



**DETOX**  
REJUVENATION

**PARASITES**

*Self Assessment*

# PARASITES SELF ASSESSMENT

## FREQUENCY SCALE

Never = 0 Occasionally = 1 Sometimes = 2  
Regularly = 3

Do you have...	
Restless sleep (toss, turn, or wake up often)	
Grinding of teeth when asleep	
Skin issues, rashes, itches, hives, eczema, or acne	
Allergies and/or food sensitivities	
Frequent diarrhea or loose stools	
Alternating constipation or diarrhea	
SIBO (small intestinal bacterial growth), feel bloated or gassy	
Bowel urgency, occasional accidents	
Abdominal pains, cramps, or burning	
Stomach or small intestinal ulcers or lesions	
Fingernail biting	
Irritable (no apparent reason)	
Mood disorder, depression, anxiety, or suicidal thoughts	
Hyperactive tendency (nervous)	
Need for extra sleep, wake unrefreshed	
Fevers of unknown origin	
Night sweats (not menopausal)	
Frequent colds, flu, sore throats	
Eat pork products	
Sleep with pets on bed	
Bed wetting	
Frequent vomiting	
Strong sugar and processed food cravings	
Blurry, unclear vision	
Lethargy, apathy (disinterest)	
Menstrual problems	
Dry Lips	
Drooling while asleep	

Occult blood in stool (from lab test)	
Kiss pets, allow pets to lick your face	
Anemia (low iron/hemoglobin on blood test)	
Pain in belly button area (umbilicus)	
Loss of appetite	
History of or currently have cancer?	
Work in childcare	
Anal fissures (small, painful tears or cracks)	
Picking at nose, boring nose with finger	
Excess boogers in nose and scab-like boogers	
Headaches / Migraines	
Dark circles under eyes	
Iron deficiency	
Vitamin B6 deficiency	
Zinc deficiency and/or white spots on nails	
Travel in developing nations	
Eat sushi, raw fish	
Hungry all the time, bottomless pit, hungry after meals	
Breathing problems, asthma	
Eye floaters	
Swim in creeks, rivers, lakes	

## YES/NO

Yes = 6 No = 0

### Have you had...

Increase of symptoms around a full moon	
History of Giardia, pinworms, or other parasites	
Rectal, anal itch	

Your Total: \_\_\_\_\_

# Check your results

## 0-9 POINTS

### Minimal reported parasite symptoms at this time

Good news! The results you reported show a minimal connection to parasites as a root cause, which means this may not be the main issue contributing to your chronic health conditions right now. Please remember, this is just a snapshot in time and doesn't mean parasites could not become a problem for you in the future. It's always important to pay attention to symptoms that could point to parasites (keep an eye out for how you're feeling, especially around the full moon). Keep up the good work!

## 10-20 POINTS

### Moderate Parasite Symptoms

Your results indicate what you're experiencing might be linked to parasites, which could be causing symptoms. Please be aware that parasite symptoms do not present the same way in each person, as we're all bio-individual. You have your own unique genetics and root causes influencing all of your body's reactions... so you do not have to present with even close to the full constellation of symptoms for this to be something affecting your wellness! You may want to focus on supporting your drainage pathways, gentle detoxification with a trusted practitioner, and at-home practices to optimize your overall health.

## 21+ POINTS

### Significant Parasite Symptoms Reported

It seems like looking into parasite cleansing could be beneficial, as your self-reported results indicate this could be a root cause for you! Please be aware that parasite symptoms do not present the same way in each person, as we're all bio-individual. You have your own unique genetics and root causes influencing all of your body's reactions... so you do not have to present with even close to the full constellation of symptoms for this to be something affecting your wellness! There are many different types of parasites, but before you get in the weeds figuring out exactly which kind could be affecting you, just know that you can heal. Spend some time researching and learning how to tackle this root cause!







## Learn more about your root causes:

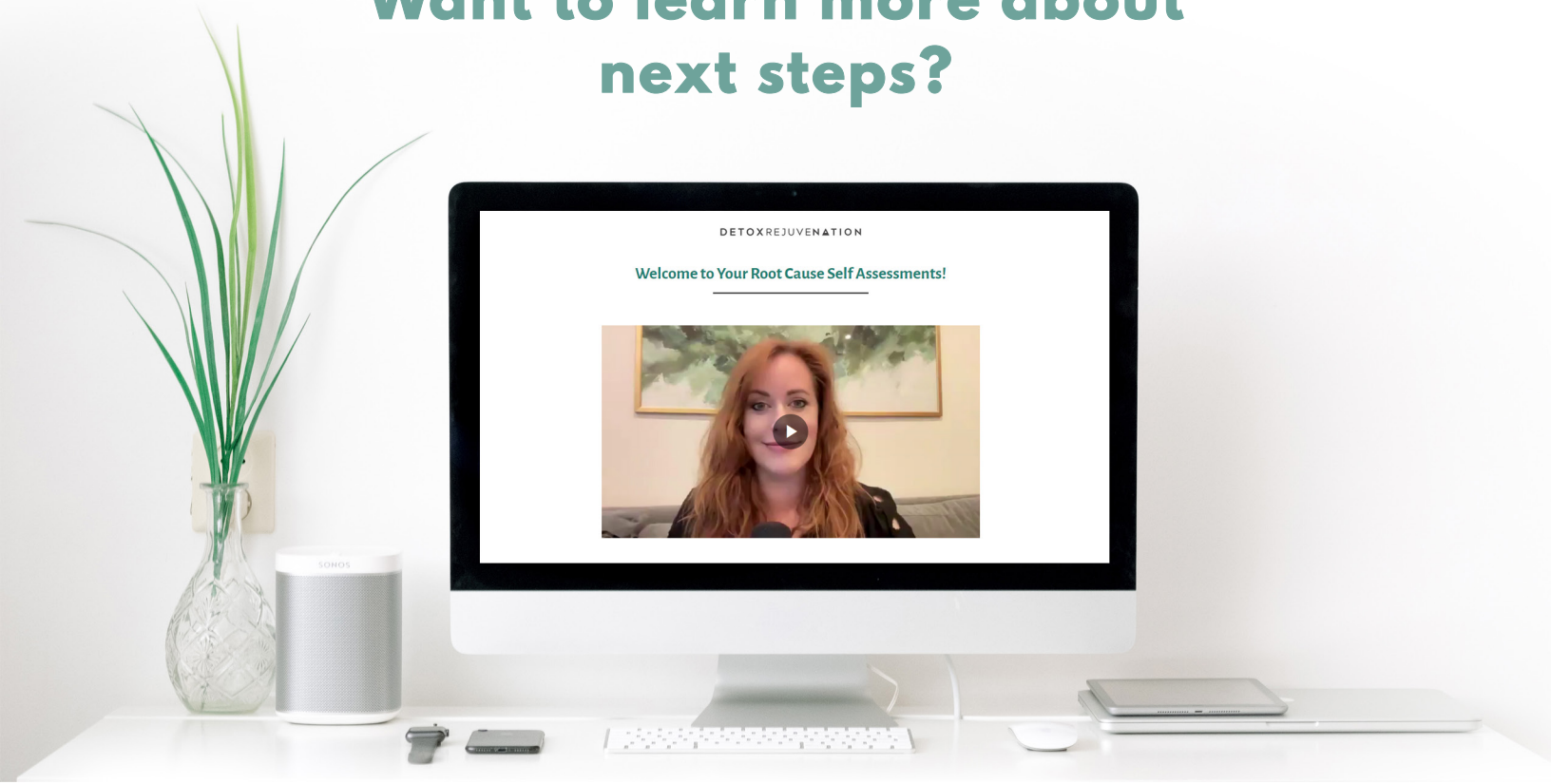
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