

Mold & Environmental Illness Quiz

1. Does exposure to cigarette smoke and/or perfume cause you to experience symptoms?
2. Do you notice more symptoms at work than at home -- or visa versa?
3. Do you have frequent headaches or migraines?
4. Has your productivity level decreased substantially over the past few months or years?
5. Do you have allergy symptoms and/or repeated bouts of sinusitis, bronchitis, nasal polyps, chronic ear and throat infections or ringing in the ears?
6. Have you been diagnosed with chronic fatigue syndrome, Epstein Barr Virus, cytomegalovirus, herpes virus -- or do you have an overwhelming fatigue?
7. Does your work or do your hobbies expose you to toxic minerals, metals or chemicals?
8. Have you been diagnosed with irritable bowel syndrome or do you have frequent nausea, bloating, constipation or diarrhea?
9. Do you experience chronic muscle and joint aches and pains -- or have you been diagnosed with fibromyalgia?
10. Do you routinely have your home and/or yard sprayed with pesticides?
11. Do you frequently experience forgetfulness, difficulty concentrating, or numbness and tingling?
12. Have you had a positive ANA (antinuclear antibody) test or do you have M.S., lupus, rheumatoid arthritis, an autoimmune disease or a history of cancer?
13. Do you have or have you had breast implants, and did you see a correlation between implantation and the beginning of your symptoms?
14. Has any type of metal been used in implants or joint replacements in your body?
15. Can the onset of your health problems be traced to the time of the implant?
16. Do you have a named cardiovascular disease without knowing the cause?

If you answered "yes" to **three** or more of these questions, you could have environment-related illness.

To learn more about Mold / Bio-toxins & Environmental Related Illness

Check out the following resources & get started on the road to Wellness!



Also, **Did you know?** You can visit our Facebook page and Dr. Rasa will personally answer your health related Questions & Comments!



Let's start a conversation today!