

TOXIC EXPOSURE RISK ASSESSMENT (DIGITAL)

Back In Balance • Functional Medicine

Clean swaps: ourlemongrassspa.com/34617

PART 1: BODY & BEAUTY PRODUCT EXPOSURE

1. Conventional deodorant or antiperspirant
2. Fragranced lotion or body cream
3. Perfume, cologne, or body spray
4. Shampoo/conditioner with fragrance or sulfates
5. Antibacterial soap or hand sanitizer daily
6. Chemical (non-mineral) sunscreen
7. Makeup daily
8. Anti-aging products with retinol or chemical exfoliants
9. Lipstick or lip balm daily
10. Do not regularly check ingredient labels
11. Hair coloring or chemical treatments
12. Hairspray, dry shampoo, or styling sprays
13. Nail polish or gel nails
14. Makeup wipes or micellar water
15. Products labeled 'fragrance' or 'parfum'

PART 2: HOME & CLEANING PRODUCT EXPOSURE

16. Bleach, ammonia, or disinfecting sprays
17. Scented laundry detergent or dryer sheets
18. Air fresheners, candles, or plug-ins
19. Antibacterial household cleaners
20. Cleaning without ventilation
21. Fabric softener
22. Conventional dish soap or dishwasher pods
23. Carpet or furniture sprays
24. Store cleaners near food/living areas
25. Unsure what VOCs are
26. Non-stick cookware
27. Drink from plastic bottles
28. Microwave food in plastic
29. Store food in plastic containers
30. No water filter

SCORING & NEXT STEPS

Total Score (0–30):

LEVEL 1 (0–8):

- Cruciferous Complete – supports detox enzymes & estrogen clearance
- Cod Liver Oil – supports skin, nervous system, immune function & inflammation control

LEVEL 2 (9–18):

- Cruciferous Complete – supports detox enzymes & estrogen clearance
- LivCo – supports liver drainage & toxin processing
- Cod Liver Oil – supports skin, nervous system, immune function & inflammation control
- Consider EnviroTOX Burden Test (\$730)

LEVEL 3 (19–30):

- Cruciferous Complete – supports detox enzymes & estrogen clearance
- LivCo – supports liver drainage & toxin processing
- Cod Liver Oil – supports skin, nervous system, immune function & inflammation control
- Strongly recommend EnviroTOX Burden Test (\$730)

WHAT HAPPENS NEXT?

- I would like help swapping products
- I want to learn more about toxin testing
- I want supplement support recommendations