TOXIC EXPOSURE HISTORY / JOURNAL

Please list all memories with appropriate details such as approximate age and approximate duration of intense exposure to any substances (liquid, solid, gas) of a possible toxic nature. Begin with your childhood... include long-term medication, prolonged drug use, exposure on a long-term basis to substances such as fuels, paints, solvents, industrial chemicals of all kinds (to include fume exposure), chemical fertilizers, household cleaning agents, air fresheners, dryer sheets, household furnishings (carpet, drapes, upholstery), personal care products (deodorants, hairspray, hair dyes, permanent wave solutions, nail polish, makeup), radiation.

ELIMINATION HISTORY / JOURNALAs far back as you can recall, what do you remember about your bowel elimination? Any changes over the years? If so, when? Any insights why?

Please record your present elimination habits. (Use very descriptive words like: hard, soft, loose, watery, "cow-patty", ribbons, balls/pellets, hotdog/sausage - "well-formed") Does your stool float or sink? Any other observations?

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