

## CANDIDA HEALTH CHECK

Tick all the questions that you answer 'yes' to and add up your score.

#	Question	Points
1.	Have you taken any antibiotics within the past year?	20
2.	Do you presently have any of the following symptoms: athlete's foot, jock itch or vaginitis?	20
3.	Do you have a sore or burning tongue?	20
4.	Do you have small white spots or patches in the mouth area, with swollen and sore tissue around them?	40
5.	Do you have almost continuous foul smelling lower intestinal gas?	20
6.	Do you have bloating and/or upper intestinal gas?	10
7.	Do you have indigestion frequently?	10
8.	Do you have severe insomnia?	20
9.	Do you wake up sweating at night?	10
10.	Do you have strong cravings for sweets or dairy products?	20
11.	Do you frequently get hives, rashes or itchy skin?	10
12.	Do you have a lot of allergies?	20
13.	Do you usually find it difficult to breathe through your nose?	10
14.	Do you feel sick all over and don't know the cause?	20
15.	Do you feel tired and fatigued all day?	20
16.	Do you feel severely depressed at times?	10
17.	Do you find your memory failing you frequently?	10
18.	Do you have disturbances with your vision?	10
19.	Do you crave alcoholic beverages?	10
20.	Does tobacco smoke really bother you?	10
21.	Do you have a loss of sexual drive?	10
22.	Do you have crying attacks?	10
23.	Do you have rectal itching or nasal itching?	10
24.	Do you frequently bite the insides of your cheeks?	10
25.	Do you feel a burning sensation when you urinate?	10

**Your Score Total: ?**

Have you totalled up your score? OK, if your score is **less than 30**... you probably don't have a Yeast Infection. You may want to consult your health care provider to help you assess the root cause of your condition.

Is your score **over 30 but less than 50**? Yeast Infection could be causing some of your health problems. Your condition may be *mild severity* with only minor physical symptoms such as food cravings or eye floaters.

Is your score **between 50 and 90**? You may have a *moderate severity* Yeast Infection with multiple conditions including discharges, itching, mood or emotional upsets.

Is your score **over 90**? A high score is a strong indication that you do have a Candida Albicans Yeast Infection. Your symptoms may also include depression, oral thrush, swollen tissue, discharges, foul odours, painful urination. Immediate action should be taken to get this serious health imbalance under control!