■ Non-obstructive sleep

☐ Difficulty thinking clearly

■ Numbness or tingling

☐ Unexplained menstrual

☐ React to musty spaces

Continue to Category 3

changes Overactive bladder

CHECK ALL SYMPTOMS EXPERIENCED IN THE PAST 3-6 MONTHS

CATEGORY 1			CATEGORY 2		
Brain fog Feel tired all the time Frequent runny nose Blow your nose often Sneezing Sinusitis Post-nasal drip Nose bleeds Swollen glands Shortness of breath Frequent yawning or sighing Heart palpitations Headaches Hay fever Eye irritation Blurry vision Frequent change in vision Allergies Dark circles under eyes Sensitivity to sunlight Nervousness/can't settle Low mood or depressed	Feeling overwhelmed Episodic/chronic dry cough Irritated lungs Blood-streaked mucous Nasal polyps Coated tongue Sores in the mouth Bumps on back of throat Thrush Sore or itchy ear canals Ringing in the ears Bothered by loud noises Skin rash Burning or itchy skin Easy bruising Spider veins Bothered by tags and seams on clothing Anemia Protruding veins on limbs Lower extremity edema Clear your throat often	Sore throat Frequent colds Delayed recovery from colds Exhausted from exercise Frequent static shocks Increased thirst Trouble sleeping Feeling of internal vibration Dizziness Vertigo Drunken feeling Frequent urination Yeast infection Change in appetite Intestinal gas Nausea Feeling bloated Constipation Crave sweets Crave alcohol	3-5 boxes m 6-9 boxes m 10+ boxes m	☐ Food sensitivities ☐ Chemical sensitivities ☐ Abnormal reaction to antibiotics ☐ Epstein-Barr virus ☐ Recurrent yeast infections ☐ Bacterial vaginosis ☐ Recurrent athlete's foot, jock itch, or toenail fungus ☐ Peeling/sloughing skin ☐ Episodes of fast heart rate ☐ Chest pain ☐ Raynaud's syndrome OXES MARKED:	Non-obstructive sapnea Difficulty thinking Disorientation Balance Issues Slow reflexes Incoordination Numbness or ting Nerve pains Unexplained mer changes Overactive bladd Bladder infection React to musty s
5-9 boxes ma 10-15 boxes ma 16+ boxes ma	arked = Score 0 arked = Score 1 arked = Score 2 arked = Score 3				Continue to Cate
	CATEGORY 1 SCORE				



Crista Mold Questionnaire continued

CHECK ALL SYMPTOMS EXPERIENCED IN THE PAST 3-6 MONTHS

CATEGORY 3 Asthma that's difficult to ☐ Liver pain or swelling ☐ Daily use of sinus spray, sinus prescription, or control with medication ☐ Fatty liver Neti pot Idiopathic pneumonitis ■ Non-alcoholic ☐ Sinus surgery at any Lung scarring or nodules steatohepatitis (NASH) time in your life ☐ Respiratory distress ■ Interstitial cystitis ☐ Chronic inflammatory Asperaillosis ☐ Kidney pain or swelling response syndrome ☐ Arrhythmia ☐ Kidney disease (CIRS) Coagulation Nephritis ■ MARCoNS abnormalities ☐ Chronic pelvic pain ☐ Peanut allergy Atriovenous Infertility Chronic fatique abnormalities Hepatocellular syndrome ☐ Churg Strauss carcinoma ☐ Difficulty walking Syndrome Previous or current Dysautonomia ☐ Histamine intolerance cancer diagnosis ☐ Postural Tachycardia ☐ Erythema nodosum ■ Mast cell activation Syndrome (PoTS) ☐ Eosinophilic esophagitis syndrome (MCAS) ☐ Hearing loss Ulcer Exposure to water-☐ Confusion damaged building any ■ Non-celiac intestinal Dementia time in your life disease ☐ Memory loss ■ Exposure to mold ☐ Blood in stool ☐ Tremors ☐ Positive Shoemaker Cyclical vomiting ☐ Sarcoidosis tests svndrome TOTAL **CATEGORY 3** BOXES MARKED: Score 1 for each box marked Boxes marked and score will be the same for this category CATEGORY 3 SCORE

Continue to Results

TOTAL MOLD RISK RESULTS

Gather your Category scores from the 3 previous categories	
CATEGORY 1 SCORE: + CATEGORY 2 SCORE: + CATEGORY 3 SCORE: = TOTAL MOLD RISK	

RESULTS

0-4 = Not Likely Mold Sickness
5-9 = Possible Mold Sickness
10+ = Probable Mold or Biotoxin Sickness

OTHER THINGS TO CONSIDER:

- LYME DISEASE, MSIDS, TICK-BORNE COINFECTIONS (USE HORROWITZ MSIDS-LYME QUESTIONNAIRE)
- OTHER ENVIRONMENTAL TOXINS
 (IE: MERCURY, LEAD, PM2.5, GLYPHOSATE, PESTICIDES, VOCs)
- INTESTINAL PARASITES, CHRONIC VIRAL SYNDROMES, OR OTHER STEALTH INFECTIONS
- FOOD SENSITIVITIES
- CVIDS OR IMMUNODEFICIENCY SYNDROMES.

This tool is intended as a clinical information aid, and is not intended to diagnose or treat disease. Symptoms listed have been reported in mold illness patients. Not all symptoms have been proven in studies.

