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[www.TheWolfeClinic.com](http://www.TheWolfeClinic.com)

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*The Wolfe Clinic*

## PARASITE CHECK LIST

Bacterial and parasitic infections result in diarrhea diseases and constitute the greatest cause of morbidity and mortality. The most common symptoms of parasite infections are:

- |  |   |  |
|--|---|--|
| <ul style="list-style-type: none"><li>▪ Abdominal pain</li><li>▪ Allergies</li><li>▪ Anorexia</li><li>▪ Appetite changes</li><li>▪ Arthritis</li><li>▪ Asthma</li><li>▪ Bloating</li><li>▪ Bloody stools</li><li>▪ Brain fog</li><li>▪ Cancer</li><li>▪ Colitis</li><li>▪ Constipation</li><li>▪ Dermatitis</li><li>▪ Lymph blockage</li><li>▪ Malabsorption</li></ul> | <ul style="list-style-type: none"><li>▪ Memory loss</li><li>▪ Mucus in the stools</li><li>▪ Muscle pain</li><li>▪ Nausea</li><li>▪ Poor appetite</li><li>▪ Poor digestion</li><li>▪ Poor immunity</li><li>▪ Rectal bleeding</li><li>▪ Rectal itching</li><li>▪ Skin rash</li><li>▪ Tapeworms</li><li>▪ Unexplained weight loss</li><li>▪ Diarrhea</li></ul> | <ul style="list-style-type: none"><li>▪ Dry cough</li><li>▪ Fever and chills</li><li>▪ Flatulence</li><li>▪ Gas</li><li>▪ Gastro-intestinal symptoms</li><li>▪ Headaches</li><li>▪ Heartburn</li><li>▪ Hives</li><li>▪ Insomnia</li><li>▪ Intestinal cramps</li><li>▪ Irritable bowel</li><li>▪ Joint pain</li><li>▪ Leaky gut</li></ul> |
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## ***Take the Parasite Self-Test and find out if you are infected...***

Answer 'yes' or 'no' for each question below. If you answer yes, give yourself 1 point, if no, no points are awarded.

1. Do you experience unexplained muscle aches and pains?
2. Do you experience normal bowel movements with bouts of intermittent diarrhea or constipation?
3. Do you have unexplained weight loss and/or fever?
4. Do you have a distended belly?
5. Do you grind your teeth while you sleep?
6. Do you have dark circles under your eyes and/or acne?
7. Do you have insomnia or disturbed sleep?
8. Have you traveled outside of the United States?
9. Do you regularly eat unpeeled raw fruit and/or vegetables?
10. Do you have pets that sleep in bed with you or do you eat after contact with your pets?

TOTAL SCORE \_\_\_\_\_

*A score of 3 or higher indicates that you may be suffering from parasites.*

### ***How do I prevent parasites?***

- Wash your hands before eating, after cleaning up and after playing with pets.
- Order your food cooked medium or well-done when eating out. Do not eat in places that appear unsanitary.
- Replace intestinal flora regularly with Soil Based Organisms.
- Do not drink unfiltered water, no matter how pure it looks. Drink boiled or bottled water when traveling in undeveloped countries.
- Insist on antiseptic cleaning practices at day care centers.

