

Feeling Blue, Anxious or Irritated?



Could parasites be contributing to the root cause? Internal parasites effect everyone differently, but depression and mood swings are a common symptom that may be a contributing factor. Although, the idea of having parasites in our body is not something we like to think (or talk) about, it may be a critical link to your current mental and physical health challenge, and is more common than most people think. Take this quick quiz to help determine if you may be at risk for parasites.

Symptoms		Yes	No
1	Do you regularly experience restless sleep (trouble falling asleep, waking up early, tossing/turning)?		
2	Do you still feel hungry even after eating a full meal?		
3	Do you have any of the following issues: eczema, rashes, hives, acne?		
4	Do you have overwhelming cravings for sugar and/or carbs?		
5	Do you have eye floaters?		
6	Do you sometimes have headaches, brain fogs and/or extreme fatigues after eating?		
7	Do you have TMJ. Tight jaws or grind your teeth while sleeping?		
8	Have you ever had low iron or anemia show up on a blood test?		
9	Do you have diarrhea for no reason. And/or alternate between diarrhea and constipation?		
10	Does your bottom ever itch? Also known as anal or rectal itching.		
11	Do you have a chronic cough, asthma or other breathing problems?		
12	Do you or any of your family members have a history of cancer?		
13	Do you have food sensitivities or food allergies?		
14	Do you experience abdominal cramps, burning or pain?		
15	Do you have frequent bloating or gas		
16	Are your menstrual cycles extra challenging? (cramps, heavy bleeding or other PMS symptoms)		
17	Do you have anxiety, depression or intense mood swings?		
18	Do you feel like you get sick easier than other people?		
19	Do you have dark circles under your eyes?		
20	Do you have anal ulcers/fissures (tiny painful cracks or tears in your bottom)		
21	Do you or anyone you have lived with have a confirmed case of pinworms or parasites?		
22	Have you ever been diagnoses or suspected of having Lyme Disease?		

23	Do you struggle with chronic daytime fatigue, no matter how much sleep you get?		
24	Is your medical doctor having a difficult time diagnosing the root cause of your symptoms?		
25	Have you ever been diagnosed, or suspect that you have IBS (irritable bowel, ulcers or other stomach or digestive issues?		
26	Do you every have acid reflux, acid stomach or GERD?		
27	Do you have white spots in the middle of your fingernails?		
28	Do your eyelids involuntarily twitch more often than normal?		
29	Do you vomit frequently?		
30	Do you have joint or muscle pain?		
31	Have you been diagnosed with or suspect that you have fibromyalgia?		
Total Symptoms (Q1-Q31)			

Lifestyle			
32	Do you have indoor pets?		
33	Do you sleep with your pets in your bed?		
34	Do you ever swim in creeks, lakes or rivers?		
35	Do you eat sushi?		
36	Do you or have you ever eaten pork meat? (ham, bacon, ribs, etc.)		
37	Have you ever traveled to a 3 rd world country?		
38	Do you or have you ever drank unfiltered tap water?		
39	Do you drink well water?		
40	Do you walk barefoot outside or on the beach frequently?		
41	Do you ever eat meat rare, including fish?		
42	Do you eat organic fruits and vegetables?		
Total Lifestyle (Q32-Q42)			

If you answered “Yes” to 1 or more **Symptom** questions, **AND** “Yes” to 1 or more **Lifestyle** questions, it is possible that parasites may be influencing your mental/emotional and physical health conditions. The more “Yes” answers increase your probability of parasites. Herbal parasite cleanses are available. Parts of this quiz developed utilizing contributions by Haley Manes, Roots and Leaves (rootsandleaves.info). This is not an all-inclusive list of symptoms and lifestyle choices, and this information is not considered medical advice and should not be used in place of your physician or seeking appropriate medical care. Regardless of your score, if you suspect or are concerned that you may have parasites or other mental or health issues, we recommend contacting a health care professional.