



Do you have a problem with Candida?

This Candida questionnaire will help you to assess the possibility or severity of yeast-related health problems. An anti-Candida regime is exhaustive and prolonged, so establishing if you do or do not have a likely Candida problem is very important.

Risk factors:

- 1. Have you ever taken antibiotics for longer than a month or more than once in a year? If so score 5.....
- 2. Have you had a high-sugar diet, now or in the past- even as a child? Or have you ever lived through a high level of stress? If so score 5.....
- 3. Have you ever had a high alcohol intake, or taken drugs? If so score 5.....
- 4. Have you ever had any steroid treatments – pills, injections, creams, inhalers? (For women, this includes the contraceptive pill or hormone therapy) If so score 10

Present symptoms:

Score 1 point if a symptom is occasional or mild
 Score 2 points if a symptom is frequent or moderately severe
 Score 3 points if a symptom is really severe or disabling

- 5. Depression, anxiety, irritability, mood swings.....
 - 6. Poor memory, lack of concentration, feeling spacey or unreal.....
 - 7. Fatigue, lethargy, feeling drained.....
 - 8. Indigestion, heartburn, food intolerance, bloating, intestinal gas.....
 - 9. Constipation, diarrhoea, irritable bowel syndrome, stomach ache, mucus in stool.....
 - 10. In women: Premenstrual syndrome, period pain or irregularities, infertility, endometriosis, loss of sex drive.....
 In men: Prostate problem, infertility, impotence, loss of sex drive.....
 - 11. In women: vaginal burning, itching, discharge.....
 In men: Irritation of groin or genitals.....
 - 12. Muscle aches or weakness, joint pain or stiffness.....
 - 13. Eczema, psoriasis, rashes, itching.....
 - 14. Athlete's foot, ringworm, fungal toenails.....
 - 15. Cravings for sweet foods, chocolate, alcohol, bread.....
 - 16. Sensitivity to perfume, chemical smells, petrol fumes, tobacco smoke.....
 - 17. Any symptoms made worse on damp days or in mouldy places.....
 - 18. Dizziness, loss of balance, lack of coordination.....
 - 19. Insomnia, waking un-refreshed, drowsy during the day, need for excessive sleep.....
 - 20. Body odour, bad breath.....
 - 21. Sores in mouth, sore throat.....
 - 22. Nasal congestion, post-nasal drip, sinusitis.....
 - 23. Pain or tightness in chest, wheezing or shortness of breath.....
 - 24. Urinary frequency, urgency, burning.....
 - 25. Spots in front of eyes, burning or watery eyes.....
 - 26. Recurrent ear infections, earache, deafness.....
 - 27. Easy bruising, chilliness, cold hands and feet.....
 - 28. Headache, migraine.....
 - 29. Numbness, burning, tingling.....
 - 30. Irritation around anus.....
- Total Score

- Total score 75 – 100 - there is very little doubt that you have yeast infection
- Total score 50 – 75 - You very probably have yeast infection
- Total score 25 – 50 - You quite possibly have yeast infection
- Total score 0 – 25 - Count yourself lucky – but watch your step!