

## DO I NEED TO DETOXIFY?

Please tick the questions that you answer YES.

- Do you experience stress regularly?
- Do you get fewer than seven hours of sleep every night?
- Do you wake most mornings feeling tired, lethargic?
- Do you regularly feel tired, apathetic or lack energy?
- Do you eat less than 3 different fruits a day?
- Do you overeat?
- Do you eat processed or take away foods, more than once per week?
- Do you often find yourself craving for sweet or savoury foods?
- Do you exercise, less than thirty minutes every second day?
- Are you overweight?
- Do you suffer from a reoccurring illness?
- Do you suffer from stomach pains, heartburn, indigestion, excess wind (gas)?
- Are you constipated?
- Do you have high blood pressure or high cholesterol?
- Do you experience cold hands and/or feet regularly?
- Do you have a history of antibiotic use?
- Do you suffer from allergies or hayfever/sinus?
- Do you suffer from headaches?
- Do you notice a lack of concentration, loss of memory or perhaps mental 'fog'?
- Do you suffer from depression, anxiety or nervousness, or mood swings?
- Do you suffer from arthritis, joint pain or stiffness?
- Do you have any kind of skin problems, including skin cancer?
- Do you have dark circles under your eyes?

### WOMEN ONLY

- Do you experience any PMS, eg. depression, crying too easily, or moodiness?
- Do you experience cramps, pain or bloating?
- Do you experience uncomfortable or distressing menopausal symptoms?

To have more than **TWO** of these symptoms indicates a toxic build up. Therefore, anyone who answered YES to two or more questions would benefit greatly from following Daniel's Diet.