

The Lyme Solution: Lyme Questionnaire Symptom Score

0= none

1= Rare

2= Mild

3= Moderate

4= Severe

Symptom	Severity
Fever, chills, or sweating	
Joint pain or swelling in multiple joints	
Numbness, tingling, or burning pain	
Muscle pain or twitching	
Muscle weakness	
Bell's palsy or facial paralysis	
Hand tremors	
Chronic fatigue	
Chronic swollen glands	
Chronic constipation or diarrhea	
Forgetfulness or memory loss	
Headaches	

Dizziness or light-headedness	
Changes in vision (blurry or double vision)	
Insomnia	
Ringing in the ears	
Shortness of breath	
Heart palpitations	
Irritable bladder	
Loss of libido	
Sudden change in mood	
Sudden change in handwriting or speech	
Add 4 points if you live or have been in an area where Lyme disease is common.	
Add 4 points if you have been diagnosed with another autoimmune illness.	
TOTAL	

How to Score the Questionnaire

- If your score is less than 20, it is unlikely that you have Lyme disease.
- If your score is between 21 and 44, it is possible that you have been exposed to an infected tick and should:

- ✓ Start the Immune-Boosting Diet in chapter 4, if you have not started already
- ✓ Get tested by a physician who is familiar with the approach to Lyme disease offered in The Lyme Solution
- If your score is over 45; or if you have a bull's eye rash, it is highly likely you have Lyme disease or some other tick-borne illness and you should
 - ✓ Go on the Immune-Boosting Diet in Chapter 4 of The Lyme Solution
 - ✓ Begin the advanced protocols in Chapter 3 of The Lyme Solution
 - ✓ Get tested by a physician who is familiar with this approach to Lyme disease offered in The Lyme Solution