BRAIN FOG CHECKLIST



PHYSICAL TOXINS

Junk Food / Fake Food (3D printed)

Processed Food

0	Natural geopathic stress
0	Live near power station
0	Cell phone tower
0	WIFI at home / work
0	Starlink satellite wifi
0	Bluetooth devices eg earbuds
0	Smart watch
0	TV, computer, gaming console
0	LED lights
0	Power sockets near bed
0	Electric / hybrid car
0	Mould / damp at home / work
0	Chemtrails in sky
	Anything also?

ENVIRONMENTAL TOXINS

\bigcirc	Packaged Food	\circ	Cell phone tower
\bigcirc	Additives	0	WIFI at home / work
\bigcirc	Colourings	0	Starlink satellite wifi
\bigcirc	Preservatives	0	Bluetooth devices eg earbuds
\bigcirc	Pesticides	0	Smart watch
\bigcirc	Herbicides	0	TV, computer, gaming console
\bigcirc	Insecticides	0	LED lights
\bigcirc	GMOs	0	Power sockets near bed
\bigcirc	Fizzy drinks	0	Electric / hybrid car
$\tilde{\bigcirc}$	Energy drinks	0	Mould / damp at home / work
$\tilde{\bigcirc}$	Alcohol	0	Chemtrails in sky
Ŏ	Poor quality water / unfiltered water	0	Anything else?
Ŏ	Coffee / Tea		
Ŏ	Coffee / Tea Medication	ME	INTAL EMOTIONAL TOXINS
000		ME	ENTAL EMOTIONAL TOXINS
0000	Medication	ME	
00000	Medication Recreational drugs	ME	Toxic, abusive people
000000	Medication Recreational drugs Smoking / vaping	ME O O	Toxic, abusive people Negative emotions
0000000	Medication Recreational drugs Smoking / vaping Vaccines	0 0 0	Toxic, abusive people Negative emotions Unresolved hurts
00000000	Medication Recreational drugs Smoking / vaping Vaccines Surgical implants / foreign objects	ME 00000	Toxic, abusive people Negative emotions Unresolved hurts Unhealthy patterns of thinking
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$\stackrel{\smile}{\sim}$	Medication Recreational drugs Smoking / vaping Vaccines Surgical implants / foreign objects Cosmetics / make-up Perfumes	00000C	Toxic, abusive people Negative emotions Unresolved hurts Unhealthy patterns of thinking Negativity & pessimism Worry & anxiety
Ŏ	Medication Recreational drugs Smoking / vaping Vaccines Surgical implants / foreign objects Cosmetics / make-up Perfumes Domestic cleaning products	ME 0000000	Toxic, abusive people Negative emotions Unresolved hurts Unhealthy patterns of thinking Negativity & pessimism Worry & anxiety Loneliness
Ŏ	Medication Recreational drugs Smoking / vaping Vaccines Surgical implants / foreign objects Cosmetics / make-up Perfumes Domestic cleaning products Workplace hazardous products	ME 0000000C	Toxic, abusive people Negative emotions Unresolved hurts Unhealthy patterns of thinking Negativity & pessimism Worry & anxiety

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BRAIN FOG CHECKLIST



LIFESTYLE TOXINS

\cup	Sitting at work
0	Couch potato habits Insufficient movement / exercise Infrequent weekly walking Shallow breathing Indoors a lot Poor sleep habits Late nights Overuse of digital devices Addicted to social media Eating while stressed / rushed Poor lymph flow Lack of fresh air Lack of sunshine
0	Insufficient movement / exercise
\bigcirc	Infrequent weekly walking
\bigcirc	Shallow breathing
\bigcirc	Indoors a lot
\bigcirc	Poor sleep habits
\bigcirc	Late nights
\bigcirc	Overuse of digital devices
0	Addicted to social media
\bigcirc	Eating while stressed / rushed
\bigcirc	Poor lymph flow
\bigcirc	Lack of fresh air
\bigcirc	Lack of sunshine Poor air quality Air conditioning
\bigcirc	Poor air quality
\bigcirc	Air conditioning
0	Lack of earth grounding Synthetic clothing Lack of social connection Overworking, workaholism Unhealthy work-life balance
0	Synthetic clothing
0	Lack of social connection
0	Overworking, workaholism
0	Unhealthy work-life balance
\cup	Toxic relationships at home / work
_	Unhealthy diet
_	Drinking / smoking / caffeine
_	Emotional rollercoasters
	Constant state of stress
\circ	Something else?

COMMON SIGNS SYMPTOMS

\bigcirc	Foggy mushy brain
0	Mentally drained
0	Difficulty concentrating / focusing
0	Poor memory
0	Tired, spacey
0	Sluggish digestion / metabolism
0	Poor elimination
0	Low productivity, procrastination
0	Verbal fluency, forget words
0	Leaky gut / food sensitivities
0	Neuro-degenerative diagnosis?

SOLUTIONS



0	Eliminate harmful causes
0	Increase beneficial factors
0	Make detoxification a priority
0	Preventative healthcare

Selfcare - a revolution in healthcare

Note: this is not a definitive list! Disclaimer: This information does not constitute medical advice.