

# SYMPTOMS THAT CALL FOR A DETOX

*If you check 5 or more of the symptoms listed below, it's time to detox. But remember, it's beneficial for everyone to follow daily detoxification practices, regardless. This is a great way to measure progress!*

- Fatigue
- Muscle aches
- Joint pain
- Sinus congestion
- Postnasal drip
- Excessive sinus problems
- Headaches
- Bloating
- Sensitive to fragrance and odors
- Sensitive to alcohol
- Constant ringing in your ears
- Brain fog
- Tingling in your hands and feet
- Sensitivity to caffeine
- Excessive gas (*as characterized as frequent abdominal pain*)
- Constipation
- Diarrhea
- Foul-smelling stools
- Oily-looking stools
- Heartburn/Indigestion
- Acid reflux
- Difficulty concentrating
- Food cravings
- Water retention
- Trouble losing weight
- Rashes
- Skin problems
- Eczema
- Psoriasis
- Canker sores
- Puffy, dark circles under eyes
- Premenstrual syndrome
- Other menstrual disorders
- Bad breath
- Acne
- Rosacea

## NOTES

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