

PARASITE SYMPTOM ASSESSMENT CHECKLIST

A Comprehensive Self-Evaluation Tool

DISCLAIMER: This checklist is for educational purposes only and does not constitute medical diagnosis. Always consult a qualified healthcare provider for proper evaluation and testing.

HOW TO USE THIS CHECKLIST

Rate each symptom based on its frequency and severity over the past 3 months. Use the following scale: 0 = Never, 1 = Rarely (1-2x/month), 2 = Sometimes (1-2x/week), 3 = Often (3-5x/week), 4 = Daily / Severe.

DIGESTIVE SYMPTOMS

- Bloating or gas after meals: Common with Giardia, Blastocystis.
- Alternating diarrhea and constipation: Classic parasite pattern.
- Unexplained nausea: Especially morning nausea.
- Food sensitivities developing suddenly: Leaky gut from parasites.
- Fatty or greasy stools (steatorrhea): Malabsorption indicator.
- Mucus in stool: Intestinal irritation.
- Visible worms or segments in stool: Direct evidence.
- Persistent abdominal pain/cramps: Especially after eating.
- Excessive flatulence with foul odor: Fermentation by parasites.

ENERGY & METABOLIC SYMPTOMS

- Chronic fatigue not relieved by sleep: Nutrient malabsorption.
- Iron-deficiency anemia: Blood loss from hookworm.
- Unexplained weight loss: Competition for nutrients.
- Difficulty gaining weight despite eating: Malabsorption.
- Blood sugar crashes: Metabolic disruption.
- Low body temperature: Thyroid interference.
- Sugar cravings (especially at night): Parasites feed on glucose.

SKIN & APPEARANCE

- Chronic hives or rashes: Immune response to parasites.
- Itchy skin, especially at night: Histamine release.
- Eczema or psoriasis flares: Gut-skin axis disruption.
- Dark circles under eyes: Toxic burden.
- Acne that doesn't respond to treatment: Internal toxicity.
- Crawling or tingling sensations on skin: Formication.
- Hair loss or brittle hair: Nutrient deficiency.

SLEEP & NEUROLOGICAL

- Difficulty falling or staying asleep: Nocturnal parasite activity.
- Teeth grinding (bruxism): Pinworm classic sign.
- Restless leg syndrome: Iron deficiency link.
- Vivid dreams or nightmares: Toxin load during sleep.
- Brain fog or difficulty concentrating: Neuroinflammation.
- Anxiety or depression: Gut-brain axis.
- Memory problems: Chronic inflammation.
- Headaches or migraines: Toxic load, dehydration.

MUSCULOSKELETAL

- Joint pain without injury: Inflammatory response.
- Muscle aches or weakness: Nutrient depletion.
- Back pain (especially lower): Colon inflammation referral.

IMMUNE & OTHER

- Frequent colds or infections: Immune suppression.
 - Allergies worsening: Immune dysregulation.
 - Autoimmune symptoms: Molecular mimicry theory.
 - Itchy anus (especially at night): Pinworm hallmark.
 - History of international travel: Exposure risk factor.
 - Pet ownership without regular deworming: Zoonotic risk.
 - Consumption of raw/undercooked meat or fish: Direct exposure.
 - Well water or untreated water consumption: Waterborne parasites.
-

SCORING GUIDE & INTERPRETATION

How to Calculate Your Score:

Add up all your ratings (0-4) across all symptoms. Maximum possible score: 120 points.

Score Range 0-15: LOW RISK. Recommended Action: Focus on prevention and gut health maintenance.

Score Range 16-35: MODERATE RISK. Recommended Action: Consider dietary changes and gentle cleanse support.

Score Range 36-60: HIGH RISK. Recommended Action: Recommend comprehensive testing and targeted protocol.

Score Range 61-120: VERY HIGH RISK. Recommended Action: Seek medical evaluation; do not self-treat.

IMPORTANT: A high score does not confirm parasite infection. Many symptoms overlap with other conditions including SIBO, food intolerances, thyroid disorders, and chronic stress. Proper testing is essential for accurate diagnosis.

This document is for educational purposes only. Not intended to diagnose, treat, cure, or prevent any disease. Consult a healthcare professional before beginning any cleanse protocol.