

PARASITE QUIZ: There are many causes for each symptom listed below.

Assign points to each symptom to see if a pattern develops.

A = symptom never occurs.

B = symptom occurs occasionally.

C = symptom occurs regularly.

D = symptoms occurs frequently.

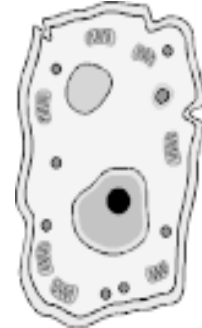
© 1996 Jack Tips, Awww.apple-a-daypress.com

	A	B	C	D
1. Restless sleep (toss, turn, wake often)	0	1	2	3
2. Skin problems, rashes, itches	0	1	2	3
3. Increased appetite, hungry after meals	0	1	2	3
4. Frequent diarrhea, loose stool	0	2	3	4
5. Grinding of teeth when asleep	0	2	4	6
6. Variable, changeable consistency of stool	0	1	2	3
7. Picking at nose, boring nose with finger	0	2	4	6
8. Abdominal pains	0	1	2	3
9. Vertical wrinkles around mouth	0	2	4	6
10. Rectal, anal itch	0	2	3	4
11. Parallel lines (tracks) in soles of feet	0	2	4	6
12. Intestinal cramps, burning	0	1	2	3
13. Irritable (no apparent reason)	0	1	2	3
14. Feel bloated, gaseous, no known cause	0	2	3	4
15. Diarrhea alternates with constipation	0	2	3	4
16. Bowel urgency, occasional accidents	0	1	2	3
17. Hyperactive tendency (nervous)	0	1	2	3
18. Dark circles under eyes	0	2	3	4
19. Need for extra sleep, wake unrefreshed	0	1	2	3
20. Allergies, food sensitivities	0	1	2	3
21. Fevers of unknown origin	0	1	2	3
22. Night sweats (not menopausal)	0	1	2	3
23. Kiss pets, allow pets to lick your face	0	2	3	4
24. Anemia	0	1	2	3
25. Frequent colds, flu, sore throats	0	1	2	3
26. Go barefoot in parks, public streets	0	2	3	4
27. Travel in 3rd world countries	0	2	4	6
28. Eat lightly cooked pork products	0	2	3	4
29. Eat sushi, sashimi	0	2	4	6
30. Sleep with pets on bed	0	2	3	4
31. Bed wetting	0	1	2	3
32. Men: sexual dysfunction	0	1	2	3
33. Forgetfulness	0	1	2	3
34. Slow reflexes	0	1	2	3
35. Loss of appetite	0	1	2	3
36. Yellowish face	0	1	2	3
37. Heart beat rapid	0	1	2	3
38. Heart pain	0	1	2	3
39. Pain in umbilicus	0	1	2	3
40. Blurry, unclear vision	0	1	2	3
41. Pain: back, thighs, shoulders	0	1	2	3
42. Lethargy, apathy	0	1	2	3
43. Numbness, tingling in hands, feet	0	1	2	3
44. Burning pains in the stomach, intestines	0	1	2	3
45. Menstrual problems	0	1	2	3
46. Dry lips during day, damp at night	0	1	2	3
47. Drooling while asleep	0	1	2	3
48. Occult blood in stool (from lab test)	0	1	2	3
49. History of giardia, pin worms, worms	0	2	3	4
50. Swim in creeks, rivers, lakes	0	1	2	3

▴
TOTAL 10-14 points = maybe
 15-20 points = suspect parasites
 21-25 points = likely (further testing helpful)
 25 or more points = parasite involvement probable

How to Identify Unwanted Parasites

A parasite is a microscopic organism that derives nourishment from its host (you), without benefiting or killing the host.



Intestinal parasites can lead to issues such as insomnia (parasites are more active at night), frequent diarrhea or alternating diarrhea and constipation, or skin problems such as rashes or itches. However, you can have parasites anywhere in the body.

How do you get parasites?

Parasites can be contacted from visiting foreign countries, after a bout of food poisoning (this happened to me), polluted water, contact with animals (common among children), and insect bites.

One major problem for all health practitioners with the parasite issue is getting a clear diagnosis. Here are **some of the testing methods** and their shortcomings:

- A blood test showing elevated eosinophils could point to large, intestinal-based worms such as tapeworms, but it could also be allergies.
- A stool test is great if it catches a worm, but what if there are no worms, segments, or eggs in that particular specimen? There are many false negatives.
- Kinesiology (muscle testing) claims to diagnose parasites, but its accuracy is often challenged by people who test "negative" and then a short while later pass a worm in their stool.
- If you confirm giardia via a stool test, is it only in the bowel, or has it invaded the body? Is a fluke in the stool indicative of others in the liver?

Generally it is understood that **these tests are only partially accurate**. Many practitioners simply recommend that people do a parasite program "just in case." Others never recommend one because they don't know for sure.

The Parasite Quiz can help you determine if large, bowel-based parasites are a problem.

Regarding this quiz, there are multiple causes to many of the questions, not just parasites. Parasite symptoms must be viewed as a syndrome. The more points scored the more likely a parasite is involved.

Michale Hartte BAsc (Nutr), NNCP,CH
Nutritional Therapist and Detox Specialist
250 718 1653
michale@fitnhealthynutrition.com