



CANDIDA TEST - Section A: History

#	Symptom	Score
1	Have you ever taken tetracyclines (Sumycin, Panmycin, Vibramycin, Minocin, etc.) or other antibiotics for acne for one month or longer?	35
2	Have you, at any time in your life, taken other "broad spectrum" antibiotics for respiratory, urinary or other infections (for 2 months or longer, or in shorter courses 4 or more times in a 1 year period)?	35
3	Have you taken a broad-spectrum antibiotic drug - even in a single course?	6
4	Have you, at any time in your life, been bothered by persistent prostatitis (inflammation of the prostate), vaginitis or other problems affecting the reproductive organs?	25
5	Have you been pregnant two or more times? One time?	5 3
6	Have you taken birth control pills for two or more years? For six months to two years?	15 6
7	Have you taken Prednisone, Decadron or other cortisone type drugs (for asthma, allergy or injury) for more than two weeks? For two weeks or less?	15 6
8	Does exposure to perfumes, insecticides, fabric soap odors and other chemicals provoke moderate to severe symptoms? Mild symptoms?	20 5
9	Are your symptoms worse on damp, muggy days or in moldy places?	20
10	Have you had athlete's foot, ringworm, "jock itch" or other chronic fungus infections of the skin or nails? Have such infections been.....severe or persistent? Mild to moderate?	20 10
11	Do you crave sugar?	10
12	Do you crave breads?	10
13	Do you crave alcoholic beverages?	10
14	Does tobacco smoke really bother you?	10
TOTAL SCORE - Section A		

CANDIDA TEST - Section B: Major Symptoms

For each of your symptoms, enter the appropriate figure in the Point Score column:

- If a symptom is occasional or mild, **score 3 points**
- If a symptom is frequent and/or moderately severe, **score 6 points**
- If a symptom is severe and/or disabling, **score 9 points**

Add total score and record it in the box at the end of this section.

#	Symptom	Score
1	fatigue or lethargy	
2	feeling of being "drained"	
3	poor memory	
4	feeling "spacey" or "unreal"	
5	inability to make decisions	
6	numbness, burning or tingling	
7	insomnia	
8	muscle aches	
9	muscle weakness or paralysis	
10	pain and/or swelling in joints	
11	abdominal pain	
12	constipation	
13	diarrhea	
14	bloating, belching or intestinal gas	
15	troublesome vaginal burning, itching or discharge	
16	prostatitis	
17	impotence	
18	loss of sexual desire or feeling	
19	endometriosis (patches of endometrial tissue normally found only in the uterus lining grown outside of uterus) or infertility	
20	cramps and/or other menstrual irregularities	
21	premenstrual tension	
22	attacks of anxiety or crying	
23	cold hands or feet and/or chilliness	
24	shaking or irritable when hungry	
TOTAL SCORE - Section B		

CANDIDA TEST - Section C: Other Symptoms

For each of your symptoms, enter the appropriate figure in the Point Score column:

- If a symptom is occasional or mild, **score 1 points**
- If a symptom is frequent and/or moderately severe, **score 2 points**
- If a symptom is severe and/or disabling, **score 3 points**

Add total score and record it in the box at the end of this section.

#	Symptom	Score
1	drowsiness	
2	irritability or jitteriness	
3	incoordination	
4	inability to concentrate	
5	frequent mood swings	
6	headaches	
7	dizziness/loss of balance	
8	pressure above ears - feeling of head swelling	
9	tendency to bruise	
10	chronic rashes or itching	
11	indigestion or heartburn	
12	food sensitivity or intolerance	
13	mucus in stools	
14	rectal itching	
15	dry mouth or throat	
16	rash or blisters in mouth	
17	bad breath	
18	foot, hair or body odor not relieved by washing	
19	nasal congestion or post-nasal drip	
20	nasal itching	
21	sore throat	
22	laryngitis, loss of voice	
23	cough or recurrent bronchitis	
24	pain or tightness in chest	
25	wheezing or shortness of breath	
26	urinary urgency or frequency	
27	burning in urination	
28	spots in front of eyes	
29	burning or tearing of eyes	
30	ear pain or deafness	
31	numbness or tingling	
32	recurrent infections or fluid in the ears	
TOTAL SCORE - Section C		

TOTAL SCORE, SECTION A _____

TOTAL SCORE, SECTION B _____

TOTAL SCORE, SECTION C _____

GRAND TOTAL SCORE _____

The *Grand Total Score* will help you and your consultant decide if your health problems are yeast-connected. Scores in woman will run higher, as 7 times in the questionnaire apply exclusively to woman, while only 2 apply exclusively to men.

Yeast-connected health problems are almost certainly present in woman with scores *over 180* and in men with scores *over 140*.

Yeast-connected health problems are probably present in woman with scores *over 120* and in men with scores *over 90*.

Yeast-connected health problems are possibly present in woman with scores *over 60* and in men with scores *over 40*.

With scores of less than 60 in women and 40 in men, yeasts are less apt to cause health problems.