subtotal (2A & 2B), then add both subtotals for your  
Total Environmental Influences Score: \_\_\_\_\_

Relatively LOW < 50    MODERATE 51-100    HIGH > 100