VIBRANTHEALTH
nourish · revitalize · transform

Name:_____Date: _____

Section A
Do you remember being bitten by a tick? ____ Yes ____ No. If yes, when? _____
Do you remember having the "bulls eye" rash? ____Yes ____ No
Do you have any other rash? ___ Yes ____ No. If yes, describe: _____

Please Check all "Yes" Answers:
____ Spend time in Tick-infested area
____ Frequent outdoor activities
____ Hiking
____Fishing
____ Camping
____ Gardening
____ Hunting
____ Ticks noted on pets

Section B:
Please check which symptoms you have experienced:

- ☐ Unexplained fevers, night or day sweats, chills
- ☐ Unexplained weight change (loss or gain)
- ☐ Fatigue, tiredness, poor stamina
- ☐ Unexplained hair loss
- ☐ Swollen glands (list areas _____)
- ☐ Sore throat
- ☐ Testicular pain/pelvic pain
- ☐ Unexplained menstrual irregularity
- ☐ Unexplained milk production; breast pain
- ☐ Irritable bladder or bladder dysfunction
- ☐ Sexual dysfunction or loss of libido
- ☐ Upset stomach
- ☐ Change in bowel function (constipation, diarrhea)
- ☐ Chest pain or rib soreness
- ☐ Shortness of breath, cough
- ☐ Heart palpitations, pulse skips, heart block
- ☐ Any history of a heart murmur or valve prolapse
- ☐ Joint pain or swelling (list joints_____)
- ☐ Stiffness of the joints (ie. neck, back)
- ☐ Muscle pain or cramps
- ☐ Twitching of the face or other muscles
- ☐ Headache
- ☐ Neck creaking and cracking, neck stiffness, neck pain
- ☐ Tingling, numbness, burning/stabbing sensation, shooting pains
- ☐ Facial paralysis (Bell's palsy)
- ☐ Eyes/Vision: double, blurry, increased floaters, light sensitivity
- ☐ Ears/Hearing: buzzing, ringing, ear pain, sound sensitivity
- ☐ Increased motion sickness, vertigo, poor balance
- ☐ Lightheadedness, wooziness
- ☐ Tremor
- ☐ Confusion, difficulty in thinking
- ☐ Difficulty with concentration, reading
- ☐ Forgetfulness, poor short-term memory
- ☐ Disorientation: getting lost going to wrong places
- ☐ Difficulty with speech, vocalization, or writing; word block
- ☐ Mood swings, irritability, depression
- ☐ Disturbed sleep-too much, too little, fractionated, early awakening
- ☐ Exaggerated symptoms or worse hangover from alcohol

Total: _____ / 38

Section C:

- ☐ High fever and chills at the onset symptoms.
- ☐ Night sweats
- ☐ Air hunger
- ☐ Cough
- ☐ Persistent migraine-like headache
- ☐ Sense of imbalance
- ☐ Fatigue

Total: _____ / 7

Section D:

- ☐ Neurological symptoms more severe than other symptoms
- ☐ Agitation
- ☐ Anxiety
- ☐ Insomnia
- ☐ Seizures
- ☐ Difficulty with mental processing
- ☐ Lower abdominal pain
- ☐ Sore soles
- ☐ Sore soles worst in morning
- ☐ Red rashes
- ☐ Red streaking like stretch marks
- ☐ Lymph nodes enlarged
- ☐ Sore throat

Total: _____ / 13

Section E:

- ☐ High Fever
- ☐ Severe Headache
- ☐ Chronic headache
- ☐ Muscle symptoms
- ☐ Shooting pains
- ☐ Abnormalities in liver function, white blood cells, or platelets

Total: _____ / 6

Section F:

- ☐ Fatigue
- ☐ Joint Pain
- ☐ Muscle pain
- ☐ Difficulty with mental processing
- ☐ High fever

Total: _____ / 5

Section G:

- ☐ Dark spotted rash
- ☐ Chills
- ☐ High fever
- ☐ "Brain Fog"
- ☐ Headache
- ☐ Muscle Ache
- ☐ Light sensitivity

Total: _____ / 7

Sources:

- Burrascano, Joseph. Managing Lyme Diease, 15th ed. September 2005.
- Burrascano, Joseph. Advanced Topics in Lyme Disease: Diagnostic Hints and Treatment Guidelines for Lyme and Other Tick Borne Illnesses, 13th ed. May 2000.
- Singleton, Kenneth M.D. "The Lyme Disease Solution." 2008.