

Parasite Questionnaire

There are many causes for each of the symptoms on this questionnaire. One of the most common causes is the presence of parasites. Place circle the appropriate number next to each questions.

0 = Never

2 = Occurs often

1 = Occurs occasionally

3 = Occurs most of the time

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 feeling of unwellness	0	1	2	3
12. Constipation	0	1	2	3
13. Diarrhea, could alternate with constipation	0	1	2	3
14. Thinning or loss of hair	0	1	2	3
15. Allergies, chronic hay fever	0	1	2	3
16. Food sensitivities	0	1	2	3
17. Rectal, anal itching	0	1	2	3
18. Irritable bowel (IBS)	0	1	2	3
19. Bloating or gas	0	1	2	3
20. Abdominal or liver pain/cramps	0	1	2	3
21. Mucus in nose that is moist or encrusted	0	1	2	3
22. Dark circles under the eyes	0	1	2	3
23. Bowel urgency	0	1	2	3
24. Skin problems, rashes, hives, itchy skin	0	1	2	3
25. Vertical wrinkles around mouth	0	1	2	3
26. Kiss pets, allow pets to lick your face	0	1	2	3
27. Go barefoot outside the home	0	1	2	3
28. Travel in Third World countries	0	1	2	3
29. Eat lightly cooked pork/salmon products	0	1	2	3
30. Eat sushi, sashimi	0	1	2	3
31. Swim in creeks, rivers, lakes	0	1	2	3
32. History of parasitic infection(s)	0	1	2	3
33. Pale, anemic or yellowish skin	0	1	2	3
34. Foul-smelling stools	0	1	2	3
35. Low back or kidney pain	0	1	2	3
36. Indigestions, malabsorption	0	1	2	3
37. An eosinophil count on a blood test above 3	0	1	2	3

0 – 19	Possible presence of a parasite with few symptoms
20 – 29	Suspect a parasite infection
30 – 39	Strong possibility, further testing needed
40+	Very strong possibility that parasites are present

***If your score is 15 or higher, there is a likelihood that parasites may be affecting your health. You don't have to experience any digestive issues to have a parasite infection. Chronic infections, including parasites, bacteria, yeast and viruses are common underlying concerns with any chronic health condition. Consult with a practitioner for further testing.

Adapted from Timothy Kuss, PhD and Jack Tips, ND