

How toxic are you?

Take our quick quiz to find out



For each statement, select the response that best reflects you.

1. Your life is:

- A. Hectic
- B. Active
- C. Relaxed

2. You smoke.

- A. Yes
- B. I have, but I quit.
- C. No

3. You eat out or eat fast-food.

- A. More than once a week
- B. Approximately once a week
- C. About once a month.

4. You use artificial sweeteners such as NutraSweet® or Splenda®.

- A. Daily
- B. Occasionally
- C. Never

5. You drink soda (regular or diet).

- A. Daily
- B. Occasionally
- C. Never

6. You cook, but most of your meals come out of a can, a box, or the freezer.

- A. Daily
- B. Occasionally
- C. Never

7. You have trouble concentrating, or staying focused.

- A. Often
- B. Sometimes
- C. Never

8. You feel stressed and irritable or tired and sluggish.

- A. Often
- B. Sometimes
- C. Rarely

9. You get colds and flu easily.

- A. Yes
- B. Sometimes
- C. No

10. You experience insomnia.

- A. Often
- B. Sometimes
- C. Never

11. You have seasonal, environmental or food allergies.

- A. Yes
- B. Sometimes
- C. No

12. You have eczema, acne, psoriasis or varicose veins.

- A. Yes
- B. Sometimes
- C. No

13. You have bad breath or unpleasant body odor.

- A. Yes
- B. Sometimes
- C. No

14. You are overweight.

- A. Yes
- B. A little
- C. No

15. You eat five fruits and vegetables daily.

- A. No
- B. Sometimes
- C. Yes

16. You take vitamins, minerals or herbal supplements.

- A. Never
- B. Sometimes
- C. Daily

17. You exercise moderately.

- A. Never
- B. Sometimes
- C. Daily

18. You drink 8 glasses of water every day.

- A. Never
- B. Sometimes
- C. Always

19. You have an alcoholic beverage.

- A. Daily
- B. Occasionally
- C. Never

20. I drive in heavy traffic.

- A. Daily
- B. Occasionally
- C. Never

How well did you do?

Add up your answers.

of As = ___ x 3 points = ___

of Bs = ___ x 2 points = ___

of Cs = ___ x 1 point = ___

Total = _____

The higher your score the more toxicity you are currently experiencing.

51–60 Danger

You need to detox your body.

Your well-being is seriously compromised and your health could be at risk if you do not make changes. A wonderful place to start is with BC Spa Detox to help your skin release the toxins it has absorbed. You'll also want to make some lifestyle changes that could help prevent major health complications or diseases that may already be a threat.

41–50 At risk

You will benefit greatly from detox. Your physical symptoms may be enough to damage your health over time and rob you of feeling well. You should begin cleansing your skin of the toxins it has absorbed using BC Spa Detox. You should also consider making some lifestyle changes, particularly to your diet and exercise routines. Taking such steps could prevent you from compromised health and disease in the future.

31–40 Minimal risk

You are in generally good health but you have a few symptoms that indicate toxic stress. Even some minor changes to your diet and lifestyle could make a great impact on your quality of life. Adding BC Spa Detox to your skin care routine will go a long way to helping you feel even better than you do now.

20–30 Non-toxic

Congratulations! You are in good health and your lifestyle is nurturing and supportive of your physical body. You can help maintain that with BC Spa Detox. It will help purge your skin of any of the toxins it has absorbed. You might want to make some minor changes to your diet and lifestyle to reach 20 and stay there.



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