



Detox  Nation

ROOT CAUSES. RAPID RESULTS.™

Toxicity Self-Assessment

DISCOVER THE MISSING LINK
IN YOUR HEALTH JOURNEY

Here's My Story

My journey as founder of Detox Nation and advocate for reclaiming your health at a root cause level started as a personal health struggle – a battle against gut issues, low energy, brain fog, and a number of physical symptoms that seemed to have no clear explanation.

I was sick. I didn't know how to get better.

For years, I dealt with complex chronic illness and serious trauma. It was difficult for me to work a normal job. My list of "safe" foods was down to less than ten at some points. I really didn't know where to turn.

It wasn't until I faced the often-overlooked issue of parasites (I, like many others, thought this was normally just an issue in third-world countries) that the pieces started to come together. Navigating my own health struggles, I realized the power of understanding these little friends inside of many of us!

Parasites, sneaky little bugs, were a significant factor in my journey. This realization became a turning point, not just for my well-being but for my mission to help others do the same.

I bring a unique blend of expertise to the table. As a Certified Natural Health Practitioner (CNHP), Certified Nutrition Consultant (CNC) and certified Toxicity and Detox Specialist, this focus on parasites became a cornerstone of my programs, especially Rapid Gut Reset and Rapid Parasite Jumpstart.



But it's not just about protocols and therapies. I firmly believe that healing occurs on different levels of consciousness. We are not just biochemical bodies; we are multi-layered beings with mental, emotional, and spiritual dimensions. Recognizing and supporting these layers in the healing process is key.

My journey isn't just about overcoming personal health challenges; it's about using that experience to guide others. My mission is crystal clear – helping you to uncover the root cause of your health issues, and empower you to resolve them for good. I've seen firsthand the power of addressing parasites and other overlooked factors in the healing process for students in our Rapid Reset cohorts!

So, whether you've battled parasites or face other health challenges, my goal is to provide you with the tools and support to dig deep and find the reason.

Welcome to Detox Nation – where we're all about addressing the root cause and helping you thrive.



xo, Sinclair

Toxicity Self-Assessment:

DISCOVER THE MISSING LINK IN YOUR HEALTH JOURNEY

Have you ever wondered if there's an invisible barrier holding you back from feeling your best? For many of us, the answer lies in a hidden toxic body burden—accumulated over years from sources we encounter every day, like our food, air, and water.

Thousands of studies now confirm that our bodies are easily disrupted by these toxins, which can quietly interfere with our natural healing processes. And yet, these issues often go undetected by conventional labs and tests.

But here's the good news: once you start connecting the dots, you can find the root causes of your symptoms and take steps to reclaim your vitality. This self-assessment is designed to help you do just that. It's not just about identifying symptoms—it's about empowering you to take the next steps toward healing.

Even if you buy non-GMO food, buy organic cotton clothing, filter your air, drink clean water, and take your supplements, our world is so toxic that you actually can't get away from toxins completely.

Could they be a missing link for you?

Definitely.

It doesn't take much to interrupt your body's own healing processes.

Normal labs overlook this info, but the data is there if you know how to look for it!



Does This Sound Like You?

Let's start with a simple question: are you experiencing any of the following?

Even seemingly minor symptoms can indicate that your body is struggling with a toxic load. By identifying these signs early, you can address them before they snowball into more significant health challenges.

For each box you check, add one point. Keep track of your score!

MENTAL SIGNS AND SYMPTOMS YOU HAVE A HIGH TOXIC BURDEN

Your mind is often the first place where toxins make their impact known. If you've been experiencing these signs, your body may be asking for help:

Brain fog	<input type="checkbox"/>	Emotionally exhausted	<input type="checkbox"/>
Overwhelm	<input type="checkbox"/>	Disproportionate reactions to stressors	<input type="checkbox"/>
Low-level exhaustion	<input type="checkbox"/>	Lack of stamina	<input type="checkbox"/>
Difficulty learning new things	<input type="checkbox"/>	Irritability	<input type="checkbox"/>
Delays & difficulty processing new info	<input type="checkbox"/>	Memory issues	<input type="checkbox"/>
Difficult time problem solving	<input type="checkbox"/>	Difficulty concentrating	<input type="checkbox"/>
Over-activation of fight/flight response	<input type="checkbox"/>	Decreased desire to engage socially	<input type="checkbox"/>
Depression	<input type="checkbox"/>	Distorted relationship to your body	<input type="checkbox"/>
Feeling porous - holding onto other people's energy	<input type="checkbox"/>	Anxiety	<input type="checkbox"/>

PHYSICAL SIGNS AND SYMPTOMS YOU HAVE A HIGH TOXIC BURDEN:

If toxins are disrupting your system, it's not just your mind that feels the impact. Here's a breakdown of how a high toxic burden can manifest throughout the body:

GASTROINTESTINAL SYMPTOMS:	
Nausea	<input type="checkbox"/>
Vomiting	<input type="checkbox"/>
Diarrhea	<input type="checkbox"/>
Abdominal pain	<input type="checkbox"/>
Reduced absorption of nutrients (particularly minerals)	<input type="checkbox"/>
Metallic taste	<input type="checkbox"/>

SKELETAL & BONE-RELATED SYMPTOMS:	
Osteoporosis	<input type="checkbox"/>
Reduced bone mineral density	<input type="checkbox"/>

DERMATOLOGICAL SYMPTOMS:	
Dermatitis	<input type="checkbox"/>
Eczema	<input type="checkbox"/>
Dry skin	<input type="checkbox"/>
Skin rashes	<input type="checkbox"/>

NEUROLOGICAL SYMPTOMS:	
Alzheimer's disease	<input type="checkbox"/>
Multiple sclerosis	<input type="checkbox"/>
Parkinson's disease	<input type="checkbox"/>

Cognitive decline	<input type="checkbox"/>
Memory loss	<input type="checkbox"/>
Ataxia	<input type="checkbox"/>
Tremors	<input type="checkbox"/>
Numbness	<input type="checkbox"/>
Tingling	<input type="checkbox"/>
Neuropathy	<input type="checkbox"/>
Paralysis	<input type="checkbox"/>
Tinnitus	<input type="checkbox"/>
Irritability	<input type="checkbox"/>
Mood swings	<input type="checkbox"/>
Balance loss or dizziness	<input type="checkbox"/>
Disorientation	<input type="checkbox"/>
Depression	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>
Headaches	<input type="checkbox"/>
Light sensitivity	<input type="checkbox"/>
Difficulty finding words	<input type="checkbox"/>
Difficulty concentrating	<input type="checkbox"/>

RESPIRATORY SYMPTOMS:

Lung disease	<input type="checkbox"/>
Lung cancer	<input type="checkbox"/>
Breathing problems	<input type="checkbox"/>
Respiratory distress	<input type="checkbox"/>
Pneumonia	<input type="checkbox"/>
Coughing	<input type="checkbox"/>
Wheezing	<input type="checkbox"/>
Shortness of breath	<input type="checkbox"/>

CARDIOVASCULAR SYMPTOMS:

Hypertension	<input type="checkbox"/>
Low blood pressure	<input type="checkbox"/>

HEMATOLOGICAL SYMPTOMS:

Anemia	<input type="checkbox"/>
Red blood cell count (RBC) abnormalities	<input type="checkbox"/>
Hypokalemia	<input type="checkbox"/>
Edema	<input type="checkbox"/>
Cancers of the blood	<input type="checkbox"/>

RENAL AND HEPATIC SYMPTOMS:

Renal failure	<input type="checkbox"/>
Elevated liver enzymes	<input type="checkbox"/>
Hepatic damage	<input type="checkbox"/>
Suppressed hepatic detoxification	<input type="checkbox"/>

REPRODUCTIVE SYMPTOMS:

Infertility	<input type="checkbox"/>
Difficulty conceiving	<input type="checkbox"/>
Birth defects	<input type="checkbox"/>
Miscarriage	<input type="checkbox"/>

TOTAL MENTAL SIGNS AND SYMPTOMS: _____

TOTAL PHYSICAL SIGNS AND SYMPTOMS: _____

TOTAL SYMPTOMS: _____

Your Score: What Do Your Symptoms Mean?

Here's a breakdown of what your symptoms might be telling you and how you can take action:

IF YOU HAVE 3 OR MORE SYMPTOMS

This is your chance to get proactive. Even a few symptoms can signal that your body is beginning to struggle with its toxic load. Addressing these signs early is critical, as small imbalances can snowball into more significant health challenges if left unchecked.

Think of it like catching a leak in your roof before it becomes a flood. By identifying potential issues now, you can save yourself time, energy, and resources later. Running toxicity labs at this stage can help pinpoint the sources of imbalance and guide you toward targeted solutions—before things escalate.

IF YOU HAVE 5 OR MORE SYMPTOMS

This is a clear sign that it's time to dig deeper. Five or more symptoms suggest that your body is carrying a higher toxic burden that's actively interfering with your ability to feel your best. These symptoms aren't random—they're interconnected signals that your detox pathways may be overwhelmed.

At this stage, running lab work is not just an option; it's an essential step. Comprehensive toxicity labs can reveal hidden factors that are fueling your symptoms, from heavy metals and pesticides to mold exposure and environmental chemicals. With this information, you'll have the clarity you need to create a customized healing plan that addresses the root causes of your symptoms, not just the surface-level discomfort.

IF YOU HAVE 10 OR MORE SYMPTOMS

Don't wait—this is a priority. If you're experiencing ten or more symptoms, your body is waving a red flag that its ability to manage toxins is critically compromised. This level of toxic burden can put significant strain on your organs, immune system, and overall well-being, leading to chronic conditions if not addressed.

This is where **Healing Labs** can make all the difference. By running advanced tests, we can uncover the exact toxins that are overwhelming your system and provide a detailed roadmap for addressing them. This isn't about guessing or trying the next fad supplement—it's about using precise data to guide your healing process effectively and efficiently.



Why Run Toxicity Labs?

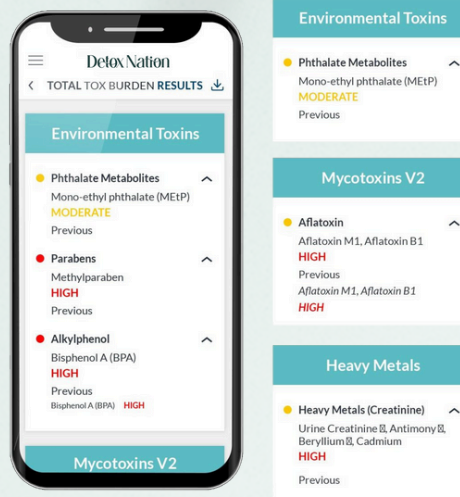
Most traditional lab tests overlook the nuanced data you need to identify your toxic burden. They may flag the major issues but often miss the subtle imbalances that, over time, can lead to significant health challenges. **Healing Labs** bridges this gap by using specialized testing to:

- Detect hidden exposures to heavy metals, pesticides, and other environmental toxins
- Assess your body's ability to detox and metabolize these substances
- Identify the areas of your health most impacted by toxicity
- Provide actionable insights so you can make informed choices about your next steps

How Lab Testing Guides Your Healing

When you have a clear picture of what's happening inside your body, you can move forward with confidence. Lab results take the guesswork out of healing by showing exactly where your body needs support. For example:

- **High levels of heavy metals** may indicate the need for chelation therapy or specific detox protocols.
- **Mold markers** could point to a hidden environmental issue that requires remediation in your home.
- **Chemical imbalances** might suggest a need to adjust your diet, supplement regimen, or lifestyle habits to improve detox pathways.



Taking Action: The Path to Healing

If you checked five or more boxes, it's time to take the next step and book a call with our team. Together, we'll determine if **Healing Labs** is the right fit for you and how we can support you in addressing your toxic burden.

Healing starts with awareness, and you've already taken the first step by completing this assessment. The next step is yours. Let's uncover the answers you've been searching for and help you take back control of your health.

Sinclair's Note: Why I Believe In This Work

I know firsthand how overwhelming it can feel to navigate unexplained symptoms. For years, I searched for answers that traditional tests and doctors couldn't provide. It wasn't until I uncovered my own toxic burden that the pieces of my health puzzle started to fall into place.

This assessment is a tool to help you take back control of your health. By identifying the hidden factors behind your symptoms, you can start making real, lasting changes that support your body's natural healing abilities.

Remember, healing is a journey. And the first step is awareness. You've already taken that step by being here today, and I'm so proud of you for starting this process.

Book a call to talk with our team and see if the Healing Lab is right for you.

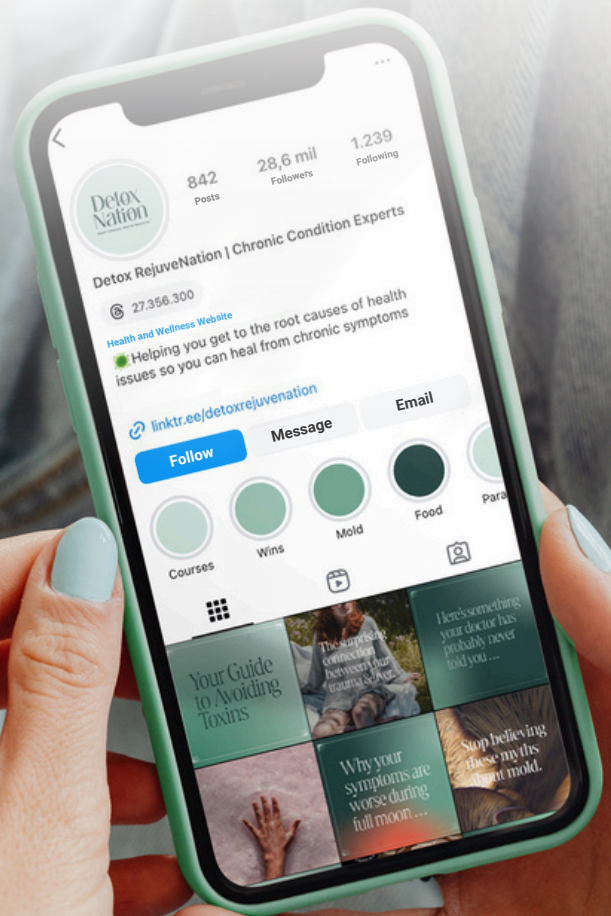
You've got this,

xo, Sinclair

Sinclair

Learn More About Your Root Causes

- SUBSCRIBE TO THE PODCAST
- FOLLOW US ON INSTAGRAM
- BOOK A CALL FOR 1:1 SUPPORT



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