

My Ageless Brain - Detox Quiz

Reactive Toxins Quiz (Amavisha or Garvisha)

Directions: Rate Yourself from 0-5 on each of the following items, with 5 being “completely” applies to you” and 0 being “not at all” applying to you.

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|---|-------------|
| 1. I often feel nauseated for no particular reason. | 0-1-2-3-4-5 |
| 2. I have hyperacidity or burning in the stomach or chest. | 0-1-2-3-4-5 |
| 3. My skin frequently breaks out. | 0-1-2-3-4-5 |
| 4. My mouth is often dry. | 0-1-2-3-4-5 |
| 5. I often feel weakness or pains in my legs. | 0-1-2-3-4-5 |
| 6. I have acquired new sensitivities or intolerances to foods, pets, trees or flowers, or other things in my environment. | 0-1-2-3-4-5 |
| 7. I often feel mentally or emotionally fatigued. | 0-1-2-3-4-5 |
| 8. I often feel whole-body fatigue or feverish in the evening. | 0-1-2-3-4-5 |

TOTAL _____

Rate Your Level of Reactive Toxins (Circle one):

Minimal 0-16, Mild 17-22, Moderate 23-31, Severe 32-40

Ama Quiz (Non-Reactive impurities)

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|---|-------------|
| • I wake up tired even after a good night's sleep. | 0-1-2-3-4-5 |
| • I feel lethargic. | 0-1-2-3-4-5 |
| • I tongue is coated. | 0-1-2-3-4-5 |
| • I don't feel real hunger, even when you haven't eaten for several hours. | 0-1-2-3-4-5 |
| • I have generalized aches and pains. | 0-1-2-3-4-5 |
| • I lack mental clarity and energy. | 0-1-2-3-4-5 |
| • I feel a sense of heaviness in the abdomen, arms, or legs; or the body as a whole. | 0-1-2-3-4-5 |
| • I feel weary and unenthusiastic. | 0-1-2-3-4-5 |
| • I experience frequent indigestion, such as gas, bloating, or heartburn. | 0-1-2-3-4-5 |
| • I feel blocked anywhere in the body, including constipation, sinus congestion and difficulty breathing. | 0-1-2-3-4-5 |

TOTAL _____

Rate Your Level of Ama (Non-Reactive impurities)

Circle one:

Minimal 11-20, Mild 21-30, Moderate 31-40, Severe 41-50