

QUIZ: SHOULD I LAND-TOX OR SEA-TOX?

Review both columns and put a check next to all the symptoms that apply to you.

Whichever column has the most checks indicates which program you should follow.

LAND-TOX

- Feeling that bowels do not empty completely
- Hard, dry, or small stool
- Coated tongue or fuzzy debris on tongue
- Pass large amount of foul-smelling gas
- Burping
- Heartburn
- Irritable if meals are missed
- Cannot fall asleep
- Perspire easily
- Under high amounts of stress
- Insomnia
- Night sweats
- Fatigue after meals
- Must have sweets after meals
- Gain weight easily
- Overweight and/or puffy
- Acne

SEA-TOX

- Difficult, infrequent bowel movements
- Crave sweets during the day
- Depend on coffee to get you started
- Get lightheaded if meals are missed
- Eating relieves fatigue
- Poor memory, forgetful
- Blurred vision
- Roughage and fiber cause constipation
- Frequent urination
- Increased thirst and appetite
- Difficulty losing weight
- Tired, sluggish
- Feel cold: hands, feet, all over
- Require excessive amounts of sleep to function properly
- Increase in weight gain even with a low-calorie diet
- Depression, lack of motivation
- Morning headaches that wear off as the day progresses
- Dryness of skin and/or scalp
- Crave salt
- Weak nails