

Oligoscan Pre-Test Questionnaire (Updated 10/2024)

Patient # or First Name: _____ Gender: _____

Date of Birth: _____ Blood Type: _____ Weight: _____ Height: _____

TOP Health Concern & Symptoms: _____

How have you addressed this so far? _____

Is there any one thing that you feel if you implemented or gave up would impact your health in a significant way?

of hours of Sleep /night + Quality?: _____

Do you have Wifi? Sleep with it on? Sleep next to your phone (Describe): _____

EMF exposure can increase Magnesium burn rate and alter the Sodium/Potassium Voltage Gated Channels

Have you tested your bedroom for EMF radiation? _____

How often do you ground your body to the earth (Bare feet to earth)? _____

Do you watch the Sunrise, Grounded (bare feet to earth)? _____ Do you watch the Sunset, Grounded? _____

Do you wear Blue Light Blocking Glasses when looking at Screens? _____ Do you wear toxic sunscreen? _____

Hours looking at a screen (TV/Computer/Phone) daily? _____

What is your relationship with the sun (worship or fear)? _____

Diet: _____

Raw, Vegan, Vegetarian, Organic, Carnivore, Keto, Regular Fasting, or?

Seafood (How often, Past?) _____ **Kitchen Cookware** (Type, Past?) _____

Do you buy local food or is the majority of the food you consume imported from another country? _____

Do you eat meat, if so what kinds? Do you eat organ meats? If so, how often?

The most bioavailable forms of Copper, Zinc, Sulfur, Selenium, Vitamins B2, B3, B5, B6, B9, B12, A

Do you eat Chocolate? If so, what Brand, how much & frequency? _____

Chocolate is one of the highest sources of Cadmium & Lead of all processed foods. See Consumer Reports Article

Sugar Cravings (especially at night?) _____ **Any Food Allergies?** _____

Drinking Water (Municipal, well, bottled, filtered...list primary source): _____

Plastic Bottles contain Antimony. Most Municipal water contains Fluoride, Aluminum, and several other toxins

Shower/Tub water (Tap or Filter?) _____

Skin is the largest organ and absorbs what it comes in contact with. <https://www.ewg.org/tapwater/>

Perspiration (Daily Sweating): Time/Status (in minutes & on a scale 1-10, with 1 for none and 10 for highest):

This is paramount for Aluminum excretion!

Walking: _____ Exercising: _____ Sauna: _____

Do you do any kind of Cold Therapy (Cold Plunge)?: _____

Alcohol (types & Frequency/week): _____
Can significantly affect Phosphorus & Chromium levels. Toxic to the Liver.

Smoking (including Vapes, Weed Pens) (types & Frequency/week): _____

Tattoos (list # & location): _____

Residence - City/County or Postal Code: _____ **Metropolitan area?** Yes/No _____

Proximity to Airports, highways, industrial mfg., refineries, smelter plants, etc? _____

Air, water, and soil can be contaminated by fuel exhaust (Aluminum & Cadmium) (car and airplanes), fuel spills into water supplies and food sources.

Occupation/Work Exposure (working with metals, chemicals, dyes, paints, petroleum): _____

Overall Stress Levels (scale 1-10) - with 1 for minimal stress, 10 for very stressed): _____

Have you had COVID? If yes, # of times (Y/N) _____ COVID 19 Vaccination (Y/N)? _____

Vaccinations as a Child? _____ **# Flu Vaccinations?** _____

Activities/Hobbies: _____

Paints, welding, metal working, inks containing heavy metals, golf courses, chlorine swimming pools

All Medications – (Aspirin, Cholesterol, Heart, Acid Reflux OTC, List): _____

May contain coloring agents, aluminum, titanium, mercury

Supplements (List) : _____

If the body is not absorbing the supplements, this will be indicated on the Oligoscan. Colloidal Silver may be a source of unhealthy Silver levels.

Minerals (List): _____

Minerals can be depleted by heavy metals and will show up as low on the Oligoscan even when supplemented

Breast Implants? _____ **Copper IUD (past or present?)** _____ **Birth Control (Past or present?)** _____

Hormones (List) - (HRT's, Bioidentical, HcG - Topical or Oral- List)

Disrupts the natural function of the body and creates dependencies. These artificial ingredients are not recognized by the body

Zeolite, Oral Chelators (List): _____

Chelators: EDTA, DSMA (List): _____

Internal detoxing is not effective if the person is a non-excreter and the lymphatic system is blocked. Internal chelators introduce chemicals into the body and leave residuals)

Dental Work – (Amalgams, Caps, Bridges, Root Canals): _____

Source of Heavy metal exposure, particularly Mercury & Silver

Personal Care Products, Cosmetics, Anti-Perspirant Deodorants (List): _____
Contain various non beneficial ingredients including Aluminum, which are not utilized by the body. Note- it is important to allow the body to perspire without interruption. Check out this App to see if your products are toxic: <https://yuka.io/en/>

Do you use a Microwave? _____ **Any significant Trauma (Physical or Emotional)?** _____

Air Fresheners at home/car, in the past? Cleaning Products? _____

Laundry Detergent/ Dryer Sheets, Type? _____

Overall Family/Friend Support & Sense of community scale 1-10? _____

Do you regularly wear a Smartwatch, Whoop, Oura Ring, Airpods?(List): _____
Potential EMF source & Lithium exposure from batteries

Female – last period, last pregnancy, breast feeding: _____

There may be some depletions such as hormones and/or minerals. If pregnant or recently had a baby the levels of minerals will be depleted

Recent Medical tests - Mammogram, CAT, MRI, X-Ray, Colonoscopy: _____

Can be disruptive to the body and can introduce radiation, irritation to the tissues (Contrast Agents- Gadolinium)

Family History/Concerns: _____

Surgeries (i.e Joint replacements, implants, screws, etc): _____

Source of heavy metal exposure/blockages

Accidents, Injuries: _____

Can create lymphatic blockages due to restrictions (scars, surgeries)

Other Observations- i.e country of Origin, recently relocated from, etc: _____

Moving to another part of the country or world may place you in a different environment as well as expose you to different parasites, bacteria, viruses, etc. Also, the types of food available to you may not be what you typically ate. Your heritage and genes should be considered.

This Questionnaire is intended for the individual to take a step back and consider lifestyle choices, exposures, habits, etc during the course of their entire life. Toxicity can accumulate during childhood, especially if the diet was poor. We need to start thinking, “what is the root cause and when could my environment/actions/ potential exposures possibly have had an impact on my health?”

We need to also consider how Light, Water, & Magnetism impacts our life and well being. If you don't know who Jack Kruse is, I [highly recommend listening](#) to his work on podcasts. He is one of many that I have learned from.

Please Review the Most Common Sources of Metals/Toxins below:

Aluminum

- Anti-Perspirant Deodorant
- Nespresso Coffee Makers
- Municipal Water (Alum Sulfate > Part of Water Treatment Process)
- Anti-Acid Medications (Pepcid AC, Zantac, etc)
- Cookware (Pots, pans), cooking with Aluminum Foil
- Processed Foods (Frozen Pizzas, Pancake mix), cheap baking powder
- Tea (attaches to oxalates)
- Aluminum Cans
- [Geoengineering](#) (contaminating the rain & soil)

Cadmium

- [Fruits & Vegetables](#) (even "organic") via [Phosphate Fertilizer](#) contaminated w/ Cadmium.
- [Dark Chocolate](#)
- Air & Water Pollution via living in a Metropolitan Area
- Cigarette Smoke/ Tobacco (again think soil)
- Vapes

Fluoride

- Fluoride Toothpaste
- Drinking & Showering in Unfiltered Municipal water
- Teflon Non Stick Cookware (PFC's - Per-fluorinated compounds)
- Pharmaceutical Medications (Anesthetics, antacids, anti-anxiety, antibiotics, antidepressants, antifungals, antihistamines, cholesterol-lowering medications STATINS, anti-malarial, chemotherapy, arthritis medications, psychotropics, and steroids)
- Tea

Antimony

- **Plastic** (especially + Hot Water "Leaching")
- Coffee Makers
- Plastic Wrapping
- Dental work (especially with the Blue light to "seal")

Barium

- Dental Amalgam Fillings, Especially Root Canal Procedures

Mercury

- **Dental Amalgam Fillings**
- Seafood
- Vaccinations
- Playing w/ Thermometers
- Some light bulbs
- Located near heavy industry pollution

Lead

- Dark Chocolate
- Municipal water
- Hair dyes, cosmetics, glazes on ceramics
- Industry pollution via soil, air, water,
- Infant formulas
- Pipes, dust in and around old buildings

Gadolinium

- Radiology - MRI's w/ contrast (Injection or Drink)

Nickel

- Dental Amalgam Fillings (particularly Porcelain Fused to Metal)

Silver

- [Geoengineering](#)
- Overuse of Colloidal Silver

Arsenic

- Water/ Food via contaminated environment, seen very prevalent in India
- Pesticide exposure
- Cigarettes

High Sulfur &/or High Zinc/Copper

>> Likely indicates compromised Liver Function & Biliary Tree Blockage, most likely from potential Toxin exposure. If the Liver is working at 30%, the rest of the body is likely compromised and the channels of excretion are blocked. **Explore Liver Flush (Andrea Moritz) & reduce inputs of toxins.**

Possible Sources

- Breast Implants
- Botox
- Teflon via Cookware
- Laundry Detergent (SLS, Synthetic Fragrances). If you smell your laundry detergent, total red flag
- Air Fresheners
- **Personal Care Products - Makeup**

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