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)

the possibilities that these deficiencies of excesses		, 50	<b>P</b> . 0		u		<u> </u>			C.P.	, ou.						· · ·	u.u.	J. 10.		(500		,,,								5.03	<i>.,</i>			
		/	Calcing Control		/	Magnes,	mm Soud	Jones Contraction	Cotassii	<u> </u>	/	/	/	/	Chromii.	/ [*]	/	7	7		/	7	/	7	- Nese	Nolyboen.	——————————————————————————————————————	7	Henium	<del>7</del> . /	7	anadium	T : /	7	Contaminant Minerals
			3/3	CHO'S	ŏ	/ĕ		ğ	/%	800%	Ę		80.0	c	/ <u>į</u>	, /8	*		FILES	Ę	odino,	_/		/3	7	/ŏ	Wickey	- /	اچُ /		/	/ž		/	Contamin Mineralia Mineralia
Symptom	_/	<u></u> \$/.	# Z	/5	· /	8	/,8	' /	20	/8	7	1	18	· /	<u> </u>	/8	8 /	\&	/\$	· /	8	\\\ \{\delta}	7	, Z	\	3	/3	/;	Ø,	Ĭ.	- / ;	چ	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	- / ¿	֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓
(Please see all notes at end of list)	10	<u>が</u> に	/ c²	/८	_/•	Ź	<u>/Q</u>	<u>_/</u> a	<u> </u>	<u>/ ဟိ</u>	/ 0	ñ	/ Ø	_/	<u>ੂ</u>	/೮	/ (	<u>ن</u>	14	_/、	<u>~_</u>	<u> </u>		Ź	<u>\\$</u>		<u>'≥</u>	<u>/ ഗ്</u>		<u>~</u>	<u>/×</u>	<u>.                                    </u>	<u>~~</u>	<u>/८</u>	<u>;                                    </u>
Rate Your Symptoms from 1-5 (severity/frequency)	₽1	-5			Ess	sen	tial I	Mine	era	IS	- 1 -	1	<u> </u>			_		-					MII	ner	aıs						_			Not	te 4
D= Deficiency E= Excess *=Rare	_		D E	D	E C	) E	DI	<u>Ξ</u>   D	<u>E*</u>	D	E D	) E*	D	ΕL	) E	D	E D	) E	D	E D	E	D	E E	) E	D*	E	D* E	. D*	EC	)* E	D	E	DE	* D	E
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Abdominal: low pain, cramps, stomach pain, heartburn	+	1	_	₩.	amounts		┢	+	failu	┢	Х		Н	_		-	-			+	+		-			$\vdash$	-	+	$\vdash$	+	ш	$\vdash$	+	non-specific	X
Absorbing new information difficulties	+	1	_	1	러	-		_	- ۲	₽	_	-	₽	_	_		_	-	$\vdash$	+	1	_	_	+	-	$\vdash$	+	+	$\vdash$	_	igaplus	₩	+	– ĕ	
Alcohol consumption: Exaggerated symptoms or					[3				kidney					>	<											1 1			1 1					s-	×
hangover, intolerance	+	+		+	<u>.</u>		H	+	┦흜	-	х	,	H		_		-		$\vdash$	+	+		+			$\vdash$	+	+	+	+	+	₩	+	-lğl	X
Allergies: increased, excess mucous	+	+		+	large	-	<b>-</b>	+	Ⅎ₤	₩			₽	_	-		+	-	$\vdash$	╬	+	_	+	+	-	₩	+	+	₩	-	$+\!\!-\!\!\!+$	₩	+		
Allergies: food	+	$\vdash$	_	Н.	<u>=</u>  -	+-	$\vdash\vdash$	+	w th	$\vdash \vdash$	Х		₽		-	$\vdash$	-	+	$\vdash$	+	+	+	+	+	$\vdash$	$\vdash$	+	+	$\vdash$	+	+	$\dashv$	+	often	X
Alzheimer's symptoms*	+	$\vdash$		<b>H</b> :	ᄓ	+	$\vdash \vdash$	+			Х		$\vdash$	+	+	$\vdash$	1.		$\vdash$	+	+	V	+	+		$\dashv$	+	+	$\vdash$	+	+	$\mapsto$	+		
Anemia	+	-		Н.	S N		$\vdash$	+	except	₽	_		₽	_		⊢⊦	Х		$\vdash$	_	+	X	-	+	Х	$\vdash$	+	+	₩	+	+	₩	+	are	
Anger/Apathy/Hostility/Rage: increased/quick to anger	一	$\vdash$		++'	ĕ x		$\vdash \vdash$	+	<b>⊣</b> ô	$\vdash \vdash$	Х		₽	+	-	$\vdash$	+		$\vdash$	+	+	_	+	_	$\vdash$	$\vdash$	+	┯	$\vdash$	_	$\vdash$	$\dashv$	+	٦ ٤	
Anxiety, panic attacks	—	$\vdash$	_ _		+	_		+	occurs	$\vdash \vdash$	Х		$\sqcup$	_		${f H}$	_	Х	$\vdash$	+	$\vdash$	_	_	$\bot$	$\vdash$	$\dashv$	+	╨	$\vdash$	+	+	$\vdash$		<b>-</b>  ₽	X
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Asthma	丄				_			丄	-  °	Щ										_			_			Н	_	ш		X	ш	ш	丄	ᆚᅕ	
Attention: less, poor, short	ᆚ							┸	Rarely																	Ш	$\bot$		Ш		ш	Ш	丄		
Attention Deficit Disorder (ADD)*								┸	Ra																	ш	$\bot$		ш		Ш	Ш	_		
Attention Deficit Hyperactivity Disorder (ADHD)*	┸							┸																		Ш			Ш			Ш	_	attention	
Autism*									ure.		X	(																						# # E	X
<b>B</b> ack Pain (unexplained)	Щ							Ш	fail							X										Ш			Ш						
Balance off, "tippy" feeling	Щ							Ш																		Ш			Ш					lical	X
Bladder dysfunction/Irritable Bladder									eart																				i I					medi	
Bladder Infections	П								함																				П		$\prod$				
Bleeding: Excessive or wide-spread																												$\Box$			$\Box$			ate	
Blood Clots (Excessive)	$\top$								ead																			T	П	T	$\Box$			immediate	
Blood in Urine, dark urine	T				1								Ħ													ΠĪ	1	$\top$	ΠŤ	1	$\Box$			اغِ	
Body Odor (unusual)	十				1			1	can				Ħ			Х							T			ΠŤ	_	$\top$	Х	$\top$	${}^{\dagger}$		$\neg$		
Bone Pain	十		х		T		Х	╅	Ţ,				Ħ	1		П				1			<b>)</b>	(		ΠŤ	$\neg$	77	$\Box$	$\top$	$\Box$	Ħ	$\neg$	_ E	П
Bones fragile, fracture easily	十		Х		+	1	х	+	toms,	H			tt	1					X	x	1 1		_			m	+	$\top$	rt	$\pm$	$\Box$	tt	$\top$	ē	
Bowel function change: diarrhea, constipation	十	+	^	x	+	+	_	хх	_ `	H	Х	1	Н	x				Х			1 1		х	+	1	H	+	+	H	+	+	廿	,	requireing	X
Brain Fog	$\dashv$	1 1	_		1	+		1	٦,5	H			П	-	+		+	-	H	$\top$	1 1					П	+	+	ΙŤ	+	+	$\vdash$	Ť	<u>a</u>	X
Breast milk production (unexplained)	$\dashv$	1 1	_	+	1	+	t	+	٦٣	H	+		H	+	+		+			$\top$	1 1		+			П	+	+	ΙŤ	+	+	$\vdash$	$\dashv$	- e	-
Breast pain (unexplained)	+			1 1	+			+	iency	H	_	+-	H	_	+	H	_	+	H	+	1 1	1	+	$\top$	1	H	+	+	一十	+	+	${}^{\dag}$	+	to exposure	H
Breathing difficulty: "air hunger", chronic cough, asthma	+				+			+	1.5	H	_	+-	H	_	+	H	_	+	H	+	1 1	1	+	$\top$		H	+	+	一十	+	+	${}^{\dag}$	+	⊢ Š	$\vdash$
(unexplained)				X					defici																Х	il			1 1					9	
Bruising easily	$\top$	T		П	T	T	tt	1	٦ĕ	ΙT	T	1	T	T	1	Ħ		$\top$	$\Box$	T	T	7		1	П	ヿ	$\dashv$	$\top$	一十	$\top$	$\Box$	Ħ	$\top$		
Burning/stabbing sensations	十	Ħ	_	H	十	T	III	$\top$	1‡	一十	T			十		H	1	+	H	$\top$	T	1	$\top$	T	П	ΠŤ	$\dashv$	17	ΠŤ	$\top$	T	$\sqcap$	十	due	X
Cardiac Impairment	$\top$	$\Box$		$T^{\dagger}$	Х	(		+	⊒≝		Х		H	1	1	H	1	1		$\top$	+1	$\dashv$	$\top$	+	Ħ	ΠŤ	+	+	一十	$\top$	Х	$\vdash$	$\dashv$	is	
Celiac disease*	十	$\forall$	-	tt	Ť		$\vdash$	+	Similar	一十	Ť		H	+	+	H	х	(	$\vdash$	+	$\vdash$	$\dashv$	十	+	Н	一	+	+	一十	+		$\vdash$	+		
Charley Horses	十	$\forall$	-	tt	+	+	$\vdash$	+	+-	$H^{+}$	+	+	H	+	+	H	f		$\vdash$	+	$\vdash$	$\dashv$	十	+	Н	一	+	+	一十	+	+	$\vdash$	+	Toxicity	H
Chest wall pain	十	$\forall$	$\dashv$	Ħ	+	+	H	+	+	HT	+	+		+	+	H	+	+	H	+	+	$\dashv$	+	+	H	一十	十	+	一十	+	$\forall$	一	十	<b> </b> ê	H
Chills (unexplained)	十	$\forall$	$\dashv$	+	+	+	$\vdash$	十	+	$\vdash$	+	+		+	+	$\vdash$	+	+		+	+	$\dashv$	+	+	$\vdash$	$\vdash$	+	+	$\vdash$	+	$\vdash$	$\vdash$	+	Ⅎʹ.	$\vdash$
Chronic fatigue syndrome*	+	+	Х	+	+	+	$\vdash$	+	+	$\vdash$	х	,	╁┼	+	+	$\vdash$	+	+	$\vdash$	+	+	+	+	+	$\vdash$	$\vdash$	+	+	+	+	+	++	+	무	X
	十	$\vdash$	^	++	+	+	$\vdash$	+	+	$\vdash \vdash$	^	•		X	+	${}$	+	+	$\vdash$	+	+	$\dashv$	+	+	$\vdash$	$\vdash$	+	+	+	+	+	$\vdash$	+		^
Circulation, reduced, poor	+	+		++	+	+	$\vdash \vdash$	+	+	$\vdash \vdash$	×	,	1	^	+	$\vdash$	+	+	$\vdash$	+	+	+	+	+	$\vdash$	$\vdash$	+	+	$\vdash$	+	+	+	+	applicable	v
Cognitive problems	+	$\vdash$	+	+	+	+	H	+	+	┢	^	×	₽	+	+	$\vdash$	+	+	$\vdash$	+	+	+	+	+	$\vdash$	$\dashv$	+	+	$\vdash$	+	+	+	+	- ĕ	^
Colitis (Inflammation of large intestine/colon)	Щ			1		1	டட	ㅗ	—	டட				L_						_1_	11		I		1	щ		ш	ᄔ		ш	ш		- X	ш

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Symptom (Please see all notes at end of list) Rate Your Symptoms from 1-5 (severity/frequency)	<u>/</u> 4	Figure 11		( )	, moride	Magr	ntia	Nosoho.	Short Sold	wing Sold	dium	Sulfur	\(\frac{\range{Q_0}}{\range{Q_0}}\)	/ § /	chromius	( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( )	1100	, zopocz	Fluor	941.		ace.	Mine	anganes.	or Louis	Nici	18,10	Seleniu	Lange Lange		anadium	Zinc	Note 4	lineralis (
D= Deficiency E= Excess *=Rare	Ť	_									FI	D F*	D	FΙC	F	D	FΙC	F	D	F D						D*	F D	)* F	D*	E D	FI	D F*		ł
Coma	+	T	1	+				Ħ		Х	Ť		_	X							Ť		_	X		Ĺ	Ť	Ť	Ħ	Ť	Ħ			l
Concentrating/thinking difficulties	+	11		-					Х			Х	ш	-	1 1		1				Н	Х	+	-		t	+	+	+	+	t		iencie	1
Confusion	+	11		X		Х			^	Х		X		1	1 1		1				Н	^				t	+	+	+	+	t		ij <b>x</b>	1
Congestion: head, sinuses		1 1				-						-			11												+	+	t	$\top$	H		g =	1
Constitutional Symptoms (affecting the whole body)		1 1										+			11												+	+	t	$\top$	H		≥ x	1
Convulsions		1 1										+			11												+	+	t	$\top$	H			1
Coordination difficulties, lack of		1 1							Х			+			11												+	+	t	$\top$	H			1
Cravings: Sugar, alcohol		1 1										+			11												+	+	t	$\top$	H			1
Cravings: Sagar, accords  Cravings: Fatty foods	T	1 1	$\dashv$	+	Н		1	H		+	$\neg$ t	1	Ħ	$\top$	+	$\Box$	$\top$	T	H		Ħ		+	T	$\top$	Ħ	$\top$	+	+	$\top$	$\Box$			1
Crohn's disease symptoms*	十	† †	$\dashv$	+	Н	1	1	H		$\top$	1	х	Ħ	$\top$	+	$\Box$	×		H		Ħ		$\top$	T	+	Ħ	+	+	+	$\top$	1 1			1
<b>D</b> iabetes, blood sugar disruption (low or high)	十	† †	$\dashv$	+	Н	Х	1	H		Х	_	X	Ħ	Х		$\Box$	f	Ħ	H		Ħ		Х	T	+	Ħ	+	+	+	$\top$	1 1			1
Dementia symptoms*		+	$\dashv$	$\top$				$\Box$			ď	-	Ħ	T		$\exists$	+	X	$\vdash$		H	$\neg$		1	+	Ħ	+	+	+	+	t		HH	1
Dental: tooth decay, peridontal disease		1 1										+			11			-	Х								+	Х		$\top$	H			1
Dental Pain: teeth, jaw joint, face muscles												1															$\top$	_	1				x	1
Depression/Despair		1 1						H				x			+			х			Ħ			t			+	+	Х	x	X :	х	X	1
Disorientation, getting lost, going to wrong places	+	11		-		Х			-	Х	_	_		1	1 1		1									t	+	+		4		`		1
Dizziness, lightheaded, spinning, vertigo		1 1				-		H				-			+						П	Х	Х	t			+	+	t	_			X	1
Dreams: Vivid or violent	-	T							_	+		_			х						Н	^	Ĥ	1			+	+	+	十				1
Dry cough		+						$\vdash$		+					^			+	$\vdash$		H		+	ł	_	H	x	+	++	+	tt		+++	1
Dry throat	+	11		-					-			+		1	1 1		1									H		+	+	+	t		++	1
Ears: buzzing, ringing, ear pain, decreased hearing, sound	Н	+						$\vdash$		+					+			+	$\vdash$		H			ł	_	+	+	+	++	+	tt		+++	1
sensitivity	<u> </u>																						X										$I \cup I$	1
Emotions: over-emotional reactions, hypersensitive, cry		1 1													1 1								П				十	$\top$	Ħ				$\Box$	l
easily																																	$I \cup I$	1
Encephalitis (inflammation of the brain)																												Т						1
Encephalopathy (brain dysfunction)																												Т						1
Epilepsy																												Т						1
Eyes: blindness, loss of vision																																	Х	1
Eyes: Conjunctivitis																																		1
Eyes: doubled/blurred vision																																	Х	1
Eyes: dryness																																		1
Eyes: increased floaters																																	Х	1
Eyes: light sensitivity, photophobia																																		1
Eyes: night blindness																									X			Т			2	X	X	1
Eyes: Retinitis (swelling of Retina)																																		1
Eyes: swelling/inflammation																																		1
Facial paralysis (Bell's palsy)																																		1
Fatigue, tiredness, poor stamina			X			X			X													X		X					X		2	X	Х	1
Feet: shooting, burning pains, sore soles (especially in the	е																																x	1
morning)																											丄	丄	Ш				^	1
Fevers (unexplained)	┸				Ш			Ш		$\perp$		_ _	Ш		Ш			Ш	Ш		Ш		$\perp$	[			丄	丄	$\sqcup$	丄	$\sqcup$		$oldsymbol{\sqcup}$	1
Fevers: High (unexplained)	┸				Ш			Ш		$\perp$		_ _	Ш		Ш			Ш	Ш		Ш		$\perp$	[			丄	丄	$\sqcup$	丄	$\sqcup$		$oldsymbol{\sqcup}$	1
Flu-like symptoms (early symptoms)	┸			_			┸			Ш					Ш			Ш	Ш		Ш		Ш	[			丄	丄	$oldsymbol{\sqcup}$	丄	$oxed{oxed}$		$oldsymbol{\sqcup}oldsymbol{\sqcup}$	1
Flushing (unexplained)	┸			_		)	X			Ш					Ш			Ш	Ш		Ш		Ш	[			丄	丄	$oldsymbol{\sqcup}$	丄	$oxed{oxed}$		$oldsymbol{\sqcup}oldsymbol{\sqcup}$	1
Forgetfulness	┸			_						Ш		X			Ш			Ш	Ш		Ш		Ш	[			丄	丄	$oldsymbol{\sqcup}$	丄	$oxed{oxed}$		X	1
Fibromyalgia symptoms*											2	X						Ш	Ш		Ш						丄	丄	Ш	ᆚ	$\sqcup \!\!\! \perp$		X	1
<b>G</b> astrointestinal Disorders/ Gastritis																			Ш		Ш						ЩĪ	Ш	Ш	X	$\sqcup \Box$		X	1
	1 -	1 [	1-	1 -	1 7	1	1 -	1 7	1 -	. T					1 T	i [		1 7			ıf	1 -	. T			1 T		1 -					7	4
Genital discharge (abnormal) Growth: abnormal, depressed		$oldsymbol{oldsymbol{\sqcup}}$											ш							X	Щ						4	_	ш	$\perp$			نلل	1

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Symptom (Please see all notes at end of list) Rate Your Symptoms from 1-5 (severity/frequency)	\(\frac{\display}{3}{1}\)		Callen Called	 	Chlorid	/ 2 2	"agnesii"	ial	Johoron, J.	S Solves	Lange /	, ooium	Sulfur		4000	Chron	umiu	JIEQO,		Jagar / i	Morine	1,00/	() [Fra:	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Mine	Sanes.	Molyba	Wil Senum	,icke/	Selection	- unium	, s.,	Kan,	majoeu. Z	\\   \qq	Note	Mineralinant
D= Deficiency E= Excess *=Rare	ť											Ιr	DΕ	* D	Г	ПΓ	E D	ΙF	П	E D	Ir							D*	l e li	D*	E D'	* -		E D		Note	<i>;</i> 4
	╆	H	וט	-	, [	ט	Е	U		<i>)</i> [		Е	DE	T D	Е	υг	יו	Е	X		Е	X		<i>)</i> [	X	<u> </u>	) ·   E	. D	E 1		X	ᆤ	ᄴ		<u> </u>	D	득
Hair loss (unexplained), dry, brittle hair	┢	H	+	┿	+	-		_	+	+	+	+		+-			+	+	^	_	+	^		,	^	-	· ·	╁	$\vdash$		-	Н	$\dashv$		₩		
Headaches	┢	⊢⊦	_	+	-				+		+	+	┢	+		_	+	-	$\vdash$	+	+	-	)	(	₩	-	X	+-	$\vdash$	+	Х	4-1	$\vdash$	+	+		×
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			2	K					)	X																-	X			<b>+</b>	‡			+			
Heart: Endocarditis (inflammation of lining of heart)	1			T					T		T						1						T					1			T		ıΤ		$\top$		
Heart: Murmur	1	Ħ	T		1	1		T	7	1	1	$\Box$		1			1		П		$\Box$	1	T		Ħ	1			Π	丁	$\top$	$\sqcap$	T	T	$\top$	П	7
Heart: Palpitations, skips	1		X		1	1		T	7	1	Х	П		1			1		П		$\Box$	1	>	(	Ħ	1			Π	丁	$\top$	$\sqcap$	T	T	$\top$	П	7
Heart: Mitral Valve Prolapse	1	П	7	1		Х		T	T		Т			1			T		Ħ			1	Т	1		1			Ħ	寸	$\top$	$\Box$	T		$\top$		7
Hemolysis (rupture or destruction of red blood cells)														Ī																T	T		П		$\top$		7
Hives									T																						$\top$		П		$\Box$		
Hormonal Imbalance					l								Х	Х			Ì		X			2	X					L		I	J	$\prod$			$\Box$		X
Hot Flashes																																	П		$\Box$		7
Hypertension (High blood pressure)						Х						Х							Х											X					$\Box$		
Hypotension (Low blood pressure)							Х																									X			$\Box$		
Hypoglycemia																																			$\Box$		
Hyperthyroidism																																T	П		$\Box$		
Hypothyroidism																						X								X		X			$\Box$		
Immune dysfunction, weakened immune system																			X											X			П	Х			X
Infections (frequent, recurrent): Sinus, Ear, Vaginal,																			х														П		$\Box$		X
Bladder, etc				╙																			Ш										ш		Ш		^
Infertility																			X											$\perp$	丄		ш	丄	Ш		_
Insomnia																						X								$\perp$	Х	4	ш	丄	Ш		X
Interstitial Cystitis*				╙									X																				ш		Ш		X
Irritability				╙																X			>	(									ш		Ш	_	X
Irritable Bowel Syndrome, Inflammatory Bowel Disease*						X							X																	$\perp$	丄		ш	丄	Ш		X
Itching: Genitals, Anal																																	Ш				
Itching: Skin																																	Ш				
<b>J</b> aundice				╙																			Ш										ш		Ш		
Joints: pain, stiffness, swelling (fingers, toes, ankles, wrists, knees, elbows, hips, shoulders, back, neck)  Kidneys: dysfunction, stones				K		Х		4	x				x						x								x			_			X				×
Leaky Gut Syndrome*	t			1					7					1			1						T		t t			1	Ħ	_	$\top$	$\top$	П	$\top$	$\Box$		1
Leukopenia (Low White Blood Cell count)	1	Ħ	1	1	1	1			T	1	1	Ħ	ΙT	1			1	$\Box$	Ħ	1	Ħ		T	1	Ħ	1	1	t	Ħ	十	$\top$	$\forall$	一	十	+	Ħ	1
Liver: Elevated Enzymes	t	H	1	T	T	t		$\dashv$	$\top$	$\top$	T	H		T			$\top$	$\Box$	H	1	H	<b>-</b>	T	$\top$	1 1	1	$\top$	t	H	十	$\top$	$\dagger \dagger$	o	$\top$	+		1
Lou Gehrig's disease symptoms (ALS)*	1	Ħ	1	1	1	1			T	1	1	Ħ	ΙT	1			1	$\Box$	Ħ	1	Ħ		T	1	Ħ	1	1	t	Ħ	十	$\top$	$\forall$	一	十	+	Ħ	1
Low body temperature	1		T	T				T	T		T			T			T		Ħ			1	T			1			Ħ	寸	$\top$	$\Box$	T		$\top$		X
Low White Blood Cell count	T	Ħ	T	T	T			T	丁	1	T	Ħ		T			T		Ħ		Ħ	T	Ť	T	11	T	T	T	Πİ	十	$\top$	$\Box$	T	十	$\top$	П	7
Lupus symptoms*	1	Ħ	T	T	1			1	T	1	1	$\Box$		1			T		П		$\Box$	1	1			1			П	$\top$	$\top$	$\Box$	T	T	$\top$		7
Lycopenia (skin discoloration)	1	Ħ	T		1	1		T	7	1	1	$\Box$		1			1		П		$\Box$	1	T		Ħ	1			Π	丁	$\top$	$\sqcap$	T	T	$\top$	П	7
Lymph Nodes/Glands: swollen, pain (persistent)	1	Ħ	T	T	1			1	T	1	1	$\Box$		1			T		П		$\Box$	1	1			1			Π	$\top$	$\top$	$\Box$	T	T	$\top$		1
<b>M</b> alaise									T				Х																П	T	$\top$		П	T	$\Box$		X
Meningitis (inflammation of the protective membrane around the brain)																															Ţ		I				
Menstrual irregularity (unexplained)	_	ot		$\perp$	1_	1_				_ _	_		X	_			1		Ш		Ш	_	┸		Ш		$\perp$		Ш	$\perp$	丄	Ш	$\perp \!\!\! \perp$	丄	$oldsymbol{\perp}oldsymbol{\perp}$		X
Migraines													X																	$\perp \!\!\! \perp$	止	Ш	ட	止	Ш		X

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Symptom (Please see all notes at end of list)	Janes Land		The state of the s	Chlori	/\$	nagnesium/	, Jasoua	o logo	Som	Sur	# / L	Boron	Chroni	Cop	1100	, sologo	Fluorie	91.	91.	5	Mangane	Molybo	Nict	/ww/	selenium 1	Į, uir	Kan,	Zinc		Minerals	<u> </u>
Rate Your Symptoms from 1-5 (severity/frequency)	1-5				Ess	entia	al M	inera	als										Trac	e Mi	inera	ls							Not	te 4	
D= Deficiency E= Excess *=Rare		D	Ε	D E	D	ΕI	) E	DE	* D	E D	E* C	E	D E	D	E D	) E	D E	D	E D	ΕI	D E	D* E	D*	E D	* E [	)* E	D	E D E	* D	Ε	
Mood swings										X									T											X	

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Symptom (Please see all notes at end of list) Rate Your Symptoms from 1-5 (severity/frequency)	/ / / / 1-5		Calcium Charles		Θρίζς Es	sen.	tial I	Mine	misse to eral	Sodiu	Suff	\$ \\\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \	logo!	Chromii		Hear	\\ \frac{J_{000}}{J_{000}}	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	orine	/oding/	rac	(%).	inei	asuese vi	Wolybolep.	Nicker	, /: ; /:5;	Selenium	, uir	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	unioeur	Cupc	Contaminant
D= Deficiency E= Excess *=Rare			) F	D							DE	* D	F	DF	D	FΓ	) F	D	F						F	D* F	D*	FΓ	)* F	D	F D		D E
D- Donoichey 1- Excess - Hard		Ť	<u> </u>		+	, <u>L</u>		- 12				۲	_		D	+	-		+					-	H		۳	H	艹	۳		Ħ	
Mouth: bad breath, burning tongue, canker sores, mouth blisters, bleeding teeth or gums, pain in teeth																																Ш	
Mouth: metallic taste	┢	+	-	$\vdash$	-		$\vdash$	_	H	_	+	+		_			_	+	_		-	$\vdash$	-	-			+	₩	$+\!$	₩		₩	X
Mouth: black lines or spots on gums Multiple Sclerosis symptoms (MS) (including white matter lesions in head)*																t		H									t		+	H		Ħ	X
Multi-tasking difficulties																								1									
Muscle weakness (obvious, unusual)		T						Х	П	Х	Х																T		$\top$				X
Muscle pain, cramps, Myalgia		X	( X	X	)	(		Х		хх	(						Х										T		$\top$				X
Nail fungus, discoloration; dry, brittle nails		×		П	T			Г	П		11		T		П	十			T		T	П	X	1	П		T	X	$\top$	П	Х	$\Box$	
Name blocking/difficulty finding words		Т																									T	П	T	Ħ		Ħ	
Nausea, vomiting, queasy		T	Х	Х	丁	Х	$\Box$	Х	П	ХХ	(	T	Х		П	X	Х		T			Х	X	Х	П		1		X	П		X	X
Neck: stiffness, pain, creaks and cracks			Т	П		Т			П													П					T		$\top$	Ħ		П	
Need to sit or lay down (intense, unavoidable)																											T		T	Ħ		Ħ	
Nervous System: damage, dysfunction		T	T		T				Ħ							Х											T		$\top$	M		Ħ	X
Night sweats		T			1	Х	П																	1			$\top$		$\top$	Ħ			X
Numbness		X	(		1																			1			$\top$		$\top$	Ħ			X
Organs: damage, inflammation, failure (liver, kidney,		Т	Т		T				Ħ																		T		$\top$	\ \ \		Ħ	
heart, etc.)																X												ì I		X			×
Osteoporosis*		X	(		)	(										)	X							1					$\top$	П			
Pain during intercourse																								1									
Paralysis								Х																1									X
Parkinson's disease symptoms*									П																		T		T	Ħ		Ħ	
Pelvic pain																											T		T	Ħ		Ħ	
Pneumonia																											T		T	Ħ		Ħ	
Problem solving difficulties		T	T		T				Ħ																		T		$\top$	M		Ħ	
Psychiatric: hallucinations, delusions, paranoia, bipolar,		T	T		T				Ħ																		T		$\top$	П		Ħ	
suicidal thoughts, obsessive-compulsive, personality											X													X				ì I		1 /	X		X
changes		1			_				Ш																Ш			Ш	Ш	Ш		Ш	
Rash: Erythema Migrans (bulls-eye)		1			_				Ш																			Ш	Ш			Ш	
Rash: Papular or angiomatous (Red line resembling stretch																																	
marks)	┢	+	-		+		⊢⊦	-	H		+	+						+	-+		-	$\vdash$	_	+-	$\vdash$		┿	₩	$+\!\!\!\!-$	$\vdash$	_	+	+
Rash: Maculopapular (flat red area with small bumps)		+	+		+	+	$\vdash$		Н	_	+	-					-	+	+		+	-	+	+			+-'	₩	$+\!\!\!\!-$	$\vdash$	_	++	+
Rash: Petechial (small flat red or purple dots)		╬	-		+		$\vdash$	-	H	_	++	-	-	-	H		-	+			-	₩	-	+	H	-	+-'	₩	+-	₩		₩	+
Rash: Diaper, small itchy red bumps		+	+		+	+	$\vdash$		Н	_	+	-	Х				-	+	+		+		·	+				₩	$+\!\!\!\!-$	$\vdash$	Х	₽	. V
Rash: unspecified		+	-	$\vdash$	+	+	$\vdash$	-	H	_	+	+	^	_	H		_	+	-+		-	H	X	+	$\vdash$	Х	4	₩	+	╁	^	₩	^
Reading difficulty		+	+		+	+	$\vdash$		Н	_	+	-					-	+	+		+	-	+	+			+-'	₩	$+\!\!\!\!-$	$\vdash$	_	++	+
Restless (or Jerky) leg syndrome		>	,	$\vdash$	+	+	$\vdash$	+	Н		v	+	+	-	H	+	+	+	+	-	┢	H	X	╁	H	-	Х	$\vdash$	+	$\vdash$	+	++	++
Rheumatoid Arthritis (and other forms of arthritis)*	$\vdash$	- 1	•	$\vdash$	+	-	$\vdash$	+	Н		^	+	$\dashv$	-	H	-	-	+	+	-	┢	H	^	+	${f H}$	-	1^	+	+	$\forall$	-	+	++1
Rib soreness	$\vdash$	>	,	$\vdash$	+	+	$\vdash$	+	Н		+	+	+	-	H	+	+	+	+	-	┢	H	+	╁	H	-	╁	+	+	$\vdash$	+	++	++
Rickets Seizures		- 1		$\vdash$	+		$\vdash$		Н	Х	++	+	+	-	H	$\dashv$		+	+	-	┢	$\forall$	+	+	H	-	+	++	+	${}$	+	++	++
		+	+	$\vdash$	+	+	$\vdash$	-	Н	^	++	+	+	-	H	$\dashv$	-	+	+	-	Х	H	+	+	H	-	+	++	+	$\vdash$	+	++	+
Sensitivity to heat or cold	$\vdash$	+	+	$\vdash$	+	+	$\vdash$	+	Н		++	+	+	-	H	+	+	+	+	-	^	H	+	╁	H	-	╁	+	+	$\vdash$	+	+	+
Sensitivity to light	$\vdash$	+	+	$\vdash$	+	+	$\vdash$	+	Н		++	+	+	-	H	+	+	+	+	-	┢	H	+	╁	H	-	╁	+	+	$\vdash$	+	+	+
Sensitivity to sound	$\vdash$	+	+	$\vdash$	+	+	$\vdash$	+	Н		++	+	+	-	H	+	+	+	+	-	┢	H	+	╁	H	-	╁	+	+	$\vdash$	+	+	v
Sensitivity to smells (chemical sensitivity)		+	+	$\vdash$	+	+	⊢⊹	+	Н		++	+	+	-	H	+	+	+	+	-	┢	H	+	х	Н	-	+	+	+	$\vdash$	-	+	^
Sexual dysfunction/loss of libido	$\vdash$	+	-	$\vdash$	+		⊢⊹	+	H		++	+	$\vdash$		H	+		+	+		╄	$\vdash$	+	^		-	₩	$\vdash$	$+\!\!\!\!-$	$\vdash$		+	++
Shooting pains																																	

Symptom (Please see all notes at end of list) Rate Your Symptoms from 1-5 (severity/frequency)	/¿ [1	2 Freezity 2-			Di.olio E	Sser	unisa 10	Oyasou Mi	s o o	als	Sodium	Sulf	/ .s. /	Boron		"Omimo"	/ //eqo <sub>3</sub>	/ : /	, poper	Fluori	04.	, odino Tı	race	Mi	ner	als	olybolen.	Nick	/a <sub>v</sub> ,	Seleniu		/ : /	Vanadii	Sinc Since	Not	6 Ontaminant
D= Deficiency E= Excess *=Rare	T		DI	E D	Ε	D E	D	Ε	DE	* [	DΕ	DE	E* [	DΕ	D	Е	D E	D	Е	D E	ΕD	E	D	ΕIC	DΕ	D*	Е	D*	E D	* E	D*	ЕΓ	DΕ	DΕ	* D	Ε
Short-term memory loss	T									1		х																寸	丁	$\top$	Ħ	十	T		$\top$	П
Skin: Acne	1									1		х	1		t	T		1 1		1							H	$\dashv$	+	+	H	$\dashv$	+	tt	$\top$	П
Skin: Athlete's foot	1									1		-	1		t	T		1 1		1							H	$\dashv$	+	+	H	$\dashv$	+	tt	$\top$	П
Skin: hypersensitivity	1									1			1		t	T		1 1		1							H	$\dashv$	+	+	H	$\dashv$	+	х	$\top$	X
Skin: flaking, chapped, dry, Eczema, Psoriasis, Dermatitis	+	H		+			$\dagger$	$\vdash$	$\forall$	+	+	х	+	+	Ħ	$\dashv$	$\dashv$	$\dagger \dagger$	$\dashv$	$\dashv$	+		H	+	+	H	H	$\dashv$	X	+	х	十	+	x	+	X
Sleep Disturbance: too much, too little, fractionated	T	H		1			T	H	H	$\top$	+		1	+	Ħ	$^{\dagger}$	$\vdash$	$\dagger \exists$	$\dashv$	$^{\dagger}$	T	-	Ħ	Ť	$\top$	Ħ	H	寸	1	+		十	+	Ĥ	$\top$	X
Sore throat	t	H		1			1			T	$\top$	Ħ	1	$\top$	Ħ	T	$\top$	T	1	1				T	$\top$		H	寸	十	$\top$	H	十	$\top$	H	$\top$	fi.
Speech difficulty: errors, wrong words, misspeaking	T	H		1			t	H		2	X	1 1	1	+	Ħ	$\dashv$	1	1 1	$\dashv$	$^{+}$	T		H	1	$^{+}$	Ħ	H	$\exists$	十	+	$\Box$	十	+	$\vdash$	+	П
Stiffness of joints or back	+									Ť	-	х	1			$\dashv$	-	1 1		$\dashv$	t				+		Ħ	$\neg$	+	+	Ħ	$\dashv$	+	t	$\top$	Н
Sweats, sweating (unusual)	1			х						1		П	1		t	7	1	T		1	1				T			$\exists$	$\pm$	$\top$	Ħ	十	+	t		П
Sweats, sweating (anasaar)	1									1		t	1		t	7	1	T		1	1				T			$\exists$	$\pm$	$\top$	Ħ	十	+	t		П
Symptoms flare every 4-6 weeks, come and go, change																																				
<b>T</b> esticular Pain																												П								П
Thirst/dehydration (excessive)	Т					>	(			2	хх																		Т			П			П	П
Tibia pain (severe)																												T								П
Tingling, electrifying feeling.	Т		X														X												Т			П			П	X
Thrombocytopenia (abnormally low amount of platelets)	L																															1				
Thrush (white film in mouth)	+	Н	_	_			-		-	_			_		H			+		_	+	-	Н	_	_				+	+	₩	+	+	<b></b>	+	Н
Thyroid dysfunction	+	H		-			+	Н		-	_	Х	4	_	₽	+	_	+		_	+		$\vdash$	4	-	$\vdash$	Н	_	+	+	₩	+	+	₽₽	+	Н
Tinnitus (ringing in the ears)	₩	Н		-				Ш	<b></b>	_	_	₩	4	_	Ш	4		+	_	_	4				_		Н		+	₩	₩	4	4	₩	$\bot$	$oldsymbol{\sqcup}$
Told repeatedly by doctors "It is all in your head"	+	Н		_			-		-	_	_	₩	4	_	H	4		+		-	+	-		_	+	-		$\dashv$	+	—	₩	+	—	₽₽	+	Н
Tongue: Sore	+	Н		_			-			_	_	₩	4	_	H	-	X	+		-	+	-		_	+	-		$\dashv$	+	—	₩	+	—	₽₽	+	
Tremors	₩	Н		-		X		Ш	X	_	_	₩	4	_	Ш	4		+	_	_	4				_		Н		+	₩	₩	4	4	₩	$\bot$	X
Twitching of face or muscles	₩	Н		-		X		Ш	Х	_	_	₩	4	_	Ш	4		+	_	_	4				_		Н		+	₩	₩	4	4	₩	$\bot$	X
Ulcers: genital	₩	Н		-				Ш	<b></b>	_	_	₩	4	_	Ш	4		+	_	_	4				_		Н		+	₩	₩	4	4	₩	$\bot$	$oldsymbol{\sqcup}$
Ulcers: oral, skin	╄	Ш					1	Ш	$\sqcup \!\!\! \perp$	_		₩	4		$\sqcup$	4	_	+	4	_	_		$\sqcup$	_	_	$\vdash$	Ц	4	+	4	igspace	4	4	$\vdash$	Щ	ш
Vaginal yeast infection (Candidiasis)	╄	$\vdash$		_			1	$\vdash$	$\vdash \downarrow$	+	_	₩	4	_	$\vdash$	4	_	+	_	_	+	-	$\vdash$	+	$\perp$	$\vdash$	Н	$\dashv$	+	+	$\vdash$	+	+	$\vdash$	$oldsymbol{\sqcup}$	$\boldsymbol{dash}$
Vaginitis	╄	$\vdash$		_			1	$\vdash$	$\vdash \downarrow$	+	_	₩	4	_	$\vdash$	4	_	+	_	_	+	-	$\vdash$	+	$\perp$	$\vdash$	Н	$\dashv$	+	+	$\vdash$	+	+	$\vdash$	$oldsymbol{\sqcup}$	$\boldsymbol{dash}$
Vocal Paralysis	╄	Ш						Ш	$\sqcup \!\!\! \perp$	_		ш	4		$\sqcup$	4	_	+	4	_	_		$\sqcup$	_	_	$\vdash$	Ц	4	+	4	igspace	4	4	$\vdash$	Щ	
Weakness	╄	Ш				)	X	Ш	$\sqcup \!\!\! \perp$	_		X	4		$\sqcup$	4		+	4	_	Ļ		$\sqcup$	_	_	$\vdash$	Ц	4	+	4	igspace	4	4	$\vdash$	ш	X
Weight loss or gain (unexplained)	╄	Ш					1	Ш	$\sqcup \!\!\! \perp$	_		₩	4		$\sqcup$		X	+	4	_	Х		$\sqcup$	_	_	$\vdash$	Ц	4	+	4	igspace	4	4	$\vdash$	ш	X
Writing difficulty	丄						1																						丄	Ш.	Ш	丄	丄	$oldsymbol{ol}}}}}}}}}}}}}}}}}}$	Ш	ப

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.