INFLAMMATION TRIGGERS HARMING YOUR SKIN

DIET		
1	Daily consumption of any packaged food with more than 5 ingredients	☐
2	Not eating a variety of whole plant food everyday (recommendation is 30 different plant foods per week from whole grains, legumes, veggies, fruit, nuts, and seeds)	☐
3	More than one meal a day containing refined carbs (white bread, white flour, white pasta, white rice, cereal, baked goods.)	☐
4	Consuming > 5 tsp of total sugar daily (30g total sugar, includes all added sugars from snacks, juices etc.)	☐
5	Regular consumption of beverages or foods with artificial sweetners (example Splenda, chewing gum, diet soda)	☐
6	> 15-25g of saturated fat consumption (unfermented dairy like milk and butter, red meat)	☐
7	Daily consumption of packaged or restaurant fried foods	☐
8	High sodium (>2200mg per day)	☐
9	High protein, high fat, low carb/whole plant diet	☐

HOUSEHOLD ITEMS		
10	Scented candles	☐
11	All items with fragrance - laundry detergent, cleaning sprays, room fresheners	☐
12	Cleaning items with ammonia	☐
13	Bleach	☐

14	Plastic food and liquid storage	☐
15	Cooking regularly with non-stick cookware	☐
PERSONAL CARE		
16	Perfume	☐
17	Hair dyes - synthetic and Indigo powder	☐
18	Products with synthetic fragrance	☐
19	Products with high concentration of natural fragrance (example not diluting essential oils properly before using)	☐
20	Water based skincare - contain preservatives	☐
21	Chemical sunscreens	☐

ENVIRONMENT		
22	UV exposure	☐
23	Heavy metal contamination (via water and food)	☐
24	Mold	☐
25	Air pollution	☐
26	Exposure to weed killer	☐
LIFESTYLE		
27	Any alcohol consumption	☐
28	Smoking of any substance	☐
29	Stress	☐
30	Overwork	☐
31	< 7 hours sleep	☐
32	Excessive anger, anxiety, grief	☐
33	Not exercising daily (minimum of 4000 steps per day)	☐

34	Obesity (Waist:Hip ratio between 0.85 and 0.9)	☐

BIOLOGICAL		
35	Age (> 60)	☐
36	Sex hormonal changes (peri-menopause, menopause)	☐
37	Chemo, radio, immune therapy	☐
38	Auto immune disorders	☐
39	Infections	☐
40	Certain diseases like cancer, diabetes, psoriasis, asthma, IBS	☐