



Parasites Self-Screen

Copyright © 1987-2012 Healthexcel, Ver. 1.1

Enter an "X" in the space to the left of any statement that applies to you.

	Have you travelled to countries outside of the United States or your home country?
	Have you ever developed diarrheal disease or severe fever while travelling abroad?
	Do you frequently eat raw or smoked fish (sushi)?
	Do you eat prosciutto and/ or home-made sausages?
	Do you own house dogs that you often handle, pet or kiss?
	Have you ever lived in a tropical region?
	Do you drink untreated and/or unfiltered water in the wilderness or when travelling overseas?
	Do you fail to wash your hands carefully after using the restroom?
	Do you tend to experience digestive distress after eating fatty foods?
	Do you have a long-term history of chronic anemia (low red blood cell count)?
	Have you traveled to Hawaii, the Caribbean, the Bahamas, or other tropical islands?
	Do you swim in freshwater lakes, streams, or ponds?
	Did you serve overseas while in the military?
	Have you had intestinal problems, unexplained fever, night sweats, or an elevated white blood count during or since traveling abroad?
	Is your water supply from a mountainous area?
	Do you drink untested well-water?
	Have you ever drunk water from lakes, streams, or rivers on hiking or camping trips without first boiling or filtering it?
	Do you use plain tap water to clean your contact lenses?
	Do you use regular tap water that is unfiltered for colonics or enemas?
	Do you regularly eat unpeeled raw fruits or raw vegetables?
	Do you frequently eat in restaurants?
	Do you use a microwave oven for cooking (as opposed to reheating) pork, fish, or beef?
	Do you prefer fish or meat that is undercooked, i.e., rare or medium rare?
	Do you frequently eat hot dogs made from pork?
	Do you eat smoked or pickled foods, e.g., sausage, lox, herring?
	Do you enjoy raw fish dishes like sushi or sashimi, Latin American ceviche, or Dutch green herring?
	Do you enjoy raw meat dishes like Italian carpaccio, steak tartare, or Middle Eastern kibbe?
	At home do you use the same cutting board for chicken, fish, and meat as you do for vegetables?
	Do you prepare sushi or sashimi dishes at home?
	Do you prepare gefilte fish at home?
	Have you lived with, do you currently live with, or do you frequently handle pets?
	Do you forget to wash your hands after petting or cleaning up after your animals, and before eating?
	Does your pet sleep with you in your bed?
	Do your pets eat from your plates?
	Do you clean your cat's litter box?
	Do you keep your pets in your yard where children play?
	Do you work in a hospital?
	Do you work in a pet shop, zoo, experimental laboratory, or veterinary clinic?
	Do you work with or around animals?
	Do you work in a day-care center?
	Do you garden or work in a yard to which cats and dogs have access?
	Do you work in sanitation?

	Can you trace the onset of symptoms (intermittent constipation and diarrhea, night sweats, muscle aches and pains, unexplained eye ulcers, gastrointestinal disorders, weight loss, weight gain, anemia, bloating, low red blood cell count, high white blood cell count, unexplained fever or diarrhea, abdominal pain, high white blood cell count, distended belly in children, unexplained fever) to any of the above?
	acne
	allergies
	anemia - iron deficiency or pernicious
	anxiety
	apathy
	arthritis
	chronic fatigue syndrome
	constipation
	coughing
	depression
	diarrhea
	digestive disturbances - gas / bloating / cramping
	eczema
	fatigue
	flu-like symptoms
	hives
	inability to concentrate
	insomnia
	irritable bowel syndrome-IBS / colitis
	itchiness
	itchy ears, nose, anus
	joint pain
	men - sexual dysfunction
	multiple food allergies
	muscle aches
	nausea
	nervousness
	poor memory
	restlessness
	skin rashes
	sleep disturbances
	sores
	sugar craving
	unexplained weight loss or weight gain
	vomiting
	wheezing
	women - PMS / menstrual irregularities
	TOTAL POINTS (Should be Zero. The higher the score, the greater the need for further investigation)
95	Total Possible Points
	% of Total Possible Negative Indicator Points
Notes:	
<i>For further tests, consider: BioHealth #418 and #401H and Metamatrix GI Effects tests.</i>	
Copyright 1987-2012 Healthexcel	