



Name: _____

NAEM Environmental Health Questionnaire

Overload or Poor Metabolizer Indicators

Yes answers to these questions can indicate one or more of these three things.

1. You have been exposed to a significant amount of chemicals that may cause a reaction in your body
2. You are not able to get rid of chemicals easily due to a nutritional deficiency or a genetic variance, so smaller exposures are more significant.
3. You have an allergic reaction to one or more of the following: animals, plants, foods, molds, bugs, and/or chemicals.

Do you or have you

- Had a sudden onset of symptoms (headaches, skin rashes, nausea, fatigue, shortness of breath, etc.) on exposure to fragrance, cigarettes, mold, dust, pollens or other environmental allergens? Current Past
- Smell odors when others can't? Current Past
- Often had to lower the regular dose of prescription, over-the-counter medication or herbal supplements because you were too sensitive to normal doses? Current Past
- Ever experienced adverse reactions to medications? Current Past
- Ever had to leave your residence or job because your environment was making you sick? Current Past
- Avoid the detergent aisle in a store because it makes you feel ill or have other symptoms? Current Past
- Easily get rashes or skin irritation though contact with clothing or body care products? Current Past
- Easily get drunk or have a hangover on one or less alcoholic beverages? Current Past
- Avoid caffeine because it makes you jittery, irritated, or causes insomnia? Current Past
- Avoid caffeine in the afternoon or all together because it can keep you up at night? Current Past



Allergens (A)

Do you or have you

- Regularly eat foods or are exposed to substances that cause symptoms such as stuffiness, cough, shortness of breath, wheeze, rash, bloating, gas, abdominal pain, diarrhea, constipation, heart burn, fatigue, or difficulty concentrating
 Current
 Past

- Have a skin reaction to jewelry or other metals
 Current
 Past

Solvents/VOCs (SV)

Do you or have you

- Live or work near, or are a regular customer of Dry Cleaner
 Current
 Past
- Park your car in attached garage
 Current
 Past
- Use a gas stove, gas water heater, a wood stove or a fireplace
 Current
 Past
- Live or work near heavy traffic, airport, gas station, or idling vehicles
 Current
 Past
- Spend time in energy efficient home or work place with closed windows
 Current
 Past
- Regularly eat charred meat
 Current
 Past
- Use bleach and other chemical cleaners in home or occupation
 Current
 Past
- Use chemicals/paints for the following: painting, printing, leatherwork, photo developer
 Current
 Past
- Regularly consume decaf coffee (non-water process)
 Current
 Past
- Been exposed to oils, grease, de-greaser, fuels
 Current
 Past
- Been exposed to interior or exterior paints, stains, finishes, removers
 Current
 Past
- Been exposed to synthetic rubber, tire parts, synthetic latex rubber
 Current
 Past
- Use standard cleaning products at home or on the job
 Current
 Past
- Been exposed to glues, epoxies, resins, solvents
 Current
 Past

Pesticides (PE)



Do you or have you

- Live or work nearby farm or orchard Current Past
 - Live or work nearby vineyard Current Past
 - Live or work nearby golf course Current Past
 - Use pesticides or herbicides used inside your home/workplace or outside on grass or garden Current Past
 - Have indoor/outdoor animals Current Past
 - Have animals chemically treated for fleas etc. Current Past
 - Use antibacterial soap (triclosan) Current Past
 - Use moth balls Current Past
 - What percentage of your food is organically grown? <25%, 50%, 75%, 95%
- Be sure to include foods you eat at restaurants.

Metals (MT)

Do you or have you

- Broken a mercury thermometer or fluorescent lamp Current Past
- Played with mercury “balls” Current Past
- Dental work including root canals, implants, or bridgework Current Past
- Silver fillings Current Past
- Implants (hip, shoulder, etc.) or have had any metal implanted in your body (screws, plates, etc.) Current Past
- Take herbal formulas made in China or India Current Past
- Live in house built before 1978 Current Past



Mold (M)

Do you or have you

- Visible mold Current Past
- Indoor water leak Current Past
- Wet inside windows or other inside areas Current Past
- History of a flooded basement, damp musty basement or crawl space Current Past
- Plants in your house Current Past
- Home where turning on the central air or heat caused you or family members feel sick? Current Past

Plastics (PL)

Do you or have you

- Regularly eat/drink canned foods/beverages Current Past
- Regularly consume food packaged in plastic or non-stick wrap Current Past
- Drink beverages including water from plastic bottles Current Past
- Regularly handle store receipts Current Past

Personal Care Products (PCP)

Do you or have you

- Regularly wear make-up Current Past
- Regularly use hair and skin products containing fragrance phthalates or parabens Current Past
- Regularly use nail polish Current Past
- Use scented soaps, lotions, detergents, potpourri, perfumes, etc. Current Past
- Use fabric softener Current Past



Persistent Organic Pollutants (P)

Have you ever been or are you currently exposed to the following? (home, work, school, travel, etc.)

- Dump site or Super Fund site Current Past
- Industrial plant Current Past

Do you or have you

- Cook with non-stick pans Current Past
- Use non-stain spray in home or workplace Current Past
- Use clothing, furniture or bedding treated with flame retardant Current Past

Other

Do you or have you

- Have/had a known chemical injury or major exposure? Current Past
- Live or work in home with asbestos insulation or walls Current Past
- Sleep near electromagnetic devices (cell phone, live near Wi-Fi radio frequency tower, smart meter, electrical panel near bed, nearby power lines or power plant) Current Past
- Live or work near a nuclear power plant Current Past
- Regularly eat/drink foods/beverages with artificial sugar Current Past

Multiple Toxicants

Food

Do you or have you

- Regularly eat animal products including dairy, eggs, fish and/or meat (P, PE, PL, SV) Current Past
- Regularly drink alcoholic beverages [MT, PE] Current Past
- Regularly go out to eat in restaurants [MT, P, PE, PL,] Current Past
- Eat fish such as tuna, shark, orange roughy, swordfish, halibut, croaker, mackerel, perch, sablefish, marlin, grouper, bluefish, pike, largemouth bass and Walleye (MT, P, PE) Current Past
- Regularly eat animal products including dairy, eggs, fish and/or meat (P, PE, PL, SV) Current Past



- Microwave food in the package or in plastic wrap (P, PL) Current Past

House/Job

Do you or have you

- Drink water from well, lake, river (MT, P, PE, SV) Current Past
- Drink unfiltered city water (MT, P, PE, PL, SV) Current Past
- Store paints, pesticides or other toxic compounds in your garage or other attached storage space (P, PE, SV) Current Past
- Work or live where co-workers/co-inhabitants complain about the air quality or smell (M, PE, SV) Current Past
- Live in home built before 1988 in southern US [P, PE] Current Past
- Remodeled your home (MT, SV) Current Past
- New carpet, new furniture, and/or new construction/paint (P, PL, SV) Current Past
- New car, mobile home, vinyl tile or construction materials (PL, SV) Current Past
- Use synthetic foam mattress or foam cushions/couch/pillows (P, SV) Current Past
- Work in construction (MT, SV) Current Past
- Work or are a regular customer of hair, beauty, nail salon (PCP, SV) Current Past
- Been exposed to welding, solder, metal-working, metal finishing (MT, SV) Current Past

Personal Habits

Do you or have you

- Treat hair or body for scabies or lice (PE, P) Current Past
- Smoke or eat cannabis (PE, SV) Current Past
- Use scented candles or chemical air fresheners (PC, V) Current Past
- Use E cigarettes (PC, SV) Current Past
- Chew tobacco (MT, PE) Current Past
- Regularly use deodorant or antiperspirant (MT, PE) Current Past



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- Smoke cigarettes or are exposed to second hand smoke [MT, SV] Current Past
- Frequently travel by plane (PE, SV, radiation) Current Past

Do you or have or do you have any of these habits that may protect your health

- Turn Wi-Fi off at night Current Past
- Have your air ducts cleaned every three years Current Past
- Replace heater filters quarterly Current Past
- Use air Purifier Current Past
- Use water filters, Circle all that apply {tap water, shower, bathtub, whole house} Current Past
- Regularly sauna Current Past