

A = Symptom never occurs/never exhibit this behavior
 B = Symptom/behavior occurs occasionally
 C = Symptom/behavior occurs often
 D = Symptom/behavior occurs most of the time

	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	1	2	3
16. Irritable bowel, irregular bowel	0	1	2	3
17. Rectal, anal itching	0	1	2	3
18. Bloating or gas	0	1	2	3
19. Abdominal or liver pain/cramps	0	1	2	3
20. Mucus in nose that is moist or encrusted	0	1	2	3
21. Dark circles under the eyes	0	1	2	3
22. Bowel urgency	0	1	2	3
23. Skin problems, rashes, hives, itchy skin	0	1	2	3
24. Vertical wrinkles around mouth	0	1	2	3
25. Kiss pets, allow pets to lick your face	0	1	2	3
26. Go barefoot outside the home	0	1	2	3
27. Travel in Third World countries	0	1	2	3
28. Eat lightly cooked pork/salmon products	0	1	2	3
29. Eat sushi, sashimi	0	1	2	3
30. Swim in creeks, rivers, lakes	0	1	2	3
31. History of parasitic infection	0	1	2	3
32. Loose stools or diarrhea	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. Indigestion, malabsorption	0	1	2	3

Please circle the appropriate number next to each question

Total Scoring Index: 0-19 Possible parasitic presence, 20-29 Likely parasitic infection, 30-39 A stronger possibility, 40 or more Odds are quite strong that parasites are present

Note: If your score is 15 or higher, there is some likelihood that parasites may be affecting your health. Consult your health care practitioner for further discussion and laboratory testing. Questionnaire was mutually developed by Timothy Kuss and Dr. Jack Tips of Apple-A-Day Clinic in Austin, Texas. Copyright 1996 Timothy Kuss, Infinity Health, 1519 Contra Costa Blvd., Pleasant Hill, CA. 94523 (925) 676-8982