



DetoxNation

ROOT CAUSES. RAPID RESULTS.™

Parasites

SELF ASSESSMENT

Parasites Self Assessment:

FREQUENCY SCALE

Never = 0 Occasionally = 1 Sometimes = 2 Regularly = 3

DO YOU HAVE...	
Restless sleep (toss, turn, or wake up often)	<input type="checkbox"/>
Grinding of teeth when asleep	<input type="checkbox"/>
Skin issues, rashes, itches, hives, eczema, or acne	<input type="checkbox"/>
Allergies and/or food sensitivities	<input type="checkbox"/>
Frequent diarrhea or loose stools	<input type="checkbox"/>
Alternating constipation or diarrhea	<input type="checkbox"/>
SIBO (small intestinal bacterial growth), feel bloated or gassy	<input type="checkbox"/>
Bowel urgency, occasional accidents	<input type="checkbox"/>
Abdominal pains, cramps, or burning	<input type="checkbox"/>
Stomach or small intestinal ulcers or lesions	<input type="checkbox"/>
Fingernail biting	<input type="checkbox"/>
Irritable (no apparent reason)	<input type="checkbox"/>
Mood disorder, depression, anxiety, or suicidal thoughts	<input type="checkbox"/>
Hyperactive tendency (nervous)	<input type="checkbox"/>
Need for extra sleep, wake unrefreshed	<input type="checkbox"/>
Fevers of unknown origin	<input type="checkbox"/>
Night sweats (not menopausal)	<input type="checkbox"/>
Frequent colds, flu, sore throats	<input type="checkbox"/>
Eat pork products	<input type="checkbox"/>
Sleep with pets on bed	<input type="checkbox"/>
Bed wetting	<input type="checkbox"/>
Frequent vomiting	<input type="checkbox"/>
Strong sugar and processed food cravings	<input type="checkbox"/>
Blurry, unclear vision	<input type="checkbox"/>
Lethargy, apathy (disinterest)	<input type="checkbox"/>
Menstrual problems	<input type="checkbox"/>
Dry Lips	<input type="checkbox"/>
Drooling while asleep	<input type="checkbox"/>
Occult blood in stool (from lab test)	<input type="checkbox"/>

Kiss pets, allow pets to lick your face	<input type="checkbox"/>
Anemia (low iron/hemoglobin on blood test)	<input type="checkbox"/>
Pain in belly button area (umbilicus)	<input type="checkbox"/>
Loss of appetite	<input type="checkbox"/>
History of or currently have cancer?	<input type="checkbox"/>
Work in childcare	<input type="checkbox"/>
Anal fissures (small, painful tears or cracks)	<input type="checkbox"/>
Picking at nose, boring nose with finger	<input type="checkbox"/>
Excess boogers in nose and scab-like boogers	<input type="checkbox"/>
Headaches / Migraines	<input type="checkbox"/>
Dark circles under eyes	<input type="checkbox"/>
Iron deficiency	<input type="checkbox"/>
Vitamin B6 deficiency	<input type="checkbox"/>
Zinc deficiency and/or white spots on nails	<input type="checkbox"/>
Travel in developing nations	<input type="checkbox"/>
Eat sushi, raw fish	<input type="checkbox"/>
Hungry all the time, bottomless pit, hungry after meals	<input type="checkbox"/>
Breathing problems, asthma	<input type="checkbox"/>
Eye floaters	<input type="checkbox"/>
Swim in creeks, rivers, lakes	<input type="checkbox"/>

YES / NO

Yes = 6 No = 0

HAVE YOU HAD...	
Increase of symptoms around a full moon	<input type="checkbox"/>
History of Giardia, pinworms, or other parasites	<input type="checkbox"/>
Rectal, anal itch	<input type="checkbox"/>

YOUR TOTAL: _____

Check Your Results

0-9 Points

MINIMAL REPORTED PARASITE SYMPTOMS AT THIS TIME

Good news! The results you reported show a minimal connection to parasites as a root cause, which means this may not be the main issue contributing to your chronic health conditions right now. Please remember, this is just a snapshot in time and doesn't mean parasites could not become a problem for you in the future. It's always important to pay attention to symptoms that could point to parasites (keep an eye out for how you're feeling, especially around the full moon). Keep up the good work!

10-20 Points

MODERATE PARASITE SYMPTOMS

Your results indicate what you're experiencing might be linked to parasites, which could be causing symptoms. Please be aware that parasite symptoms do not present the same way in each person, as we're all bio-individual. You have your own unique genetics and root causes influencing all of your body's reactions... so you do not have to present with even close to the full constellation of symptoms for this to be something affecting your wellness! You may want to focus on supporting your drainage pathways, gentle detoxification with a trusted practitioner, and at-home practices to optimize your overall health.

21+ Points

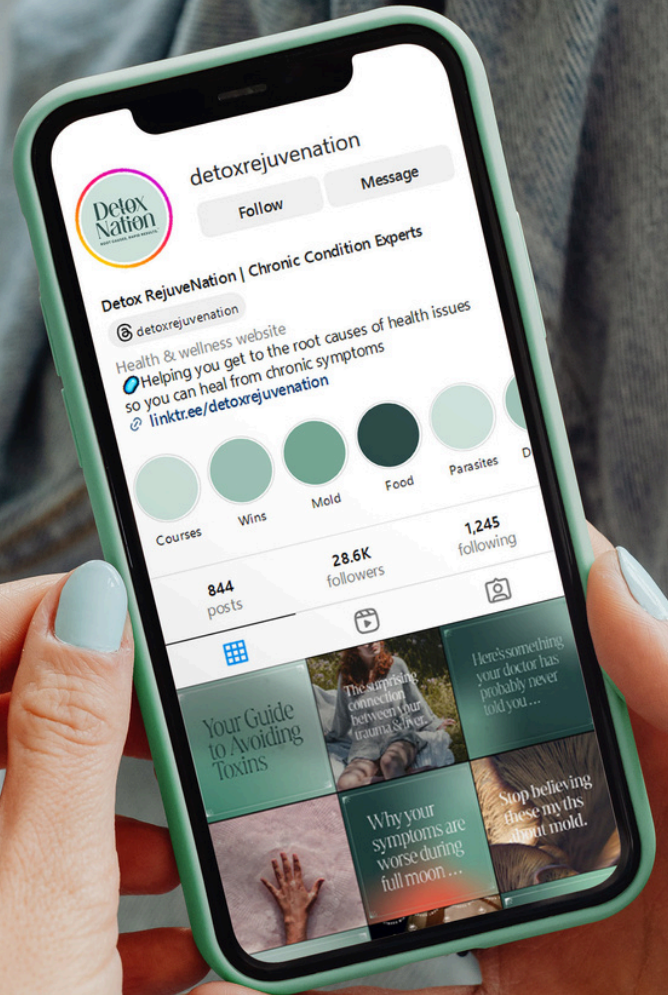
SIGNIFICANT PARASITE SYMPTOMS REPORTED

It seems like looking into parasite cleansing could be beneficial, as your self-reported results indicate this could be a root cause for you! Please be aware that parasite symptoms do not present the same way in each person, as we're all bio-individual. You have your own unique genetics and root causes influencing all of your body's reactions... so you do not have to present with even close to the full constellation of symptoms for this to be something affecting your wellness! There are many different types of parasites, but before you get in the weeds figuring out exactly which kind could be affecting you, just know that you can heal. Spend some time researching and learning how to tackle this root cause!



Learn more about your root causes:

- SUBSCRIBE TO THE PODCAST
- FOLLOW US ON INSTAGRAM
- BOOK A CALL FOR 1:1 SUPPORT



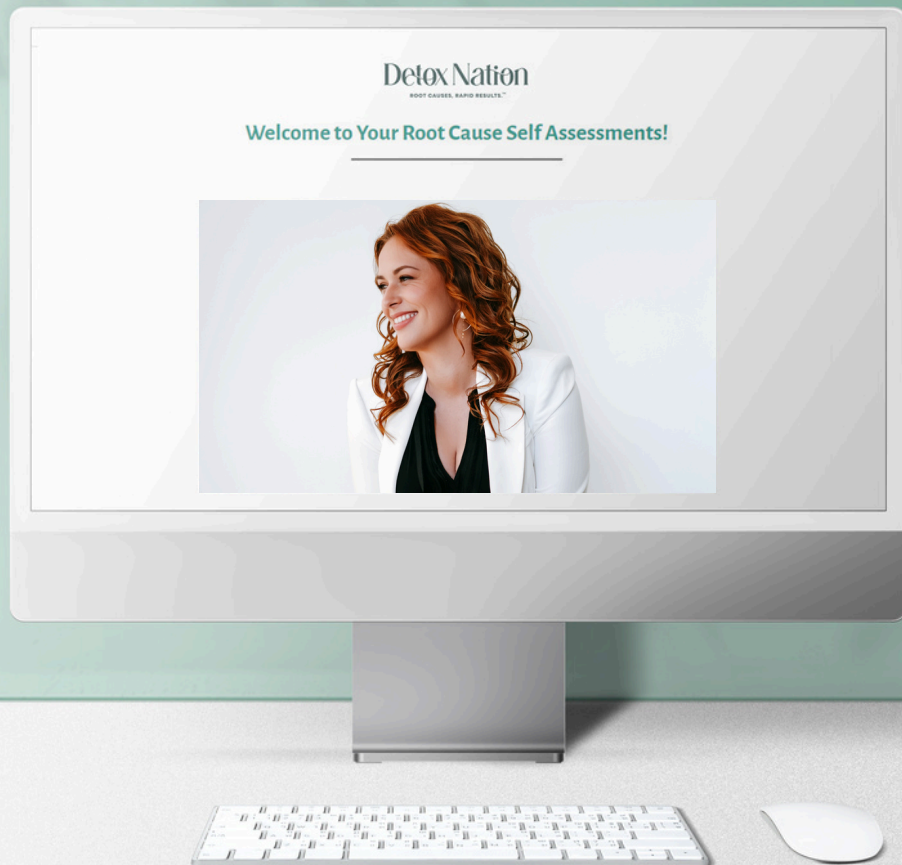
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Host of Your Health Reset

Want to learn more about next steps?



Check out our group programs page to learn more about Rapid Gut Reset, Rapid Liver Reset, Inner Circle, practitioner mentorship programs, and more!

[CLICK HERE!](#)