



# UNLEASHING YOUR BODY'S NATURAL DETOXIFICATION PROCESS

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## CONTENTS

Introduction .....	3
Our Toxic Environment .....	4-5
How Toxins Harm Our Bodies .....	6
How Toxins are Managed by Our Bodies .....	7-8
Detoxification – Help for Your Body .....	9
Metabolic Detoxification Questionnaire .....	10

## INTRODUCTION

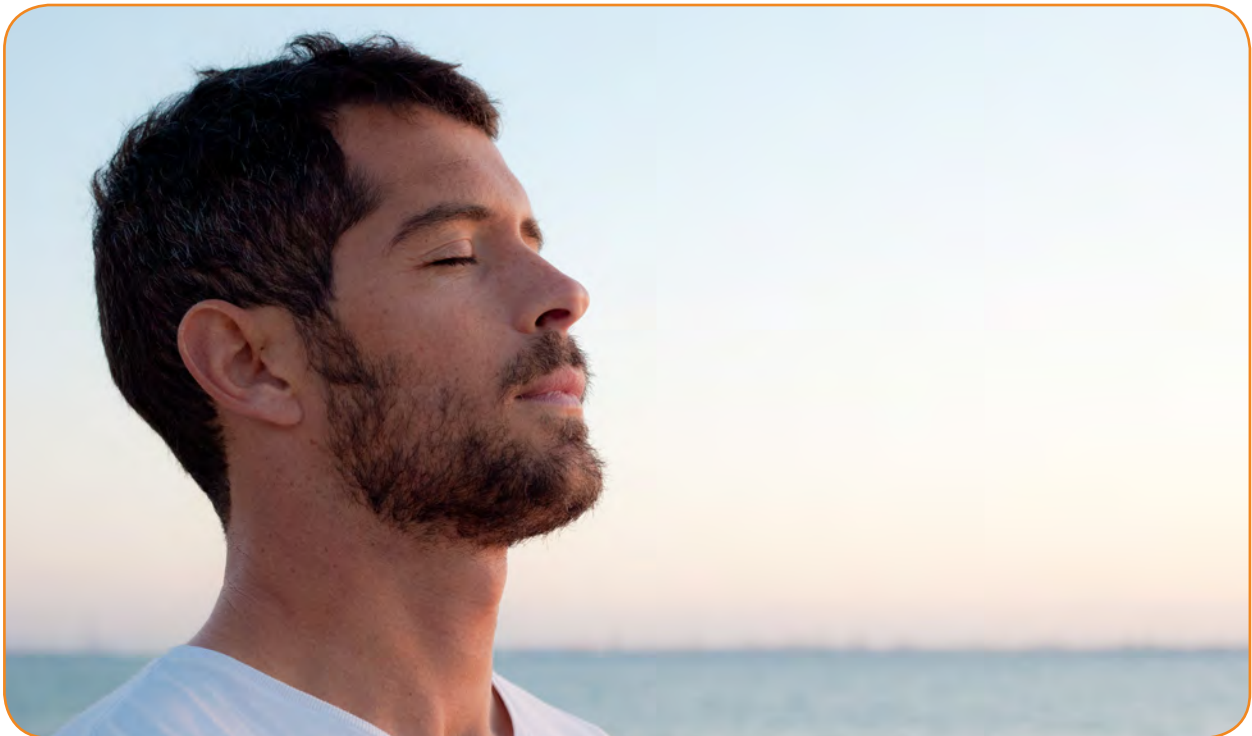
A hot topic for healthy living is detoxifying your body. To fully understand how and why you should detox, it's good to know why you should do it, what causes the toxins you are trying to eliminate – and which of the many detox products you should choose.



Hard to imagine - more than 4 billion pounds of toxic chemicals are released into the environment each year. Our body does all it can to reduce the effects of these toxins, but may need help in ridding itself of these harmful chemicals.

## OUR TOXIC ENVIRONMENT

We are all exposed constantly to toxins, especially for those who live in areas that are heavily polluted. Our bodies are continually fighting off these harmful chemicals. We breathe them in, put them on our bodies and even eat them. Many of the toxins that effect our health are easily identified. Some are a little more subtle and you may not even realize they are harmful.



- Asbestos
- Cigarette smoke
- Lead paint
- Medications
- Mercury from fish



**ASBESTOS.** Asbestos is a mineral fiber that is often found in materials used in older buildings, and may be present where you live or work. This is a known cause for certain types of cancer and one of the toxins your body has a difficult time fighting against.



**CIGARETTE SMOKE.** Carbon monoxide is found in cigarette smoke, along with thousands of other chemicals. There are 43 compounds found in cigarette smoke that are known to be cancer causing.



**LEAD PAINT.** House paint containing lead commonly used in the past, though not used as much at present time, it can still present toxicity problems. Inhaling dust from a lead-based paint or even soil that has been contaminated can cause lead poisoning. Some consumer products may also contain lead.



**MEDICATIONS.** Our bodies are bombarded with supplements and prescription vitamins, as well as improper disposal of medications that leach into our water systems.

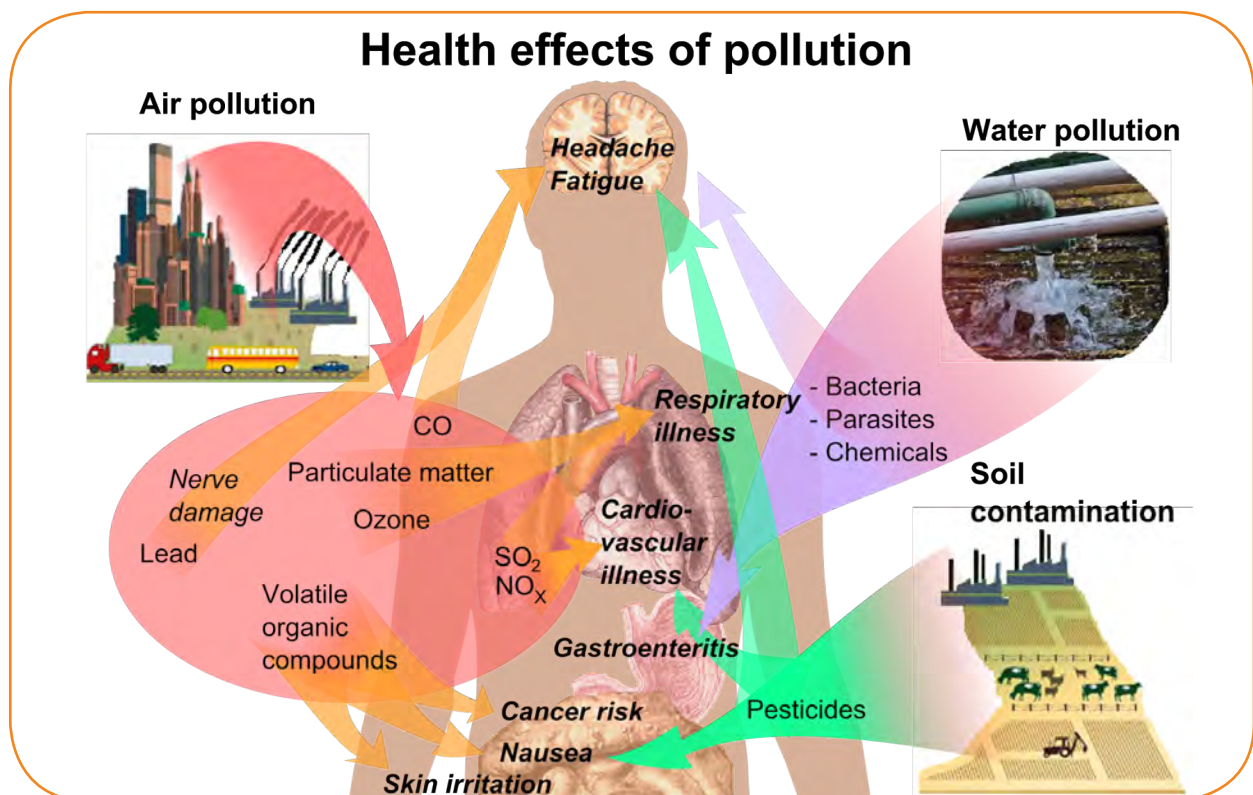


**MERCURY FROM EATING FISH.** Certain fish and shellfish contain high levels of concentrated mercury. Some contain more than others – such as tuna, swordfish, marlin and king mackerel. Mercury is a highly toxic metal and can damage the central nervous system, and is referred to as mercury poisoning.

## HOW TOXINS HARM OUR BODIES

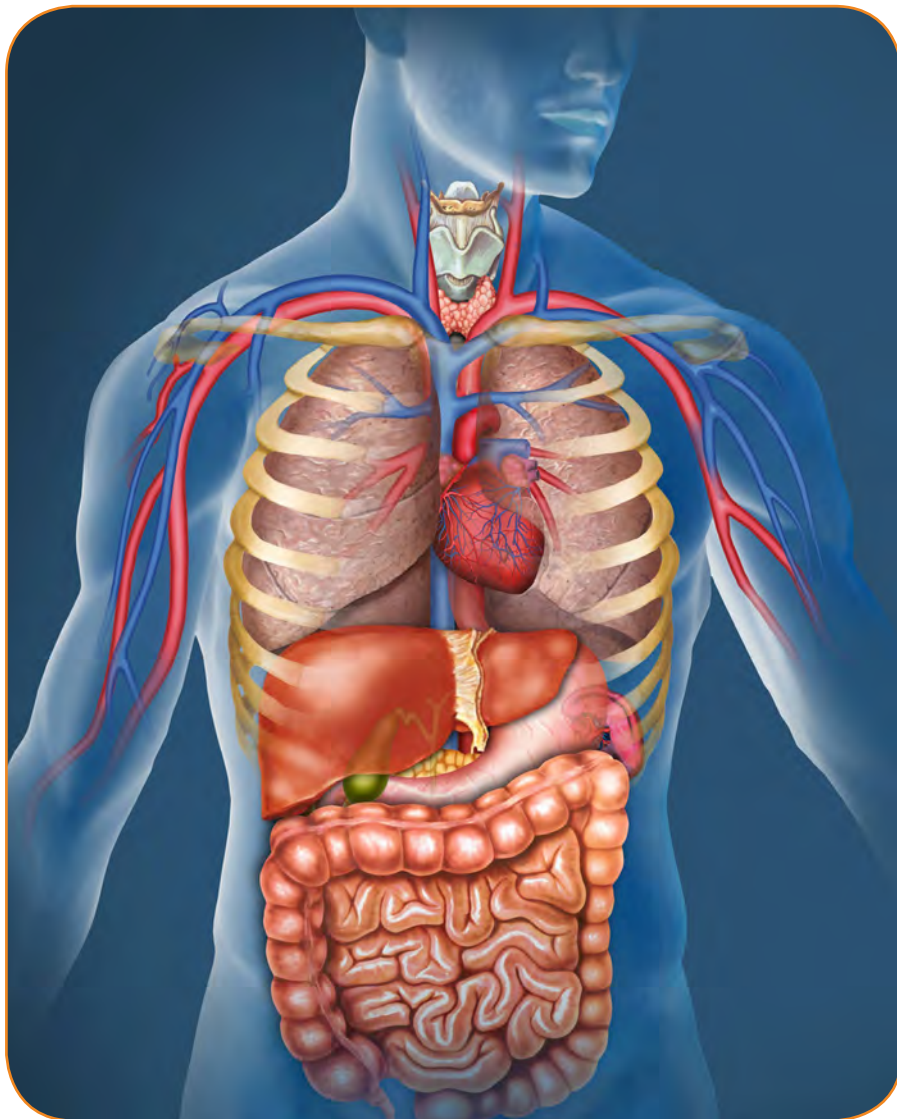
Toxins take a heavy toll on our bodies in many ways that may surprise you. Some are common ailments that the average person may not associate with toxins. Fatigue, chronic headaches, heartburn, chronic sinus issues and even bad breath may be the result of having too many toxins in your body.

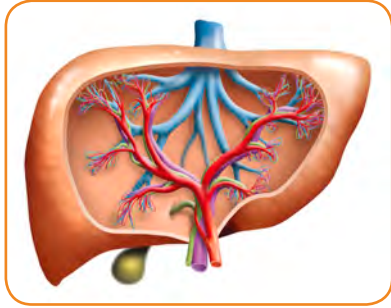
Our bodies have a miraculous natural process for eliminating toxins. Being constantly bombarded, it tries to conserve its health by storing excess toxins in fat tissue, since fat tissue is less vital to your body's survival. At some point, if toxins continue to be introduced to your body, they will have to be stored in other areas besides fat tissues. When this happens, toxic chemicals will accumulate in connective tissue and eventually vital organs – leading to health issues.



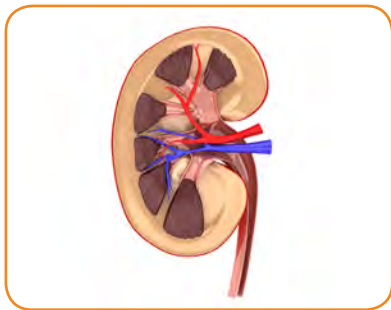
## HOW TOXINS ARE MANAGED BY OUR BODIES

Our bodies do an amazing job of cleansing our bodies of harmful toxins. Three major organs play the most significant role in keeping our bodies healthy and minimize the effects of harmful environmental toxic substances.

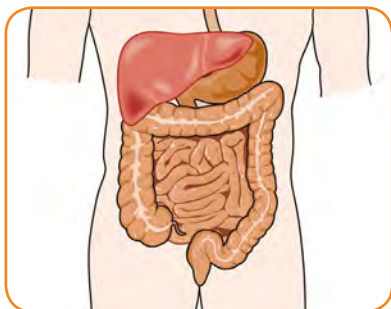




**LIVER.** Toxic waste travels through lymph and end up in the liver for final processing. One of your liver's primary functions is to keep your blood free from toxins. Acting as a filter, the toxins are flushed out of your body. When the toxins become too plentiful for the liver to manage properly, it becomes overloaded and causes problems.



**KIDNEYS.** Your kidneys also work as a filter to rid your body of toxins. When the kidneys fail to function properly, toxins build up in the blood. A healthy kidney is able to process about 200 quarts of blood. Of this huge amount of blood, approximately two quarts are waste products. When extreme amounts of toxins are present, and the kidneys are not able to eliminate them, kidney function may slow down or stop working.



**GASTROINTESTINAL.** Several gastrointestinal components help to eliminate toxins from the GI tract. Both the upper and lower tract have specific jobs to do in order to excrete these harmful substances from your body.



## DETOXIFICATION – HELP FOR YOUR BODY

There are many choices on the market for at-home detoxification. Twenty years ago, the UltraClear Renew (UCR Detox) formula was introduced. This is a premier formula that is research-based and has enjoyed a long history of metabolic detoxification. This product is simple, comprehensive and you can choose the 10 or 28 day regimen. It is science-based, and made entirely from natural ingredients. UltraClear Renew is safer than some detox products and good for those who are sensitive to chemicals.



Even though we all live in a toxic environment, we need to do everything possible to manage our health and become more educated on the effect that toxins have on our bodies. With UltraClear Renew, our body's natural ability to rid itself of harmful chemicals and toxins will be enhanced. Ask your healthcare provider how a detox with UltraClear Renew can help relieve you of some of the chronic symptoms listed earlier, and put your system back on the road to a non-toxic and vibrant life.

## METABOLIC DETOXIFICATION QUESTIONNAIRE

Please fill out the following questionnaire as thoroughly as you can and contact the Vaziri Alternative Medicine Team to discuss the next step to begin the detoxification process.

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# Metabolic Detoxification Questionnaire

## Part 1: Symptoms

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Rate each of the following symptoms based on the last week using the point scale below:

- 0 Never or rarely have the symptom
- 1 Occasionally have it, effect is not severe
- 2 Occasionally have it, effect is severe

- 3 Frequently have it, effect is not severe
- 4 Frequently have it, effect is severe

<b>Digestive Tract</b>	Nausea, vomiting	0	1	2	3	4
	Diarrhea	0	1	2	3	4
	Constipation	0	1	2	3	4
	Bloated feeling	0	1	2	3	4
	Heartburn	0	1	2	3	4
	Intestinal, stomach pain	0	1	2	3	4

**Digestive Total:**

<b>Joints / Muscles</b>	Pain or aches in joints	0	1	2	3	4
	Arthritis, joint swelling	0	1	2	3	4
	Stiff or limitation of movement	0	1	2	3	4
	Pain or aches in muscles	0	1	2	3	4
	Feeling of weakness or tired	0	1	2	3	4

**Joints / Muscles Total:**

<b>Emotional</b>	Mood swings	0	1	2	3	4
	Anxiety, fear, nervousness	0	1	2	3	4
	Anger, irritability, aggression	0	1	2	3	4
	Depression	0	1	2	3	4

**Emotional Total:**

<b>Weight / Food</b>	Binge eating, drinking	0	1	2	3	4
	Craving certain foods	0	1	2	3	4
	Excessive weight	0	1	2	3	4
	Compulsive eating, food addictions	0	1	2	3	4
	Water retention	0	1	2	3	4
	Underweight	0	1	2	3	4

**Weight / Food Total:**

<b>Energy / Sleep</b>	Fatigue, sluggishness	0	1	2	3	4
	Apathy, lethargy	0	1	2	3	4
	Hyperactivity	0	1	2	3	4
	Restlessness, achiness	0	1	2	3	4
	Sleep disturbances	0	1	2	3	4

**Energy / Sleep Total:**

<b>Skin</b>	Acne	0	1	2	3	4
	Hives, rashes, dry skin, redness	0	1	2	3	4
	Hair loss	0	1	2	3	4
	Flushing, hot flashes	0	1	2	3	4
	Excessive sweating	0	1	2	3	4

**Skin Total:**

<b>Heart</b>	Irregular or skipped heartbeat	0	1	2	3	4
	Rapid or pounding heartbeat	0	1	2	3	4
	Chest pain	0	1	2	3	4

**Heart Total:**

<b>Other</b>	Frequent illness	0	1	2	3	4
	Frequent or urgent urination	0	1	2	3	4
	Genital itch or discharge	0	1	2	3	4

**Other Total:**

<b>Respiratory</b>	Chest congestion	0	1	2	3	4
	Asthma, bronchitis	0	1	2	3	4
	Shortness of breath	0	1	2	3	4
	Difficulty breathing	0	1	2	3	4

**Respiratory Total:**

<b>Eyes</b>	Watery or itchy eyes	0	1	2	3	4
	Swollen, red, or sticky eyelids	0	1	2	3	4
	Bags or dark circles under eyes	0	1	2	3	4
	Blurred or restricted vision	0	1	2	3	4

**Eyes Total:**

<b>Nose</b>	Stuffy nose	0	1	2	3	4
	Sinus problems or dripping nose	0	1	2	3	4
	Hay fever	0	1	2	3	4
	Sneezing attacks	0	1	2	3	4

Excessive mucus

**Nose Total:**

<b>Mouth / Throat</b>	Frequent, consistent coughing	0	1	2	3	4
	Gagging, need to clear throat	0	1	2	3	4
	Sore throat, hoarse, loss of voice	0	1	2	3	4
	Swollen or discolored tongue, gums, or lips	0	1	2	3	4

Canker sores, other mouth sores

**Mouth / Throat Total:**

<b>Ears</b>	Itchy ears	0	1	2	3	4
	Earaches, ear infections	0	1	2	3	4
	Drainage from ear, waxy buildup	0	1	2	3	4
	Ringing in ears, hearing loss	0	1	2	3	4

**Ears Total:**

<b>Head</b>	Headaches	0	1	2	3	4
	Faintness or lightheadedness	0	1	2	3	4
	Dizziness	0	1	2	3	4

**Head Total:**

<b>Cognitive</b>	Poor memory, recall	0	1	2	3	4
	Confusion, poor comprehension	0	1	2	3	4
	Poor concentration	0	1	2	3	4
	Poor physical coordination	0	1	2	3	4
	Difficulty in making decisions	0	1	2	3	4
	Stuttering, stammering	0	1	2	3	4
	Slurred speech	0	1	2	3	4
	Learning disabilities	0	1	2	3	4

**Cognitive Total:**

**Grand Total** \_\_\_\_\_

**For Practitioner Use Only:**

Urinary pH \_\_\_\_\_

# Metabolic Detoxification Questionnaire

## Part 2: Xenobiotic Tolerability Test (XTT)

**1. Are you presently using prescription drugs?**

Yes (1 pt.)      No (0 pt.)

If yes, how many are you currently taking? \_\_\_\_ (1 pt. each)

**2. Are you presently taking one or more of the following over-the-counter drugs?**

Cimetidine (2 pts.)      Acetaminophen (2 pts.)      Estradiol (2 pts.)

**3. If you have used or currently use prescription drugs, which of the following scenarios best represents your response to them:**

- Experience side effects; drug(s) is (are) efficacious at lowered dose(s) (3 pts.)
- Experience side effects; drug(s) is (are) efficacious at usual dose(s) (2 pts.)
- Experience no side effects; drug(s) is (are) usually not efficacious (2 pts.)
- Experience no side effects; drug(s) is (are) usually efficacious (0 pt.)

**4. Do you currently (within the last 6 months) or have you regularly used tobacco products?**

Yes (2 pts.)      No (0 pt.)

**5. Do you have strong negative reactions to caffeine or caffeine-containing products?**

Yes (1 pt.)      No (0 pt.)      Don't know (0 pt.)

**6. Do you commonly experience "brain fog," fatigue, or drowsiness?**

Yes (1 pt.)      No (0 pt.)

**7. Do you develop symptoms with exposure to fragrances, exhaust fumes, or strong odors?**

Yes (1 pt.)      No (0 pt.)      Don't know (0 pt.)

**8. Do you feel ill after you consume even small amounts of alcohol?**

Yes (1 pt.)      No (0 pt.)      Don't know (0 pt.)

**10. Do you have a personal history of:**

- Environmental and/or chemical sensitivities (5 pts.)
- Chronic fatigue syndrome (5 pts.)
- Multiple chemical sensitivity (5 pts.)
- Fibromyalgia (3 pts.)
- Parkinson's type symptoms (3 pts.)
- Alcohol or chemical dependence (2 pts.)
- Asthma (1 pt.)

**11. Do you have a history of significant exposure to harmful chemicals such as herbicides, insecticides, pesticides, or organic solvents?**

Yes (1 pt.)      No (0 pt.)

**12. Do you have an adverse or allergic reaction when you consume sulfite-containing foods such as wine, dried fruit, salad bar vegetables, etc.?**

Yes (1 pt.)      No (0 pt.)      Don't know (0 pt.)

**Total \_\_\_\_\_**

## Part 3: Alkalizing Assessment

**1. Do you have a history of or currently have kidney dysfunction?**

Yes (1 pt.)      No (0 pt.)

**2. Have you ever been diagnosed with hyperkalemia?**

Yes (1 pt.)      No (0 pt.)

**3. Are you currently taking diuretics or blood pressure medication?**

Yes (1 pt.)      No (0 pt.)

**Total \_\_\_\_\_**

## Overall Score Tabulation

**For Practitioner Use Only:**

Part 1: Symptoms Grand Total \_\_\_\_\_ (High >50; moderate 15-49; low <14)

Part 2: XTT Total \_\_\_\_\_ (High >10; moderate 5-9; low <4)

Part 3: Alkalizing Assessment Total \_\_\_\_\_ (High  $\geq$ 1)

Urinary pH \_\_\_\_\_

**Notes:**

- Patients with high symptoms but low XTT may be exhibiting reactions that are not related to toxic load. Other mechanisms should be considered, such as inflammation/immune/allergy, gastrointestinal dysfunction, oxidative stress, hormonal/neurotransmitter dysfunction, nutritional depletion, and/or mind body. Individualize support with specific medical foods, diet, and/or nutraceuticals.
- Recommend non-alkalizing nutrients if patient answers "yes" to any questions in the Alkalizing Assessment.

**Disclaimer:** This questionnaire is for informational purposes only. It is not meant to diagnose or treat any condition or illness. All medical symptoms should be addressed by a qualified medical professional.

## ABOUT THE AUTHOR



Dr. Vaziri completed his undergraduate studies at the University of California, Davis earning a Bachelor of Science degree in Nutrition Science with an emphasis in Biochemistry. He received his Doctorate from Southern California University of Health Sciences in 1989 and post-graduate studies were completed at Emperor's College of Traditional Oriental Medicine with a degree in Acupuncture and Herbology in 2001.

In addition to Chiropractic, Acupuncture, Nutrition and Herbology, Dr. Vaziri specializes in Pain Management, Sports-Related Injuries, Automobile Accident Injuries, Orthotics and is trained in Veterinary Orthopedic Manipulation. He also hosts corporate lectures focusing on workplace and lifestyle ergonomics as well as providing Ergonomic Evaluations. While building his diverse practice, Dr. Vaziri has successfully integrated both Western and Eastern philosophies.

Dr. Vaziri was first introduced to Chiropractic care as a college student while recovering from a back injury. In his spare time, he enjoys reading, SCUBA diving, sailing, traveling, and time with his family.

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