

Mineral Symptoms Checklist

| Symptom (Please see all notes at end of list) Rate Your Symptoms from 1-5 (severity/frequency) | Severity | Frequency | Calcium | Chloride | Magnesium | Phosphorous | Potassium | Sodium | Sulfur | Boron | Chromium | Cobalt | Copper | Fluorine | Iodine | Iron | Manganese | Molybdenum | Nickel | Selenium | Tin | Vanadium | Zinc | Contaminant Minerals | | | |
|---|--------------------------------|-----------|--------------------|----------|-----------|-------------|-----------|--------|--------|-------|----------|--------|----------------|----------|--------|------|-----------|------------|--------|----------|-----|----------|--------|----------------------|---|---|---|
| | 1-5 | | Essential Minerals | | | | | | | | | | Trace Minerals | | | | | | | | | | Note 4 | | | | |
| | D= Deficiency E= Excess *=Rare | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D |
| Hair loss (unexplained), dry, brittle hair | | | | | | | | | | | | | X | | X | | X | | | | | X | | | X | | |
| Headaches | | | | | | | | | | | | | | | X | | | 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) | | | X | | | | | X | | | | | | | | | | X | | | | | | | | | |
| Heart: Block on EKG | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Heart: Endocarditis (inflammation of lining of heart) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Heart: Murmur | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Heart: Palpitations, skips | | X | | | | | | | X | | | | | | | X | | | | | | | | | | | |
| Heart: Mitral Valve Prolapse | | | | | X | | | | | | | | | | | | | | | | | | | | | | |
| Hemolysis (rupture or destruction of red blood cells) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hives | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hormonal Imbalance | | | | | | | | | X | X | | | X | | | X | | | | | | | | | | | X |
| Hot Flashes | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hypertension (High blood pressure) | | | | | X | | | | X | | | | X | | | | | | | X | | | | | | | |
| Hypotension (Low blood pressure) | | | | | | X | | | | | | | | | | | | | | | | | X | | | | |
| Hypoglycemia | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hyperthyroidism | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hypothyroidism | | | | | | | | | | | | | | | X | | | | | X | | X | | | | | |
| Immune dysfunction, weakened immune system | | | | | | | | | | | | | X | | | | | | | X | | | | X | | | X |
| Infections (frequent, recurrent): Sinus, Ear, Vaginal, Bladder, etc... | | | | | | | | | | | | | X | | | | | | | X | | | | X | | | X |
| Infertility | | | | | | | | | | | | | X | | | | | | | | | | | | | | |
| Insomnia | | | | | | | | | | | | | | | X | | | | | | | | | | | | X |
| Interstitial Cystitis* | | | | | | | | | X | | | | | | | | | | | | | X | | | | | X |
| Irritability | | | | | | | | | | | | | X | | | X | | | | | | | | | | | X |
| Irritable Bowel Syndrome, Inflammatory Bowel Disease* | | | | | X | | | | X | | | | | | | | | | | | | | | | | | X |
| Itching: Genitals, Anal | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Itching: Skin | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jaundice | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Joints: pain, stiffness, swelling (fingers, toes, ankles, wrists, knees, elbows, hips, shoulders, back, neck) | | | | | | | | | X | | | | X | | | | | X | | | | | | | | | X |
| Kidneys: dysfunction, stones | | X | | X | | X | | | | | | | | | | | | | | | | | X | | | | |
| Leaky Gut Syndrome* | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Leukopenia (Low White Blood Cell count) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Liver: Elevated Enzymes | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lou Gehrig's disease symptoms (ALS)* | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Low body temperature | | | | | | | | | | | | | | | | | | | | | | | | | | | X |
| Low White Blood Cell count | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lupus symptoms* | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lycopenia (skin discoloration) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lymph Nodes/Glands: swollen, pain (persistent) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Malaise | | | | | | | | | X | | | | | | | | | | | | | | | | | | X |
| Meningitis (inflammation of the protective membrane around the brain) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Menstrual irregularity (unexplained) | | | | | | | | | X | | | | | | | | | | | | | | | | | | X |
| Migraines | | | | | | | | | X | | | | | | | | | | | | | | | | | | X |

Mineral Symptoms Checklist

| Symptom (Please see all notes at end of list) Rate Your Symptoms from 1-5 (severity/frequency) | Severity | Frequency | Calcium | Chloride | Magnesium | Phosphorous | Potassium | Sodium | Sulfur | Boron | Chromium | Cobalt | Copper | Fluorine | Iodine | Iron | Manganese | Molybdenum | Nickel | Selenium | Tin | Vanadium | Zinc | Contaminant Minerals | | | |
|---|--------------------|-----------|---------|----------|-----------|-------------|-----------|--------|--------|-------|----------|----------------|--------|----------|--------|------|-----------|------------|--------|----------|-----|----------|--------|----------------------|---|---|---|
| | Essential Minerals | | | | | | | | | | | Trace Minerals | | | | | | | | | | | Note 4 | | | | |
| | 1-5 | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E |
| D= Deficiency E= Excess *=Rare | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mouth: bad breath, burning tongue, canker sores, mouth blisters, bleeding teeth or gums, pain in teeth | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mouth: metallic taste | | | | | | | | | | | | | | | | | | | | | | | | | | | X |
| Mouth: black lines or spots on gums | | | | | | | | | | | | | | | | | | | | | | | | | | | X |
| Multiple Sclerosis symptoms (MS) (including white matter lesions in head)* | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Multi-tasking difficulties | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Muscle weakness (obvious, unusual) | | | | | | | | | | | | | | | | | | | | | | | | | | | X |
| Muscle pain, cramps, Myalgia | | | X | X | X | | | | | | | | | | | | | | | | | | | | | | X |
| Nail fungus, discoloration: dry, brittle nails | | | X | | | | | | | | | | | | | | | | | | | | | | | | |
| Name blocking/difficulty finding words | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nausea, vomiting, queasy | | | | | | | | | | | | | | | | | | | | | | | | | | | X |
| Neck: stiffness, pain, creaks and cracks | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Need to sit or lay down (intense, unavoidable) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nervous System: damage, dysfunction | | | | | | | | | | | | | | | | | | | | | | | | | | | X |
| Night sweats | | | | | | | | | | | | | | | | | | | | | | | | | | | X |
| Numbness | | | | | | | | | | | | | | | | | | | | | | | | | | | X |
| Organs: damage, inflammation, failure (liver, kidney, heart, etc.) | | | | | | | | | | | | | | | | | | | | | | | | | | | X |
| Osteoporosis* | | | | | | | | | | | | | | | | | | | | | | | | | | | X |
| Pain during intercourse | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Paralysis | | | | | | | | | | | | | | | | | | | | | | | | | | | X |
| Parkinson's disease symptoms* | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pelvic pain | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pneumonia | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Problem solving difficulties | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Psychiatric: hallucinations, delusions, paranoia, bipolar, suicidal thoughts, obsessive-compulsive, personality changes | | | | | | | | | | | | | | | | | | | | | | | | | | | X |
| Rash: Erythema Migrans (bull's-eye) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rash: Papular or angiomatous (Red line resembling stretch marks) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rash: Maculopapular (flat red area with small bumps) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rash: Petechial (small flat red or purple dots) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rash: Diaper, small itchy red bumps | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rash: unspecified | | | | | | | | | | | | | | | | | | | | | | | | | | | X |
| Reading difficulty | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Restless (or Jerky) leg syndrome | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rheumatoid Arthritis (and other forms of arthritis)* | | | | | | | | | | | | | | | | | | | | | | | | | | | X |
| Rib soreness | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rickets | | | | | | | | | | | | | | | | | | | | | | | | | | | X |
| Seizures | | | | | | | | | | | | | | | | | | | | | | | | | | | X |
| Sensitivity to heat or cold | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sensitivity to light | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sensitivity to sound | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sensitivity to smells (chemical sensitivity) | | | | | | | | | | | | | | | | | | | | | | | | | | | X |
| Sexual dysfunction/loss of libido | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Shooting pains | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Shortness of breath, shallow breathing | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Mineral Symptoms Checklist

| Symptom (Please see all notes at end of list) Rate Your Symptoms from 1-5 (severity/frequency) | Severity | Frequency | Calcium | Chloride | Magnesium | Phosphorous | Potassium | Sodium | Sulfur | Boron | Chromium | Cobalt | Copper | Fluorine | Iodine | Iron | Manganese | Molybdenum | Nickel | Selenium | Tin | Vanadium | Zinc | Contaminant Minerals | | | | |
|--|--------------------|-----------|---------|----------|-----------|-------------|-----------|--------|--------|-------|----------|--------|--------|----------------|--------|------|-----------|------------|--------|----------|-----|----------|------|----------------------|---|---|---|---|
| | Essential Minerals | | | | | | | | | | | | | Trace Minerals | | | | | | | | | | Note 4 | | | | |
| | 1-5 | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D | E | D |
| Short-term memory loss | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Skin: Acne | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Skin: Athlete's foot | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Skin: hypersensitivity | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Skin: flaking, chapped, dry, Eczema, Psoriasis, Dermatitis | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sleep Disturbance: too much, too little, fractionated | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sore throat | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Speech difficulty: errors, wrong words, misspeaking | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stiffness of joints or back | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sweats, sweating (unusual) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Symptoms flare every 4-6 weeks, come and go, change | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Testicular Pain | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Thirst/dehydration (excessive) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tibia pain (severe) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tingling, electrifying feeling. | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Thrombocytopenia (abnormally low amount of platelets) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Thrush (white film in mouth) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Thyroid dysfunction | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tinnitus (ringing in the ears) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Told repeatedly by doctors "It is all in your head" | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tongue: Sore | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tremors | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Twitching of face or muscles | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ulcers: genital | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ulcers: oral, skin | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vaginal yeast infection (Candidiasis) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vaginitis | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vocal Paralysis | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Weakness | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Weight loss or gain (unexplained) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Writing difficulty | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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.

Note 2: 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: Contaminant Minerals often lead to Heavy Metal and Mineral Toxicity and can be fatal.