

Environmental Burden Checklist

Over 70,000 chemicals are commercially produced in the US. Long-term effects of many of these chemicals have never been investigated. Many are harmful in very low doses. Unless generated by the body, chemicals should be *non-detectable*, not "*low level*" in the body. Constant exposure to low levels of widespread chemicals can cause dysfunction in many body systems. The following questions help to assess your ***total toxin load***.

Effects of these toxic factors will be a function of the total toxic burden, the synergy of toxins, and the individual's constitutional or circumstantial vulnerability.

Electromagnetic Factors

- ☐ Live within 200 yards of high voltage wires
- ☐ Live near television transmitter
- ☐ Live near power generating plant
- ☐ Live near electric distribution substation
- ☐ Live near radio tower
- ☐ Frequent airplane travel
- ☐ Bed is close to main electrical current
- ☐ Bed has a metal frame or backboard
- ☐ Have fan directly over bed
- ☐ Have alarm clock or radio close to bed
- ☐ Sleep with electric blanket, heating pad
- ☐ Sleep on waterbed
- ☐ Work on computer more than 6 hours/day
- ☐ Use a cell phone more than 2 hours/day
- ☐ Use microwave ovens
- ☐ Have fluorescent light fixtures

Trichloroethylene/TCE

- ☐ Work close to a copy machine
- ☐ Work in a printing shop
- ☐ Use typewriter correction fluid
- ☐ Use rug cleaners
- ☐ Use disinfectants
- ☐ Use spot removers
- ☐ Use cleaning supplies
- ☐ Use metal degreasers
- ☐ Do recreational painting
- ☐ Drink decaffeinated coffee

Formaldehyde

- ☐ Wear many dry-cleaned clothes
- ☐ Noticed changes in health since moved
- ☐ Wear polyester and permanent press clothes
- ☐ Use spray starch
- ☐ Have foam wall insulation
- ☐ Have particleboard, chip board or plywood
- ☐ Put up wallpaper in last 2 years
- ☐ Have foam cushions or foam mattress
- ☐ Live in a trailer
- ☐ Work in a laboratory
- ☐ Insulated your home
- ☐ Have new carpets
- ☐ Use waxes and polishes on floors
- ☐ Been around resin glues and plastics
- ☐ Have exterior grade plywood on home
- ☐ Home made of stucco, plaster or concrete

- ☐ Have wood burning stove
- ☐ Have draperies
- ☐ Have used acid-cured resin floor finishes
- ☐ Have fire-proof material in home
- ☐ Smoke in home
- ☐ Have photography darkroom
- ☐ Use nail polish remover
- ☐ Use fingernail hardeners

Phenols

- ☐ Use household cleaners
- ☐ Use nasal sprays
- ☐ Use Styrofoam cups
- ☐ Use cough syrup
- ☐ Use decongestant
- ☐ Use hair sprays
- ☐ Use scented deodorants
- ☐ Use Scotch tape
- ☐ Use newsprint
- ☐ Use Lysol
- ☐ Use epoxy
- ☐ Use Listerine
- ☐ Use chloraseptic throat sprays
- ☐ Use mildew cleaners
- ☐ Use perfumes
- ☐ Use air fresheners
- ☐ Use disinfectants
- ☐ Use polishes
- ☐ Use glues
- ☐ Use waxes
- ☐ Use mouthwash
- ☐ Use hard saucepan handles
- ☐ Smoke in home
- ☐ Use chemical cleaners to wash car by hand

Carbon Monoxide/Nitrogen Oxide/Sulfur Dioxide

- ☐ Have oil or gas stove
- ☐ Have water heater
- ☐ Have damaged chimney
- ☐ Live near a busy street
- ☐ Have garage attached to home
- ☐ Smoke in home
- ☐ Have an open fireplace
- ☐ Burn candles

Ozone

- ☐ Use electrical sewing machine
- ☐ Use power tools
- ☐ Use ion generators
- ☐ Work close to a photocopier

Asbestos

- ☐ Live in old home
- ☐ Have old ceiling tiles, plaster, insulation board, heating duct tape
- ☐ Live in large city with many trucks, buses
- ☐ Live near a building which was torn down
- ☐ Have nails treated with acrylic adhesives

Carbon Dioxide

- ☐ Work in crowded work place
- ☐ Have poor ventilation at work

Pesticides & Herbicides (e.g., Organochlorines, Organophosphates)

- ☐ Use insecticides
- ☐ Use weed killers
- ☐ Use cleaning fluids, waxes
- ☐ Work at dry cleaning plant
- ☐ Been around wood preservatives
- ☐ Drink unfiltered tap water
- ☐ Have mothballs in closets
- ☐ Bothered by gasoline fumes
- ☐ Eat "store bought" meat
- ☐ Use aerosols
- ☐ Use fumigants
- ☐ Recent new wood decking
- ☐ Use crop sprays

Volatile Organic Compounds (e.g., toluene, ethers, ketones, propane, polymers)

- ☐ Home painted in last 2 years
- ☐ Use cleaning solvents
- ☐ Have soft vinyl floors
- ☐ Handle propane and butane
- ☐ Wear dry cleaned clothes, furnishings
- ☐ Store dry-cleaned clothes in closets
- ☐ Barbecue more than twice/month
- ☐ Work in tightly sealed building
- ☐ Work close to a laser printer
- ☐ Use moth balls
- ☐ Have nylon carpet
- ☐ Use air fresheners
- ☐ Have workshop in home

Latex products

- ☐ Use baby bottle nipples
- ☐ Use balloons
- ☐ Use bandages
- ☐ Use diaphragms
- ☐ Use hot water bottles
- ☐ Wear latex gloves
- ☐ Wear dishwashing gloves

- ☐ Use rubber dams for dental work
- ☐ Handle tires
- ☐ Work in rubber industry

Miscellaneous

- ☐ Drink bottled water in plastic bottles
- ☐ Use hair permanents or colorings
- ☐ Have breast implants
- ☐ Have basement molds
- ☐ Use humidifier without regular cleaning
- ☐ Installed drop ceilings
- ☐ Work in beauty shop/hair or nail salon
- ☐ Use recreational drugs
- ☐ Take medications long-term
- ☐ Work on a farm
- ☐ Work in a garden
- ☐ Work in a mall
- ☐ Work in machine shop
- ☐ Have mercury/amalgam/silver fillings
- ☐ Removed mercury/amalgam/silver fillings
- ☐ Have a hot tub
- ☐ Have damp home
- ☐ Been exposed to radiation
- ☐ Use chlorine or bromine
- ☐ Have a well
- ☐ Work around/with PVC pipe
- ☐ Moved to new office in last 2 years
- ☐ Eat at salad bars
- ☐ Buy food from street vendors
- ☐ Eat raw fish
- ☐ Have metal implants or replacement joints
- ☐ Have live plants in home
- ☐ Have artificial plants in home
- ☐ Have pets in home
- ☐ Own new vehicle
- ☐ Furniture recently from storage or shipping
- ☐ Stained furniture in last 2 years
- ☐ Live on or near golf course
- ☐ Live on or near industrial area
- ☐ Live in new home
- ☐ Live near a landfill
- ☐ Use synthetic blankets, pillows
- ☐ Use feather or down comforters, pillows
- ☐ Burn scented candles in bedroom
- ☐ Have central heat and/or air conditioning
- ☐ Have "plug in" air fresheners
- ☐ Allow pets in bedroom
- ☐ Bought new furniture
- ☐ Don't filter shower/bath water
- ☐ Have hobby exposure to spray paints, glues, heated substances, dusts, fumes
- ☐ Sleep with windows open
- ☐ Have vinyl shower curtains
- ☐ Use air filters without regular cleaning
- ☐ Family member works in medical/dental setting