

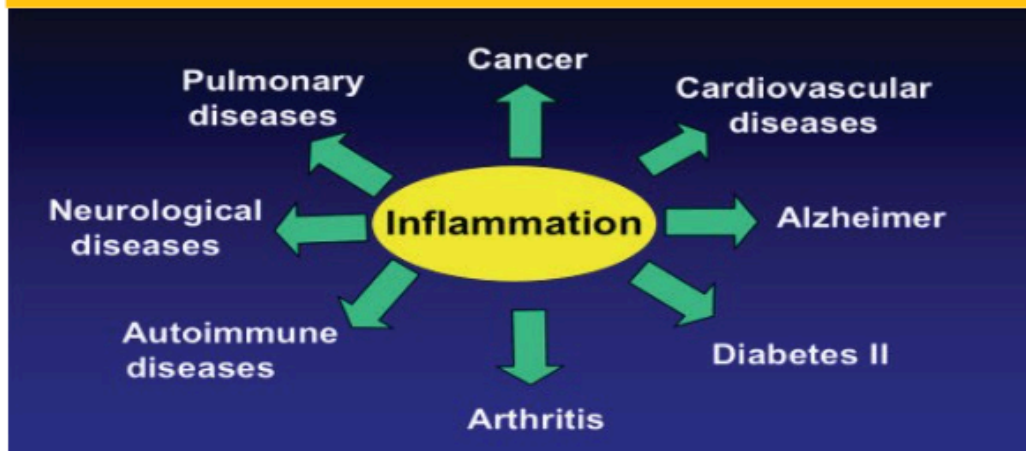
Inflammation

Inflammation is at the root of more symptoms than you might think.

What Is Inflammation?

Think of inflammation as the body's natural response to protect itself against harm. There are two types: acute and chronic. You're probably more familiar with the acute type, which occurs when you bang your knee or cut your finger. Your immune system dispatches an army of white blood cells to surround and protect the area, creating visible redness and swelling. The process works similarly if you have an infection like the flu or pneumonia. So in these settings, inflammation is essential—without it, injuries could fester and simple infections could be deadly.

CHRONIC INFLAMMATION CAUSES...
90% of all disease states



Relationship to Disease

Chronic inflammation can also occur in response to other unwanted substances in the body, such as toxins from cigarette smoke or an excess of fat cells (especially fat in the belly area). Inside arteries, inflammation helps kick off atherosclerosis, the buildup of fatty, cholesterol-rich plaque. Your body perceives this plaque as abnormal and foreign, so it attempts to wall off the plaque from the flowing blood. But if that wall breaks down, the plaque may rupture. The contents then mingle with blood, forming a clot that blocks blood flow. These clots are responsible for the majority of heart attacks and most strokes.



You can control
— and even
reverse —
inflammation
through a
healthy, anti-
inflammatory
diet and lifestyle.



synergee

Early symptoms of chronic inflammation may be vague, with subtle signs and symptoms that may go undetected for a long period. You may just feel slightly fatigued, or even normal. As inflammation progresses, however, it begins to damage your arteries, organs and joints. Left unchecked, it can contribute to chronic diseases, such as heart disease, blood vessel disease, diabetes, obesity, cancer, Alzheimer's disease and other conditions.

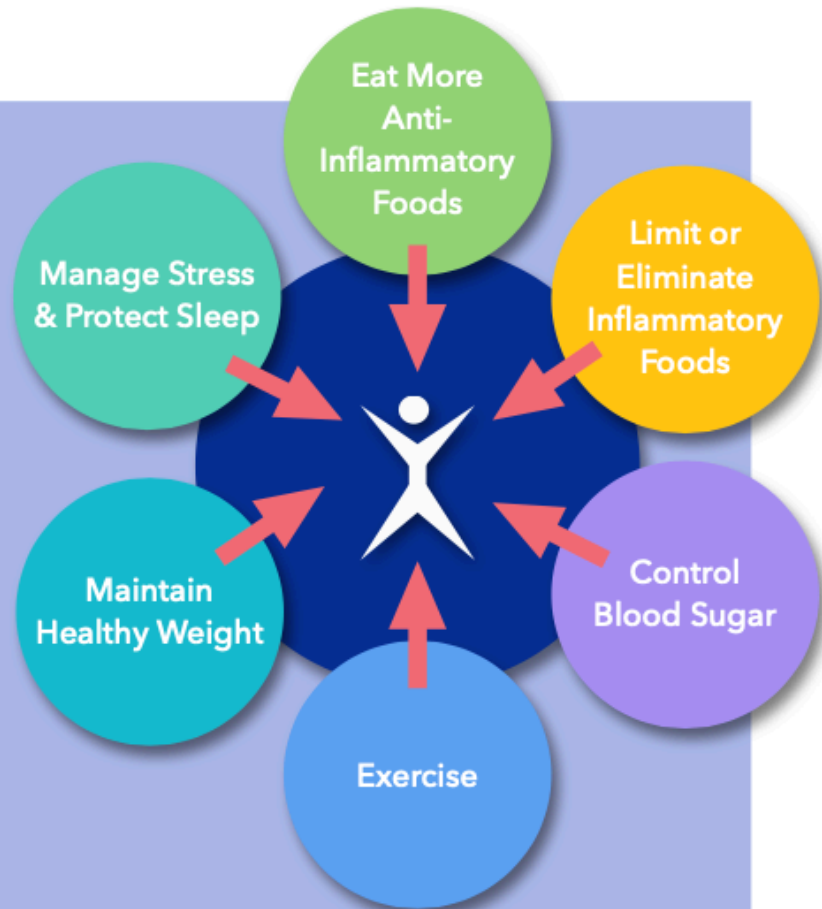
What can I do about Inflammation?

You can control — and even reverse — inflammation through a healthy, anti-inflammatory diet and lifestyle. People with a family history of health problems, such as heart disease or colon cancer, should talk to their physicians about lifestyle changes that support preventing disease by reducing inflammation.

Six important steps for reducing inflammation in your body:

- Load up on anti-inflammatory foods
- Cut back or eliminate inflammatory foods
- Control blood sugar
- Make time to exercise
- Maintain a healthy weight
- Manage stress & protect your sleep

It's important to remember that these steps to reduce inflammation pay off over time with improved health and reduced risk of chronic disease.



<https://www.health.harvard.edu/heart-disease-overview/ask-the-doctor-what-is-inflammation>
https://www.scripps.org/news_items/4232-six-keys-to-reducing-inflammation

synergee

Medical Symptom/Toxicity Questionnaire

The Toxicity and Symptom Screening Questionnaire identifies symptoms that help to identify the underlying causes of illness, and helps you track your progress over time. Rate each of the following symptoms based upon your health profile for the past 30 days. If you are taking after the first time, record your symptoms for the last 48 hours ONLY.

POINT SCALE

- 0 = Never or almost never have the symptom
- 1 = Occasionally have it, effect is not severe
- 2 = Occasionally have, effect is severe
- 3 = Frequently have it, effect is not severe
- 4 = Frequently have it, effect is severe

KEY TO QUESTIONNAIRE

The questionnaire will total your score for each group automatically. Add each group scores together to get your grand total.

- Optimal is less than 10 • Mild Toxicity: 10-50 • Moderate Toxicity: 50-100 • Severe Toxicity: over 100

Digestive Tract	Heartburn ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4	Ringing in Ears or Hearing Loss ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Nausea and/or Vomiting ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4	Intestinal/Stomach Pain ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4	Emotions
Diarrhea ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4	Ears	Mood Swings ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Constipation ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4	Itchy Ears ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4	Anxiety, Fear or Nervousness ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Bloated Feeling ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4	Earaches or Ear Infections ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4	Anger, Irritability or aggressiveness ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Belching and/or Passing Gas ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4	Drainage From Ear ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4	Depression ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Energy/Activity

Fatigue or Sluggishness

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Hyperactivity

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Restlessness

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Apathy or Lethargy

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Eyes

Watery or Itchy Eyes

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Swollen, Reddened or Sticky Eyelids

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Bags or Dark Circles Under Eyes

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Blurred or Tunnel Vision (does not include near or far-sightedness)

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Head

Headaches

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Faintness

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Dizziness

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Insomnia

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Lungs

Chest Congestion

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Asthma or Bronchitis

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Shortness of Breath

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Difficulty Breathing

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Heart

Irregular or Skipped Heartbeats

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Rapid or Pounding Heartbeats

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

Chest Pain

- 0
- 1
- 2
- 3
- 4

Stuttering, Stammering

- 0
- 1
- 2
- 3
- 4

Sneezing Attacks

- 0
- 1
- 2
- 3
- 4

Mind

Poor Memory

- 0
- 1
- 2
- 3
- 4

Confusion, Poor Comprehension

- 0
- 1
- 2
- 3
- 4

Poor Concentration

- 0
- 1
- 2
- 3
- 4

Poor Physical Coordination

- 0
- 1
- 2
- 3
- 4

Difficulty Making Decisions

- 0
- 1
- 2
- 3
- 4

Slurred Speech

- 0
- 1
- 2
- 3
- 4

Learning Disabilities

- 0
- 1
- 2
- 3
- 4

Nose

Stuffy Nose

- 0
- 1
- 2
- 3
- 4

Sinus Problems

- 0
- 1
- 2
- 3
- 4

Hay Fever

- 0
- 1
- 2
- 3
- 4

Excessive Mucus Formation

- 0
- 1
- 2
- 3
- 4

Skin

Acne

- 0
- 1
- 2
- 3
- 4

Hives, Rashes or Dry Skin

- 0
- 1
- 2
- 3
- 4

Hair Loss

- 0
- 1
- 2
- 3
- 4

Flushing or Hot Flashes

- 0
- 1
- 2
- 3
- 4

Excessive Sweating

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Mouth/Throat

Chronic Coughing

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Gagging or Frequent Need to Clear Throat

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Swollen or Discolored Tongue, Gums, Lips

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Canker Sores

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Sore Throat, Hoarseness, Loss of Voice

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Weight

Binge Eating or Drinking

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Craving Certain Foods

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Excessive Weight

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Compulsive Eating

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Water Retention

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Underweight

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Joints/Muscles

Pains or Aches in Joints

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Arthritis

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Stiffness or Limitation of Movement

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Pain or Aches in Muscles

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Feeling of Weakness or Tiredness

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Other

Frequent Illness

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Frequent or Urgent Urination

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Gentle Itch or Discharge

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

synergee

synergee4life.com

synergeesuccess@yahoo.com