

# Parasite Self-Assessment Questionnaire

Answer honestly. Even one strong “Yes” may indicate the need for a body–soul–spirit cleanse.

1. ☐ Do you crave sugar, carbs, or junk food — especially at night?
2. ☐ Do you often feel tired even after a full night’s sleep?
3. ☐ Do you experience brain fog, memory lapses, or poor focus?
4. ☐ Have you ever had unexplained anxiety, panic attacks, or mood swings?
5. ☐ Do you suffer from bloating, gas, constipation, or irregular digestion?
6. ☐ Do you grind your teeth or have disturbed sleep?
7. ☐ Have you or a family member been diagnosed with a chronic condition (e.g. IBS, fibromyalgia, MS, Alzheimer’s)?
8. ☐ Do you have recurring skin issues like rashes, eczema, or acne?
9. ☐ Do you experience intense food cravings after emotional stress?
10. ☐ Have you travelled, lived with pets, eaten raw fish/meat, or swum in lakes or pools?
11. ☐ Do you experience sexual dysfunction, compulsions, or numbness?
12. ☐ Have you ever completed a full parasite cleanse in your life?
13. ☐ Do you suffer from insomnia or wake up often around 3 a.m.?
14. ☐ Do you or your children struggle with behavioural issues, sensory overload, or autism spectrum symptoms?
15. ☐ Have you been diagnosed with depression, ADHD, or chronic fatigue syndrome?
16. ☐ Do you feel disconnected from prayer, clarity, or intimacy with Yeshua?
17. ☐ Has your doctor ever told you, “All your labs are normal,” yet you still feel unwell?
18. ☐ Do you sometimes feel like “something else” is driving your cravings, habits, or behavior?

**THIS TOOL IS NOT FOR DIAGNOSIS. IT IS A SPIRITUAL AND PHYSIOLOGICAL MIRROR TO AWAKEN WHAT HAS BEEN IGNORED.**

## SCORING GUIDE:

Instructions: For each Yes, give yourself 1 point. Tally your total out of 18.

## INTERPRETATION:

**0–3:** You’re likely maintaining good boundaries in rhythm, food, and rest, but remain alert. Parasites are ancient opportunists.

**4–7:** Your system may be under a low-grade invasion. It’s time to begin gentle support: bitters, fasting, immune reset, and cleansing.

**8–12:** This is a moderate parasitic burden. You are likely experiencing real interference across mind, mood, cravings, or immunity.

➤ A structured cleanse is highly recommended. Combine physical flushing with spiritual gates being reclosed.

**13–18:** Your temple is under active and layered invasion. Multiple gates are compromised: gut, nervous system, hormonal, and emotional.

➤ Begin a full body–soul–spirit protocol immediately.

➤ Seek support. You’re not alone — but you must not delay.

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[www.facebook.com/earthscallfoundation/](https://www.facebook.com/earthscallfoundation/)**

## Note:

This score is not to label you — it is to equip you.

Worms do not leave on their own. You must evict them with fire and order.

*“Cleanse out the old leaven, that you may be a new lump...”*

**1 Corinthians 5:7**