

Hompes Method

The Parasite Questionnaire

There are many causes for each symptom listed below. One of the most common causes is the presence of parasites. Please tick the appropriate box against each question/symptom based on the scale below.

A - Symptom never occurs	B - Symptom occurs occasionally
C - Symptom occurs often	D - Symptom occurs most of the time

Question	A	B	C	D
1. Chronic Fatigue for no apparent reason	0	1	2	3
2. Swollen or achy joints	0	1	2	3
3. Increased appetite, hungry after meals	0	1	2	3
4. Eat out at restaurants	0	1	2	3
5. Nervous or irritable	0	1	2	3
6. Restless sleep/ teeth grinding while asleep	0	1	2	3
7. Night sweats	0	1	2	3
8. Blurry, unclear vision	0	1	2	3
9. Fevers of unknown origin	0	1	2	3
10. Frequent colds, flu, sore throats	0	1	2	3
11. Recurrent feelings of unwellness	0	1	2	3
12. Constipation	0	1	2	3
13. Diarrhea alternating with constipation	0	1	2	3
14. Thinning or hair loss	0	1	2	3
15. Allergies, food sensitivities	0	2	4	6
16. Irritable bowel, irregular bowel	0	2	4	6
17. Rectal, anal itching	0	2	4	6
18. Bloating or gas	0	2	4	6
19. Abdominal or liver pain/cramps	0	2	4	6
20. Mucus in nose that is moist or encrusted	0	2	3	4
21. Dark circle under the eyes	0	2	3	4
22. Bowel urgency	0	2	3	4
23. Skin problems, rashes, hives, itchy skin	0	2	3	4
24. Vertical wrinkles around the mouth	0	2	3	4
25. Kiss pets, allow pets to lick your face	0	2	3	4
26. Go barefoot outside the home	0	2	3	4
27. Travel in 3 rd world countries	0	2	3	4
28. Eat lightly cooked pork/ salmon products	0	2	3	4
29. Eat sushi, sashimi	0	2	3	4
30. Swim in creeks, rivers, lakes	0	2	3	4
31. History of parasitic infection	0	2	3	4
32. Loose stools or diarrhea	0	2	3	4
33. Pale, anaemic or yellowish skin	0	2	3	4
34. Foul-smelling stools	0	2	3	4
35. Low back or kidney pain	0	2	3	4
36. Indigestion, malabsorption	0	2	3	4
TOTAL (add together columns B, C & D)			+	+
			=	

Scoring Index:

0-19	Parasitic presence not obvious	30-39	Strong Possibility, further testing needed
20-29	Begin to suspect parasitic infection	40+	Odds are strong that parasites are present

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