

BRAIN FOG CHECKLIST



PHYSICAL TOXINS

- Junk Food / Fake Food (3D printed)
- Processed Food
- Packaged Food
- Additives
- Colourings
- Preservatives
- Pesticides
- Herbicides
- Insecticides
- GMOs
- Fizzy drinks
- Energy drinks
- Alcohol
- Poor quality water / unfiltered water
- Coffee / Tea
- Medication
- Recreational drugs
- Smoking / vaping
- Vaccines
- Surgical implants / foreign objects
- Cosmetics / make-up
- Perfumes
- Domestic cleaning products
- Workplace hazardous products
- Mould / damp living conditions
- Processed Sugar and Flour

ENVIRONMENTAL TOXINS

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

MENTAL EMOTIONAL TOXINS

- Toxic, abusive people
- Negative emotions
- Unresolved hurts
- Unhealthy patterns of thinking
- Negativity & pessimism
- Worry & anxiety
- Loneliness
- Boredom
- Stress / fear

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LIFESTYLE TOXINS

- Sitting at work
- 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
- Poor air quality
- Air conditioning
- Lack of earth grounding
- Synthetic clothing
- Lack of social connection
- Overworking, workaholism
- Unhealthy work-life balance
- Toxic relationships at home / work
- Unhealthy diet
- Drinking / smoking / caffeine
- Emotional rollercoasters
- Constant state of stress
- Something else?

COMMON SIGNS SYMPTOMS

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

SOLUTIONS



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

Selfcare - a revolution in healthcare

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