



Lyme

Self-Assessment

Name: _____ Date: _____

"Could Lyme Be Lurking?" – Self-Assessment Questionnaire

This quick assessment is designed to help you reflect on symptoms and life experiences that may suggest an underlying tick-borne infection such as Lyme disease, co-infections (Babesia, Bartonella, Ehrlichia, etc.), or other chronic infections that affect immune function.

Section 1: Exposure Risk

1. Have you ever lived in or traveled to areas known for Lyme disease (Northeast, Midwest, Pacific Northwest, etc.)?
2. Have you ever been bitten by a tick, even if you didn't see a rash?
3. Do you spend time outdoors in grassy, wooded, or brush-filled areas (gardening, hiking, camping, etc.)?
4. Do you have pets that go outdoors (especially dogs or cats)?
5. Do you recall having a "bullseye" rash (even if it didn't itch or hurt)?

Section 2: Symptom History

Neurological & Cognitive

- Brain fog or memory issues
- Dizziness or imbalance
- Headaches or pressure behind the eyes
- Tingling, numbness, or strange nerve sensations

Fatigue & Mood

- Severe fatigue not improved by rest
- Anxiety or depression without clear cause
- Sleep disturbances or night sweats

Muscle & Joint

- Migratory joint pain (shifting from one place to another)
- Muscle aches or cramps
- Stiff neck or back

Immune & Systemic

- Frequent infections or poor immune resilience
- Unexplained fevers or chills
- Swollen lymph nodes
- Food or chemical sensitivities

Cardiovascular

- Heart palpitations
- Chest pain or air hunger

Section 3: Long-Haul Patterns

1. Have you been diagnosed with fibromyalgia, chronic fatigue, POTS, or an autoimmune condition—but feel those diagnoses don't fully explain your experience?
2. Have you seen multiple doctors without clear answers or improvement?
3. Did your symptoms begin after a stressful life event, illness, or trauma?
4. Have you ever been told “your labs look fine” despite feeling unwell?

Scoring & Next Steps (For Personal Insight Only)

Totals from each section:

Section 1: _____ Section 2: _____ Section 3: _____

Total from all sections: _____

- If you answered YES to 2 or more in Section 1, and checked 5 or more symptoms in Section 2, Lyme or a related chronic infection could be worth exploring.
- If you identified with most of Section 3, it may suggest a complex, chronic pattern that deserves a deeper integrative look—possibly including Lyme and co-infection testing through a knowledgeable practitioner.

Products to Consider:

BOBA Phase 1 Symptom Relief



Each BOBA Phase 1 package contains:

Homeopathic Products:

- 2 BOBA:SSR
 - for the temporary relief of symptoms related to Lyme Disease including rash, fever, chills, fatigue, and joint pain.
- 2 BORR:PLUS
 - for the temporary relief of symptoms including muscle ache, joint pain, fatigue, headache, circular rash, and sleep disturbance.
- 1 Anxious
 - for the temporary relief of the symptoms related to stress including anxiety, worry, fear, and the feeling of being overwhelmed.

Dietary Supplement Products:

- 1 Liposomal Resveratrol Curcumin
 - Resveratrol & Curcumin in a liposomal delivery system to support antioxidant activity and healthy aging.
- 2 8oz Smart Silver
 - a systematic approach to advanced immune support and balanced wellness.

1 SSR Pathway Practitioner Guide included