



UPROOTING LYME

LYME DISEASE SYMPTOM CHECKLIST

Following are symptoms commonly associated with Lyme and tick-borne co-infections. Not all cases are caused by a tick bite, and the “bull’s eye” rash occurs in <50% of the cases. There are, of course, many other symptoms that might be caused by Lyme and stealth infections that are not mentioned on this list.

Musculoskeletal System

- Joint pain or swelling
- Stiffness of joints, back or neck
- Movement of pain or swelling to different joints
- Creaking, popping, cracking joints
- Muscle pain or cramps
- General muscle pain / tenderness (fibromyalgia)
- Hand stiffness
- Foot pain (aches or burning)
- Bone sensitivity, esp. the spine
- Clumsiness
- Backache
- Rib soreness
- Tendonitis
- Gait disturbance

Neurologic System

- Headache (persistent/intermittent/severe/migraine-like)
- Bell’s Palsy (facial paralysis)
- Burning, stabbing or shooting pains
- Tremors or unexplained shaking
- Numbness in parts of body / extremities
- Tingling sensations (crawling on skin)
- Weakness or partial paralysis
- Lightheadedness, wooziness, fainting
- Twitching of muscles
- Poor balance, dizziness, difficulty walking
- Increased motion sickness
- Alternating warm / cool sensations
- Constant low body temperature
- Stroke symptoms, seizures
- Taste / smell abnormalities
- Abnormal blood flow in brain
- Diminished reflexes
- Hearing music or sounds others can’t hear

- Visual, auditory or odor hallucinations
- Restless legs or periodic limb movement disorder

Psychological Well-being

- Mood swings, irritability
- Easily frustrated
- Unusual depression
- Crying impulses for no reason
- Over-emotional reactions, crying easily
- Panic or anxiety attacks
- Rage, aggression
- Insomnia (difficulty falling or staying asleep), sleep apnea, narcolepsy
- Disturbed sleep: too much, too little, fractionated, early awakening
- Nightmares
- Paranoia
- Suicidal thoughts
- Obsessive-compulsive behaviors
- Disorientation (getting or feeling lost)
- Depersonalization (losing touch with reality, feeling “unreal”)
- Low self-esteem
- Bitterness, guilt, alienation
- Bipolar, psychosis-like disorder

Mental Capabilities

- Memory loss (short or long term)
- Distorted memory
- Confusion, difficulty in thinking
- Difficulty w. focus/concentration, “brain fog”
- Inattention
- Forgetting how to perform simple tasks
- Speech difficulty (slurred, slow, hesitant)
- Word finding trouble
- Forgetfulness

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Uprooting Lyme / Nourishing Life Health Center

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- Letter, number, word reversals
- Stammering, stuttering speech
- Going to wrong places
- Getting lost in familiar places

Eyes, Vision

- Floaters
- Double or blurry vision
- Eye pain, pressure in eyes
- Light sensitivity
- Tearing eyes, dry eyes
- Vision loss, Blindness
- Swelling around eyes
- Flashing lights

Ears, Hearing

- Decreased hearing in one or both ears
- Buzzing, clicking or ringing
- Sound sensitivity
- Pain in ears

Digestive and Excretory System

- Diarrhea / Constipation
- Abdominal pain / Bloating
- Irritable bladder (trouble starting, stopping)
- Frequent need to urinate
- Upset stomach, vomiting
- Gastro-esophageal reflux (acid reflux or GERD)
- Anorexia

Respiratory / Circulatory System

- Shortness of breath
- Chest pain
- Night sweats / Unexplained chills
- Heart palpitations, extra beats, pulse skips
- Heart block / Heart attack
- Heart murmurs / Valve prolapse
- Elevated or low blood pressure
- Frequent and easy bruising of skin
- Cough (odd, unexplained)

Reproduction

- Loss of sex drive
- Sexual dysfunction
- Unexplained menstrual pain, irregularity
- Unexplained breast/nipple pain, discharge

- Testicular or pelvic pain

Head, Face, Neck

- Neck stiffness, pain, creaks, cracks
- Twitching of facial or other muscles
- Painful teeth or gums
- Difficulty swallowing
- Sore throat
- Unexplained hair loss
- Scalp rash
- Hoarseness, drippy nose (unexplained)

General Well-being

- Extreme, persistent fatigue, poor stamina
- Symptoms change, come and go
- Pain moves to different body parts
- Unexplained weight gain or loss
- Malaise
- Any type of rash / Itching
- Night sweats (drenching)
- Unexplained sweating
- Swollen glands
- Unexplained fevers (high or low)
- Continual infections (sinus, kidney, yeast, bladder)
- Increased sensitivity to allergens
- Exaggerated response to alcohol or sugar
- Sugar craving
- Nodules under the skin
- Experience of flu-like symptoms, and have not felt well since

Common Misdiagnoses

- Multiple Sclerosis
- Parkinson's Disease
- Lupus, Gout, Hepatitis
- Carpal Tunnel Syndrome
- Meniere's disease / TMJ (jaw pain)
- Fibromyalgia
- Rheumatoid Arthritis
- Chronic Fatigue Syndrome
- ALS (Lou Gehrig's Disease)
- Crohn's Disease
- Psychological/psychiatric symptoms
- ADHD (Attention Deficit Hyperactivity Disorder)
- Epstein-Barr virus infection

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