Symptoms can be caused by deficiencies or excesses, associated with them, or part of what causes them. There is often a combination of these factors present. Keep in mind that the presence of the symptom may be indicative of the presence of imbalance, but the causes and associations can be complex. Using this checklist helps to narrow down the possibilities that these deficiencies or excesses may be present and is a tool to help your doctor with clinical diagnosis. (see Note 1 at end of list for examples)

(Please se all notes at end of list) Rate Your Symptom (Please "New The New Theorems") De Orthograph I - Excess "- New The New Theorems" (Please Symptoms of New Your Symptoms of New Your Symptoms of New Your Symptoms of New Theorems (Please Symptoms of New Your Symptoms of New Theorems (Please Symptoms of New Your Symptoms of New York Symptom	examples)																																
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Colitis (Inflammation of large intestine/colon)	2 1	+				X	-+		-	_	+	-	╀	+				-	+	1	\vdash				+	+			+×	4	+	\vdash	

Symptom (Please see all notes at end of list)		Frequity	Vitamicy	3eta 6	Vitar	Thiam BT	Vitar	Pibori B2	Vitami	Wiacin B3	Vitamir	Panton BS	Vitamin Aci.	2 / 2/10 / 10 / 10 / 10 / 10 / 10 / 10 /	Vitamin B.	Siotin 8%	ramin Bo	VIE Acid	min B12	, July	o ujur.	Vitami	94.	Vitamir	/ 	oitamin K	Eng	Horring S.	ssales Stem	4 Amin	Essentials	Fatty Acios
Rate Your Symptoms from 1-5 (severity/frequency)	1-	5	_	~/	_	/	_		_			<u> </u>	_336		al Vi	tam	ins	<u> </u>		_		_		_			Ť	Se	e N	ote	4	Ť
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Concentrating/thinking difficulties					X													Х									Х		X			1
Confusion					X											Х		Х									Х					
Congestion: head, sinuses																																
Constitutional Symptoms (affecting the whole body)																																
Convulsions																																
Coordination difficulties, lack of														>	(
Cravings: Sugar, alcohol																											Х					
Cravings: Fatty foods																															X	J
Crohn's disease symptoms*										1		1										1	1	$ lab{T}$			Х]
Diabetes, blood sugar disruption (low or high)										X												X)	K							
Dementia symptoms*				[Х												[
Dental: tooth decay, peridontal disease																						X										1
Dental Pain: teeth, jaw joint, face muscles																																1
Depression/Despair					Х		Х		X)	X	>	(Х		Х									Х	Х	Х	\Box		1
Disorientation, getting lost, going to wrong places																		Х									П	\neg	\neg	\Box		1
Dizziness, lightheaded, spinning, vertigo				Х						х)	X			1											Х		Х	Х		1
Dreams: Vivid or violent												т														\Box	П		\Box	\neg		1
Dry cough																											ΠŤ					1
Dry throat														1													ΠŤ					
E ars: buzzing, ringing, ear pain, decreased hearing, sound		_	_													1														\dashv	\top	1
sensitivity																											Х	- 1	X			
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Emotions: over-emotional reactions, hypersensitive, cry easily	,																										×	X				
Encephalitis (inflammation of the brain)																																
Encephalopathy (brain dysfunction)																																
Epilepsy																																
Eyes: blindness, loss of vision																																
Eyes: Conjunctivitis																																
Eyes: doubled/blurred vision				Х																			>	(1
Eyes: dryness																															X	1
Eyes: increased floaters																																1
Eyes: light sensitivity, photophobia							X																				Х					1
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Eyes: Retinitis (swelling of Retina)			\neg													1											П			\Box		1
Eves: swelling/inflammation																1											П			\Box		1
Facial paralysis (Bell's palsy)																1											П			\Box		1
Fatigue, tiredness, poor stamina			Х	Х	Х)	X	>	(Х		Х		Х)	(Х	Х	Х			
Feet: shooting, burning pains, sore soles (especially in the			\neg	Т										Т													П	\neg	\neg			
morning)										4	X																Ш					
Fevers (unexplained)																																
Fevers: High (unexplained)																																╛
Flu-like symptoms (early symptoms)		\neg				T													T		T						П		T	丁		1
Flushing (unexplained)										X									T								Х		\neg	丁	\top	7
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Symptom (Please see all notes at end of list)	S S	Frequency	Vitamier	Beta C	Vitami	Thiamir B1	Vitamin	Riborianis V. Orlawi	Vitamin B3	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	Panin BS	Vita	Pryin Bo Acid	tial '	Biotin By	Vitami	Folic Aci	Vitamin B.	\\\\\z\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	, amin C	Vitac	Q uju:	Vitamir	 	Ifamin K	Endo	Hornines	Essenting Stem	Amino 4	Essential F	
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H air loss (unexplained), dry, brittle hair				X										X					X								_	X			
Headaches			Х	X						Х		X														X		X			
Heart: Angina (chest pain caused by reduced blood flow to heart. Pain often spreads to shoulder, arms, and neck.) Heart: Arrhythmia (beats too fast or slow) Heart: Block on EKG																										X	X	X			<u>-</u>
Heart: Endocarditis (inflammation of lining of heart)				_																											_
Heart: Murmur			_		_	_ _	1			<u> </u>					4	_		\bot	┺		L_		_	_	\sqcup			_		_	4
Heart: Palpitations, skips		ļ_	_		_		_			<u> </u>					_	X	>	(oxdot				\sqcup	Х	Х	_			4
Heart: Mitral Valve Prolapse				_	_												_					_	_								4
Hemolysis (rupture or destruction of red blood cells)					4		4			<u> </u>					4		_					_	_	_			_				4
Hives				_	_												_					_	\perp				Х				4
Hormonal Imbalance				_)	(Х				4
Hot Flashes				_)	K																				Х	Х				_
Hypertension (High blood pressure)				_																	Х	Х	>	(Х	X			4
Hypotension (Low blood pressure)				_																						X					4
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Hyperthyroidism				_																			>	(X				4
Hypothyroidism					4		4								4		_	_								Х					4
Immune dysfunction, weakened immune system			X	_						Х		Х)	()	(Х	_	X			4
Infections (frequent, recurrent): Sinus, Ear, Vaginal, Bladder,			x																х							X	- 1	x			
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Infertility		_	_		+	_	-			v			Х	V	-	V		_	-			-	+	-		_		X	_		-
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Irritable Bowel Syndrome, Inflammatory Bowel Disease*		_	_		K	_	-			<u> </u>					-			_	-			-	+	-		X	_	_	_		-
Itching: Genitals, Anal	1		_	-	_	-	+			-					-							-	+	-			-	_	_		4
Itching: Skin		_	_		+	_	-			<u> </u>					-			_	-			-	+	-	х		_	_	_		-
Jaundice Joints: pain, stiffness, swelling (fingers, toes, ankles, wrists,		_			+	_	-			<u> </u>					-			_				-	+	-	Х		_	_	_		4
knees, elbows, hips, shoulders, back, neck)		2	X																X										>	к x	4
Kidneys: dysfunction, stones								1		t					_		+			Х		_							x		1
Leaky Gut Syndrome*				\dashv						1					t		_					_	1	-		Х				X	1
Leukopenia (Low White Blood Cell count)				\dashv						1					t		_					_	1	-							1
Liver: Elevated Enzymes				\dashv		1									1								1	+							1
Lou Gehrig's disease symptoms (ALS)*				\dashv						1					t		_					_	1	-							1
Low body temperature		\dashv	\dashv	\dashv	+	1	+	+						$-\dagger$	十	\dashv	\dashv	+	1			\dashv	+	+	\vdash	Х	+	-	-	+	1
Low White Blood Cell count	1	一十	\dashv	十	\top	1	+	1		t					寸		\top	1	t			\top	\top	1			T		+	1	1
Lupus symptoms*		T	7	十	T	1	T	1		t		T			寸	-	1	1	1			1	+	1		T	1		1		1
Lycopenia (skin discoloration)		一	T	十	T	T	1	1		Ī					寸								T				T				1
Lymph Nodes/Glands: swollen, pain (persistent)	Ħ	T	7	十	T	1	+	1		t		T			寸	-	1	1	1			1	1	1		$\neg \dagger$	T		1		1
M alaise		一	T	十	T	T	1	1		Ī					寸								T			Х	Х	X :	х		1
Meningitis (inflammation of the protective membrane around		一	T	十	T	T	1	1		Ī					寸								T				Т		7		1
the brain)																															
Menstrual irregularity (unexplained)																										Х	X		>	K]
Migraines		\mathbf{I}	$oldsymbol{oldsymbol{oldsymbol{oldsymbol{I}}}$				╧			L		Х										$oldsymbol{ol}}}}}}}}}}}}}}}$	ॻ			Х	\Box	X]
Mood swings			П	T	T	T		T														T	T			Х	Х	T			

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			\mathcal{L}		Vita Garos	ş/_		/		/_		/,	Nitamie Nica	٧,	_	/_	Vitamin	^		^			/	,	/	_/		/,	ž		Essential	6/
		/_	Name I	Be. Anin A	ِ ق	This min B7	Vita	Ribos. B2	\$/	/ ä	Vitar Vitar	/ B	\ \vec{\sigma}{\sigma}	8	.£/	8	/:	ž ,	0/4	•	, amin c	/	Q ujur	_/	4	Vitamin K	۲	يُّ/	Sol	4 Amir	Essential	/ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \
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Symptom		\$ /.8	ניילילי	ġ,	5/ ±	<i>ò</i> .	\$\\ <u>\E</u>	. 6	\\ <u>\</u>]/ <u>*</u>	3	\#\ !!	څ	\\ <u>\</u>	.0		š/.	,⊉	/:	<u>o</u>	/±	· /	/ <u>;</u> /	_/	Į,tė	13	ئی تی	5/8	2 6	18	~/ ~
(Please see all notes at end of list) Rate Your Symptoms from 1-5 (severity/frequency)	<u> </u>	-5	<u> </u>	- 40	<u> </u>		/ _>	₹/		</th <th></th> <th>Q/</th> <th>Fcc</th> <th><u>Q/</u></th> <th>12</th> <th>-Q/ Vi+α</th> <th>mins</th> <th><u> </u></th> <th>2</th> <th><u>/ </u></th> <th></th> <th></th> <th></th> <th></th> <th><u> </u></th> <th><u> </u></th> <th>/ ~</th> <th></th> <th><u>/ 4/</u></th> <th>र/ lote</th> <th>4 4</th> <th>{</th>		Q/	Fcc	<u>Q/</u>	12	-Q/ Vi+α	mins	<u> </u>	2	<u>/ </u>					<u> </u>	<u> </u>	/ ~		<u>/ 4/</u>	र/ lote	4 4	{
D= Deficiency E= Excess *=Rare	一	-5	D	F	D	Е					D		LJJ	Citt	iiai) E	П	F	D	F	ח	ΕIr) E	<u> </u>	-	UC 14	ioic	D E	1
Mouth: bad breath, burning tongue, canker sores, mouth	+	T	D	_		_		ᆂ	D	-	D	-	D	-	D	+	D L	.	<u> </u>	۲		D	-		+	1 -	ᡟ	H	H		DE	f
blisters, bleeding teeth or gums, pain in teeth																														Х		
Mouth: metallic taste																																
Mouth: black lines or spots on gums																																1
Multiple Sclerosis symptoms (MS) (including white matter																														ı		
lesions in head)*	+-	-						_								_	_		-	-			-		+	$+\!\!\!-$	- V	ш	⊢	\rightarrow	+	1
Multi-tasking difficulties	+	-	_	 	Х			-	Х			-	Х	-	Х			+	-	╀	\vdash	\dashv	+	+	+	+	Х	X	Х	, 	+	ł
Muscle weakness (obvious, unusual) Muscle pain, cramps, Myalqia	+	+	v	\vdash	X	\vdash	┢	┩	^		\dashv	┥	X	-1	X	\dashv	-	+	+	\vdash		Х	+	+	+	+	+	^	X	, 	+	1
Nail fungus, discoloration; dry, brittle nails	+	\vdash	_	Х	^			\dashv	\dashv		-	-	^	-1	X	\dashv	+	+	+	Х	Н	^	+	-	+	+	Х	Н	X	_	х	1
Name blocking/difficulty finding words	+	1		^	\vdash		1	\dashv	\dashv		\dashv			-	^	\dashv	-	1	+	_	H	\dashv	\dashv	+	+	+	+^	\vdash		_		1
Nausea, vomiting, queasy	+	1		Х				+	1	Х	Х	-	Х	1	Х	+	-	╁			H	7	Х	Х	+	+	+	H	\vdash	Х	+	ĺ
Neck: stiffness, pain, creaks and cracks	+						1	十	寸			7		_		十	_	1	+	Ħ		寸			十	+	1	\vdash	П		+	1
Need to sit or lay down (intense, unavoidable)	1						i i													t					_	\top	Х					
Nervous System: damage, dysfunction	1																								\top		Т			T		İ
Night sweats																											Х	Х				
Numbness					Х						X		X		Χ			Х				X							Х			
Organs: damage, inflammation, failure (liver, kidney, heart,																														х		
etc.)																									┸		$ldsymbol{\perp}$		Ш			1
Osteoporosis*	┺	-		X															_			X				X	┺	Ш	Ш	Х	_	1
Pain during intercourse	₩			<u> </u>				_								_		-		-					_	—	₩	ш	igspace	\dashv		4
Paralysis	+-	-						_						-		_	_		-	-			-	_	+	$+\!\!\!-$	₩	ш	⊢	\rightarrow	+	1
Parkinson's disease symptoms*	+							-								-		-		-					+	+	₩	ш	\vdash	\dashv	$-\!\!\!\!\!+\!\!\!\!\!\!-$	ł
Pelvic pain	+	-						-				-		-		-	_	-	-	╁					+	+	+	₩	\vdash	\dashv	+	1
Pneumonia Problem solving difficulties	+							-						-		-				+					+	+	Х	Н	\vdash	\vdash	-+	1
Problem solving difficulties	+-	1						-								-									+	+	+^	Н		\dashv	+	1
Psychiatric: hallucinations, delusions, paranoia, bipolar,																		х	3								х		x	ı		1
suicidal thoughts, obsessive-compulsive, personality changes	$oldsymbol{ol}}}}}}}}}}}}}}}}}}$																															1
Rash: Erythema Migrans (bulls-eye)																											$ldsymbol{\perp}$		Ш	\square		1
Rash: Papular or angiomatous (Red line resembling stretch																														ı		1
marks)	+	-						-				-		-		-	_	-	-	╁					+	+	+	₩	\vdash	\dashv	+	1
Rash: Maculopapular (flat red area with small bumps) Rash: Petechial (small flat red or purple dots)	+							-						-		-				+					+	+	+-	H	\vdash	\vdash	-+	1
Rash: Diaper, small itchy red bumps	+							-	_					-		-				+		-			+	+	+	\vdash		\dashv	+	1
Rash: unspecified	+	1						1		-		-		1		1		╁	\top	t				_	+	+	+				Х	
Reading difficulty	+			t			1	十	7		寸	_	_	1		十	_	1	+	Ħ		7	\dashv	\dashv	十	+	1	\vdash	H	, 1		1
Restless (or Jerky) leg syndrome	T	1					l l	寸	7	_	寸	7	7	T		寸	\dashv	1		t		7	十	1	十	\top	Х	П		7	\top	1
Rheumatoid Arthritis (and other forms of arthritis)*	1							T	T		Х		T	T		T		1	1	Х		х	1	T	十		Х	П		,	\neg	1
Rib soreness	Ī	Ĺ		L						[1				1		[I			一		1
Rickets																									I							1
S eizures									_Ţ		\Box		\Box	J	Х					匚		J	Ţ	$\Box \llbracket$			$oldsymbol{ol}}}}}}}}}}}}}}}}}}$	╚	Ш	工		1
Sensitivity to heat or cold	丄							_						[_		_	1						丄			Х	Ш	Щ.		
Sensitivity to light	┺			<u> </u>					_					_						_		_		_	丄	Щ	Х	ш	ш	$oldsymbol{\perp}$	\bot	1
Sensitivity to sound	╄	1		<u> </u>			├	_						_		_	_	1	_	1			_	_	_	—	Х		Ш	,	—	
Sensitivity to smells (chemical sensitivity)	₩	1	<u> </u>	<u> </u>	<u> </u>		┡	_	_	_	_	_	_	_		_	_	_	-	₽		_	4		4	+	X		1.		+	4
Sexual dysfunction/loss of libido	₩	1	_	<u> </u>	_		┡	_				_		_		_	_	1	-	1	\vdash		4		+	+	X	X	X		+	1
Shooting pains	+	-					┝	+	\dashv		+		-	-		+	-	-		-	\vdash	\dashv	+	+	+	$+\!\!\!-$	+	\vdash	₩	\dashv	$+\!\!\!-$	ĺ
Shortness of breath, shallow breathing	┸					X															Ш				ᆚ			ш	ш			J

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Symptom (Please see all notes at end of list) Rate Your Symptoms from 1-5 (severity/frequency)	/0	7) 1-5	N. Gallency	Beta A	Vita Jacoba	This BT	Vitagila	Ribori B2	Vitami	Miacin B3	Vitami	Panto BS	Vitamii	Pring Bo Cid	Vitamorina	Biotin By	min:	, (0)ic Acid	ortamin B.	/ } / <u>\$</u>	'Gamin C		Q ujuwe,		'amin E	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	amin K	Engr	Horines	e Esseries System	4mir	Essen Acids	Fatty Acids
D= Deficiency E= Excess *=Rare	+ '	1-5	D	Е	D	Е	D	Е					E336	_	iai v	vila	D E	•	Е	Ь	Е	D	Е	D	Е	D	E	D	E	_		4	_
•	+		U	Е	U		U		U		U		וע		U		י ע	X	_	U	E	D		D		U	-	X	-		득		4
Short-term memory loss	+				_	-		-	-	-		-		+	_		-	_^		1							\dashv	X	\dashv	Х	\dashv	+	-
Skin: Acne Skin: Athlete's foot	+	-		\vdash	-	-			+	-		-		+			-	+	-	1					\vdash		\dashv	^	⊣	^	\dashv	+	-
	+					\dashv	-				_	-		-						1							\dashv	Х	\dashv	\rightarrow	\dashv	+	\dashv
Skin: hypersensitivity	+	-	х	\vdash		-	Х	-	х	-	+	+	Х	+	+		-	+	-	Х	H				\vdash	-		X	\dashv	Х	-	Х	\dashv
Skin: flaking, chapped, dry, Eczema, Psoriasis, Dermatitis	+	-	^	\vdash	-	-	^	-	^	-		-	^	+	+		-	+	-						\vdash		_	_	х	X	-#	^	\dashv
Sleep Disturbance: too much, too little, fractionated	+	+	_	\vdash	-	\dashv			+	+	-	+		+	+		+	+	+	1					\vdash		\dashv	^	^	^	\dashv	+	\dashv
Sore throat	+				_	-		-	-	-		-		+	_		-	-		1							-	\dashv	\dashv	\rightarrow	\dashv	+	-
Speech difficulty: errors, wrong words, misspeaking	+	_				1	_	-		-	_	-		-				-		-								-+	\dashv	\dashv	\dashv	-+	-
Stiffness of joints or back	+	-		\vdash	-	Х			+	-		-		+			-	+	-	1					\vdash		\dashv	Х	х	\neg	Х	+	-
Sweats, sweating (unusual)	+				-	^	-				_	-		-						1							\dashv	^	^	_	^	+	\dashv
Symptoms flare every 4-6 weeks, come and go, change Testicular Pain	+	-		\vdash	-	-			+	-		-		+			-	+	-	1					\vdash		\dashv	\dashv	\dashv	\dashv	\dashv	+	-
	+					\dashv	-				_	-		-						1	Х						\dashv	\dashv	\dashv	-	Х	Х	\dashv
Thirst/dehydration (excessive)	+	+		H		1		-		-	-	+		+	_			-			^						\dashv	\dashv	+		^	^	-
Tiblia pain (severe)	+	-			Х	-			+	-		-		-	Х		-	Х		1		Х			\vdash		\dashv	\dashv	\dashv	Х	\dashv	+	-
Tingling, electrifying feeling.	+				^	-		-	-	-		-		+	^		-	^		1		Α.					-	\dashv	⊣	^	\dashv	+	-
Thrombocytopenia (abnormally low amount of platelets)	+	-		\vdash	-	-			+	-		-		+			-	+	-	1					\vdash		\dashv	\dashv	\dashv	\dashv	\dashv	+	-
Thrush (white film in mouth)	+			\vdash	_	-		-		-	_			-				-		1							\dashv	Х	V	\rightarrow	\dashv	_	v
Thyroid dysfunction	+	_				1	_	-		-	_	-		-				-									_	X	^	\dashv	\dashv		^
Tinnitus (ringing in the ears)	+	_				1	_	-		-	_	-		-				-									-	^	\dashv	\dashv	\dashv	-+	-
Told repeatedly by doctors "It is all in your head"	+			\vdash	_	-		-		-	_			-				-		1							\dashv	 +	\dashv	\rightarrow	\dashv		-
Tongue: Sore	+	_				1	_	-		-	_	-		-				-		-							-	V	V	\dashv	\dashv	-+	-
Tremors	+	_				1	_	-		-	_	-		-				-		-		v					_		X	\dashv	\dashv	-+	-
Twitching of face or muscles	+	-		\vdash		-								+	\dashv			-	-	1	\vdash	Х			\vdash		\dashv	Х	٨	\dashv	\dashv	+	-1
Ulcers: genital	+	-		\vdash		-								+	\dashv			-	-	1	\vdash				\vdash		\dashv	\dashv	ᆛ	\dashv	\dashv	+	-1
Ulcers: oral, skin	+	-	_	\vdash		+	\dashv		+	-		+		+	\dashv			+	-	<u> </u>	\vdash				\vdash	_	-	V	\dashv	\rightarrow	\dashv		-
Vaginal yeast infection (Candidiasis)	+	-		\vdash		-								+	\dashv			-	-	1	\vdash				\vdash			X	ᆛ	\dashv	\dashv	+	-1
Vaginitis	+	-		\vdash		-								+	\dashv			-	-	1	\vdash				\vdash		\dashv	X	ᆛ	\dashv	\dashv	+	-1
Vocal Paralysis	+	-	_	\vdash	_	_			_	\perp		_		+	+	_	V	,,,		V	\vdash				\vdash	_	-	\dashv	4		· ·	+	\dashv
Weakness	+	-		igwdaps	_	_						_		-	_		X	X		Х	\vdash				$\vdash \vdash$		_				X	-	_
Weight loss or gain (unexplained)	+	-		igwdaps	_	_						_		-	_			Х		_					$\vdash \vdash$			Х	Х		Х	#	X
Writing difficulty																			1														

Note 1: An example of this is Hormonal Imbalances can be caused by deficiencies or excesses in vitamins, minerals, amino acids, and/or fatty acids. An excess or deficiency in one can create excess or deficiencies in the others. All aspects of nutrition interrelate and have equal importance in our vital functions.

<u>Note 2:</u> You do not have to have all of the symptoms listed to have a particular deficiency or excess. It is always possible to have various underlying conditions present at the same time. This is why it is crucial to work closely with your doctor for diagnosis and treatment. Self-diagnosis and treatment without the oversight of a licensed physician can be dangerous.

*Note 3: These are some of the most commonly misdiagnosed diseases on the symptoms list. There are over 350 diseases and syndromes that have common symptoms with Lyme disease and its co-infections. This does not mean that these diseases are or are not present, it just notes that symptoms of these diseases can be seen with other underlying conditions.

Note 4: Endocrine or Hormone imbalances vary between men and women, and depending on which part of the endocrine system is imbalanced. Amino Acid and Fatty Acid imbalances can also vary from person to person and can affect the Endocrine system. Symptoms shown for these items are generalized and can be interrelated. If you suspect any of these may be an issue, please see your physician for further testing.

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