

NAME: _____ DOB: _____ DATE: _____

SYSTEMIC YEAST OVERGROWTH (CANDIDIASIS)

Systemic Yeast Overgrowth (Candidiasis) can present in a wide variety of symptoms, the exact combination and severity of which are unique to each individual case. Because Candidiasis can manifest itself through many seemingly unrelated symptoms, the diagnosis is very often missed.

PLEASE CHECK ALL THAT APPLY:

___ Have you taken repeated or prolonged courses of antibacterial (antibiotics) drugs?
(4 points)

___ Have you been bothered by recurrent vaginal, prostate or urinary infections?
(3 points)

___ Do you feel “sick all over”, yet the cause can not be found?
(2 points)

___ Are you bothered by hormone disturbances, including PMS, menstrual irregularities, sexual dysfunction, sugar cravings, low body temperature or fatigue?
(2 points)

___ Are you bothered by memory or concentration problems? Do you sometimes feel “spaced out”?
(2 points)

___ Have you taken prolonged courses of prednisone or other steroids and/or have you taken “the pill” for more than 3 years?
(2 points)

___ Do some foods disagree with you or trigger you symptoms?
(1 point)

___ Do you suffer with constipation, diarrhea, bloating and or abdominal pain?
(1 point)

___ Does your skin itch, tingle or burn? Or is it unusually dry? Or are you bothered by rashes?
(1 point)

ADD UP THE POINTS OF THE CHECKED RESPONSES. _____

Scoring for women:

If your score is 9 or more, your health problems are probably yeast connected.

If your score is 12 or more, your health problems are almost certainly yeast connected.

Scoring for men:

If your score is 7 or more, your health problems are probably yeast connected.

If your score is 10 or more, your health problems are almost certainly yeast connected.