

Lyme Disease Diagnostic Questionnaire

Dr Darin Ingels, 2018

SYMPTOM SCORING: 0 = None; 1 = Rare; 2 = Mild; 3 = Moderate; 4 = Severe.

SEVERITY	SYMPTOM
	1. Fever, chills, or sweating
	2. Joint pain or swelling in multiple joints
	3. Numbness, tingling, or burning pain
	4. Muscle pain or twitching
	5. Muscle weakness
	6. Bell's palsy or facial paralysis
	7. Hand tremors
	8. Chronic fatigue
	9. Chronic swollen glands
	10. Chronic constipation or diarrhea
	11. Forgetfulness or memory loss Headaches
	12. Dizziness or light-headedness
	13. Changes in vision (blurry or double vision)
	14. Insomnia
	15. Ringing in the ears
	16. Shortness of breath
	17. Heart palpitations
	18. Irritable bladder
	19. Loss of libido
	20. Sudden change in mood
	21. Sudden change in handwriting or speech
	22. Add 4 points if you live or have been in a <u>Lyme disease area</u> .
	23. Add 4 points if you have been <u>diagnosed with another autoimmune illness</u> .

TOTAL: ____

HOW TO SCORE THE QUESTIONNAIRE:

- If your score is **less than 20**, it is **unlikely** that you have Lyme disease.
- If your score is **between 21 and 44**, it is **possible** that you have been exposed to an infected tick, and you should:
 - Start the Immune-Boosting Diet in Chapter 4, if you have not started already.
 - Get tested for Lyme disease (see the Resources section).
- If your score is **over 45**, or if you have a **bull's-eye rash**, it is **highly likely** you have Lyme disease or some other tick-borne illness, and you should:
 - Start the Immune-Boosting Diet in Chapter 4.
 - Begin the advanced protocols in Chapter 3.
 - Get tested for Lyme disease (see the Resources section).

(From Ingels, Darin. The Lyme Solution: A 5-Part Plan to Fight the Inflammatory Auto-Immune Response and Beat Lyme Disease (p. 44). Penguin Publishing Group. Kindle Edition.)