

Parasite Questionnaire

There are many causes for each symptom listed below. One of the most common causes is the presence of parasites. Please circle the appropriate number next to each question.

A= symptom never occurs B= symptom occurs occasionally

C= symptom occurs often D= the symptom occurs most of the time

| Name | A | B | C | D |
|--|---|---|---|---|
| 1.Chronic fatigue for no apparent reason | 0 | 1 | 2 | 3 |
| 2.Swollen or achy joints | 0 | 1 | 2 | 3 |
| 3.Increased appetite,hungry after meals | 0 | 1 | 2 | 3 |
| 4.Eat out at restaurants | 0 | 1 | 2 | 3 |
| 5.Nervous or irritable | 0 | 1 | 2 | 3 |
| 6.Restless sleep/teeth grinding while asleep | 0 | 1 | 2 | 3 |
| 7.Night sweats | 0 | 1 | 2 | 3 |
| 8.Blurry, unclear vision | 0 | 1 | 2 | 3 |
| 9.Fevers of unknown origin | 0 | 1 | 2 | 3 |
| 10.Frequent colds, flu, sore throats | 0 | 1 | 2 | 3 |
| 11.Recurrent feelings of unwellness | 0 | 1 | 2 | 3 |
| 12.Constipation | 0 | 1 | 2 | 3 |
| 13.Diarrhea alternating with constipation | 0 | 1 | 2 | 3 |
| 14.Thinning or loss of hair | 0 | 1 | 2 | 3 |
| 15.Allergies, food sensitivities | 0 | 2 | 4 | 6 |
| 16.Irritable bowel, irregular bowel | 0 | 2 | 4 | 6 |
| 17.Rectal, anal itching | 0 | 2 | 4 | 6 |
| 18.Bloating or gas | 0 | 2 | 4 | 6 |
| 19.Abdominal or liver pain/cramps | 0 | 2 | 4 | 6 |
| 20.Mucus in nose that is moist or encrusted | 0 | 2 | 3 | 4 |
| 21.Dark circles under the eyes | 0 | 2 | 3 | 4 |
| 22.Bowel urgency | 0 | 2 | 3 | 4 |
| 23.Skin problems, rashes, hives, itchy skin | 0 | 2 | 3 | 4 |
| 24.Vertical wrinkles around mouth | 0 | 2 | 3 | 4 |
| 25.Kiss pets, allow pets to lick your face | 0 | 2 | 3 | 4 |
| 26.Go barefoot outside the home | 0 | 2 | 3 | 4 |
| 27.Travel in 3rd world countries | 0 | 2 | 3 | 4 |
| 28.Eat lightly cooked pork/ salmon products | 0 | 2 | 3 | 4 |
| 29.Eat sushi, sashimi | 0 | 2 | 3 | 4 |
| 30.Swim in creeks, rivers, lakes | 0 | 2 | 3 | 4 |
| 31.History of parasitic infection | 0 | 2 | 3 | 4 |
| 32.Loose stools or diarrhea | 0 | 2 | 3 | 4 |
| 33.Pale, anemic or yellowish skin | 0 | 2 | 3 | 4 |

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|-------------------------------|----|---|---|---|
| 34.Foul-smelling stools | 0 | 2 | 3 | 4 |
| 35.Low back or kidney pain | 0 | 2 | 3 | 4 |
| 36.Indigestion, malabsorption | 0 | 2 | 3 | 4 |
| Total (A + B + C + D): | 28 | | | |

Scoring index:

0-19 Parasitic presence not obvious

20-29 Begin to suspect a parasitic infection

20-29 Begin to suspect a parasitic infection

30-39 Strong possibility; further testing needed

40+ Odds are strong that parasites are present

Note:

If your score is 15 or higher, there is some likelihood that parasites may be affecting your health. You are strongly encouraged to consult your health care practitioner for further discussion and laboratory testing.

Source:

This questionnaire was developed by Timothy Kuss, PhD, and Jack Tips, ND.