

# Lyme and Co. Symptoms Checklist

Symptoms can be caused by these diseases or infections, associated with them, part of what causes them, and/or a result of the Herxheimer reaction due to die-off. 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 the infection, but the causes and associations can be complex. Using this checklist helps to narrow down the possibilities that these diseases or infections may be present and is a tool to help your doctor with clinical diagnosis. (see Note 1 at end of list for examples)

Symptom (Please see all notes at end of list)	Severity	Frequency	Lyme disease	Candida	Anaplasmosis (HME)	Babesiosis (Piroplasmosis)	Bartonella-like Organism	Colorado Tick Fever	Ehrlichiosis (HGE)	Human Parasites	Mycoplasma	Q-Fever	Relapsing Fever	Rocky Mountain Spotted Fever	Tick-borne Encephalitis	Tick Paralysis	Tularemia
Rate Your Symptoms from 1-5 (severity/frequency)																	
Abdominal: low pain, cramps, stomach pain, heartburn			X	X	X	X	X		X		X	X		X			
Absorbing new information difficulties			X	X						X							
Alcohol consumption: Exaggerated symptoms or hangover, intolerance			X	X													
Allergies: increased, excess mucous			X	X						X							
Allergies: food				X													
Alzheimer's symptoms*			X	X													
Anemia					X	X			X	X							
Anger/Apathy/Hostility/Rage: increased/quick to anger			X	X		X											
Anxiety, panic attacks			X	X			X			X							
Appetite loss			X			X	X				X		X				
Asthma			X	X						X							
Attention: less, poor, short			X	X						X							
Attention Deficit Disorder (ADD)*			X	X						X							
Attention Deficit Hyperactivity Disorder (ADHD)*			X	X						X							
Autism*			X	X													
Back Pain (unexplained)			X	X		X		X									
Balance off, "tippy" feeling			X	X		X											
Bladder dysfunction/Irritable Bladder			X	X													
Bladder Infections				X													
Bleeding: Excessive or wide-spread													X	X			
Blood Clots (Excessive)																	
Blood in Urine, dark urine						X											
Body Odor (unusual)																	
Bone Pain																	
Bones fragile, fracture easily																	
Bowel function change: diarrhea, constipation			X	X		X	X	X		X	X	X		X			X
Brain Fog			X	X			X										
Breast milk production (unexplained)			X														
Breast pain (unexplained)			X	X													
Breathing difficulty: "air hunger", chronic cough, asthma (unexplained)			X	X		X					X						
Bruising easily						X											
Burning/stabbing sensations			X	X													
Cardiac Impairment			X	X						X							
Celiac disease*				X													
Charley Horses			X	X													
Chest wall pain			X														
Chills (unexplained)			X		X	X	X	X				X	X	X			X
Chronic fatigue syndrome*			X	X						X							
Circulation, reduced, poor																	
Cognitive problems			X	X			X			X	X						
Colitis (Inflammation of large intestine/colon)				X													

# Lyme and Co. Symptoms Checklist

Symptom (Please see all notes at end of list) Rate Your Symptoms from 1-5 (severity/frequency)	Severity	Frequency	Lyme disease	Candida	Anaplasmosis (HME)	Babesiosis (Piroplasmosis)	Bartonella-like Organism	Colorado Tick Fever	Ehrlichiosis (HGE)	Human Parasites	Mycoplasma	Q-Fever	Relapsing Fever	Rocky Mountain Spotted Fever	Tick-borne Encephalitis	Tick Paralysis	Tularemia
Coma													X		X		
Concentrating/thinking difficulties			X	X						X							
Confusion			X	X	X	X		X	X		X				X		
Congestion: head, sinuses			X	X													
Constitutional Symptoms (affecting the whole body)			X	X	X			X									
Convulsions															X		
Coordination difficulties, lack of			X	X													
Cravings: Sugar, alcohol				X													
Cravings: Fatty foods																	
See Nutrient Symptom Checklist																	
Crohn's disease symptoms*			X	X													
Diabetes, blood sugar disruption (low or high)				X													
Dementia symptoms*			X	X													
Dental: tooth decay, peridontal disease			X	X													
Dental Pain: teeth, jaw joint, face muscles			X	X													
Depression/Despair			X	X		X				X	X						
Disorientation, getting lost, going to wrong places			X												X		
Dizziness, lightheaded, spinning, vertigo			X	X		X											
Dreams: Vivid or violent						X											
Dry cough				X	X	X		X			X	X					X
Dry throat				X													
Ears: buzzing, ringing, ear pain, decreased hearing, sound sensitivity			X	X													
Emotions: over-emotional reactions, hypersensitive, cry easily			X	X													
Encephalitis (inflammation of the brain)			X			X									X		
Encephalopathy (brain dysfunction)					X												
Epilepsy									X								
Eyes: blindness, loss of vision			X														
Eyes: Conjunctivitis			X														
Eyes: doubled/blurred vision			X	X													
Eyes: dryness																	
See Nutrient Symptom Checklist																	
Eyes: increased floaters			X	X													
Eyes: light sensitivity, photophobia			X	X		X	X										
Eyes: night blindness																	
See Nutrient Symptom Checklist																	
Eyes: Retinitis (swelling of Retina)						X											
Eyes: swelling/inflammation			X									X					X
Facial paralysis (Bell's palsy)			X									X					
Fatigue, tiredness, poor stamina			X	X	X	X	X	X	X	X	X		X	X			X
Feet: shooting, burning pains, sore soles (especially in the morning)			X			X											
Fevers (unexplained)			X	X	X	X	X	X		X	X	X	X	X			X
Fevers: High (unexplained)					X		X				X	X	X				
Flu-like symptoms (early symptoms)			X						X		X						
Flushing (unexplained)			X														
Forgetfulness			X	X					X								
Fibromyalgia symptoms*			X														
Gastrointestinal Disorders/ Gastritis				X		X											
Genital discharge (abnormal)				X													
Growth: abnormal, depressed																	
See Nutrient Symptom Checklist																	

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Hair loss (unexplained), dry, brittle hair			X														
Headaches			X	X	X	X	X	X			X	X		X	X		X
Heart: Angina (chest pain caused by reduced blood flow to heart. Pain often spreads to shoulder, arms, and neck.)																	
See Nutrient Symptom Checklist																	
Heart: Arrhythmia (beats too fast or slow)				X			X										
Heart: Block on EKG			X														
Heart: Endocarditis (inflammation of lining of heart)							X				X						
Heart: Murmur			X														
Heart: Palpitations, skips			X	X		X											
Heart: Mitral Valve Prolapse			X														
Hemolysis (rupture or destruction of red blood cells)						X											
Hives				X						X							
Hormonal Imbalance			X	X													
Hot Flashes																	
See Nutrient Symptom Checklist																	
Hypertension (High blood pressure)				X													
Hypotension (Low blood pressure)																	
See Nutrient Symptom Checklist																	
Hypoglycemia				X													
Hyperthyroidism																	
See Nutrient Symptom Checklist																	
Hypothyroidism				X													
Immune dysfunction, weakened immune system			X	X						X							
Infections (frequent, recurrent): Sinus, Ear, Vaginal, Bladder, etc...				X													
Infertility				X													
Insomnia			X	X			X			X	X						
Interstitial Cystitis*			X	X													
Irritability			X	X						X							
Irritable Bowel Syndrome, Inflammatory Bowel Disease*				X						X							
Itching: Genitals, Anal				X						X							
Itching: Skin				X													
Jaundice						X							X				
Joints: pain, stiffness, swelling (fingers, toes, ankles, wrists, knees, elbows, hips, shoulders, back, neck)			X	X		X	X			X	X	X		X			X
Kidneys: dysfunction, stones																	
See Nutrient Symptom Checklist																	
Leaky Gut Syndrome*				X													
Leukopenia (Low White Blood Cell count)															X		
Liver: Elevated Enzymes											X	X		X			
Lou Gehrig's disease symptoms (ALS)*			X	X													
Low body temperature			X	X													
Low White Blood Cell count					X				X								
Lupus symptoms*			X	X													
Lycopenia (skin discoloration)					X				X								
Lymph Nodes/Glands: swollen, pain (persistent)			X	X			X			X							X
Malaise			X	X	X	X			X	X		X					
Meningitis (inflammation of the protective membrane around the brain)			X										X		X		
Menstrual irregularity (unexplained)			X	X													
Migraines			X	X		X		X		X				X	X		
Mood swings			X	X			X			X							

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Mouth: bad breath, burning tongue, canker sores, mouth blisters, bleeding teeth or gums, pain in teeth			X						X								
Mouth: metallic taste																	
Mouth: black lines or spots on gums																	
Multiple Sclerosis symptoms (MS) (including white matter lesions in head)*			X	X													
Multi-tasking difficulties			X	X													
Muscle weakness (obvious, unusual)			X	X											X		
Muscle pain, cramps, Myalgia			X	X	X	X	X	X			X	X	X				X
Nail fungus, discoloration; dry, brittle nails				X													
Name blocking/difficulty finding words			X	X													
Nausea, vomiting, queasy			X	X	X	X	X	X			X	X	X				X
Neck: stiffness, pain, creaks and cracks			X	X		X											
Need to sit or lay down (intense, unavoidable)			X														
Nervous System: damage, dysfunction			X	X													
Night sweats			X	X		X											
Numbness			X														
Organs: damage, inflammation, failure (liver, kidney, heart, etc.)			X	X		X											
Osteoporosis*																	
Pain during intercourse				X													
Paralysis			X												X	X	
Parkinson's disease symptoms*			X	X													
Pelvic pain			X	X													
Pneumonia											X	X	X				X
Problem solving difficulties			X	X													
Psychiatric: hallucinations, delusions, paranoia, bipolar, suicidal thoughts, obsessive-compulsive, personality changes			X	X			X			X							
Rash: Erythema Migrans (bulls-eye)			X														
Rash: Papular or angiomatous (Red line resembling stretch marks)						X	X										
Rash: Maculopapular (flat red area with small bumps)					X									X			
Rash: Petechial (small flat red or purple dots)													X				
Rash: Diaper, small itchy red bumps				X													
Rash: unspecified									X								
Reading difficulty			X	X													
Restless (or Jerky) leg syndrome			X	X													
Rheumatoid Arthritis (and other forms of arthritis)*			X	X		X											
Rib soreness			X				X										
Rickets																	
Seizures			X				X						X			X	
Sensitivity to heat or cold			X	X													
Sensitivity to light			X	X													X
Sensitivity to sound			X	X													
Sensitivity to smells (chemical sensitivity)			X	X													
Sexual dysfunction/loss of libido			X	X													
Shooting pains			X	X													
Shortness of breath, shallow breathing			X	X		X						X					

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Short-term memory loss			X	X						X							
Skin: Acne				X						X							
Skin: Athlete's foot				X													
Skin: hypersensitivity			X	X													
Skin: flaking, chapped, dry, Eczema, Psoriasis, Dermatitis				X						X							
Sleep Disturbance: too much, too little, fractionated			X	X						X							
Sore throat			X	X			X										X
Speech difficulty: errors, wrong words, misspeaking			X	X													
Stiffness of joints or back			X	X													
Sweats, sweating (unusual)			X	X	X	X			X			X					
Symptoms flare every 4-6 weeks, come and go, change			X														
Testicular Pain			X														
Thirst/dehydration (excessive)						X											
Tibia pain (severe)							X										
Tingling, electrifying feeling.			X														
Thrombocytopenia (abnormally low amount of platelets)					X				X						X		
Thrush (white film in mouth)				X													
Thyroid dysfunction			X														
Tinnitus (ringing in the ears)			X	X		X											
Told repeatedly by doctors "It is all in your head"			X	X													
Tongue: Sore																	
Tremors			X	X													
Twitching of face or muscles			X	X													
Ulcers: genital					X				X								
Ulcers: oral, skin					X				X								X
Vaginal yeast infection (Candidiasis)				X													
Vaginitis				X													
Vocal Paralysis			X														
Weakness			X	X		X							X				X
Weight loss or gain (unexplained)			X	X		X	X			X							
Writing difficulty			X	X													

**Note 1:** An example of this is Lyme disease is not caused by Autism and does not cause Autism. It is believed to induce Autism in some cases. Another example is Hormonal Imbalances often cause Candida but Candida does not cause Hormonal Imbalances.

**Note 2:** You do not have to have all of the symptoms listed to have a particular disease or infection. Every person is different, and their bodies will react different ways to infection. It also depends on where in the body the infection is present. 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.