

Biotoxin Illness symptom clusters

The most common symptoms associated with CIRS have been categorized into 13 clusters. Originally designed for statistical analysis, symptom clusters were found to increase predictive value in CIRS. One should be highly suspicious of CIRS when 6 out of 13 clusters are noted. If a patient reports 8 out of 13 clusters, this is confirmatory for biotoxin-mediated illness.⁴

Table 2: Symptom Cluster Analysis

Persistent fatigue	Unusual skin sensitivity	Red Eyes
Muscle weakness	Tingling	Blurred Vision
Difficulty integrating new knowledge	Tremors	Night Sweats
Body aches	Unusual pain	Mood swings
Headache		Ice-pick Pain
Light sensitivity	Shortness of breath	Abdominal pain
	Sinus congestion	Diarrhea
Impaired memory	Cough	Numbness
Difficulty finding words	Excessive thirst	
	Confusion	Tearing of the eyes
Decreased concentration	Appetite swings	Disorientation
	Difficulty regulating body temperature	Metallic taste
Joint pain	Increased urinary frequency	
A.M Stiffness		Static shock
Muscle cramps		Vertigo