

CANDIDA QUESTIONNAIRE

Part 1: A History

If any of the following has ever occurred in your life, circle the point score.

	Point Score
1. Have you taken any 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 one-year period)?	35
3. Have you taken a broad-spectrum antibiotic drug – even a single course?	6
4. Have you, at any time in your life, been bothered by persistent prostatitis, vaginitis or other problems affecting your reproductive organs?	25
5. Have you been pregnant 2 or more times?	5
6. Have you taken birth control pills for more than 2 years?	15
7. Have you taken prednisone or other cortisone-type drugs for more than 2 weeks?	15
... for 2 weeks or less?	6
8. Does exposure to perfumes, insecticides, fabric-shop odors and other chemicals provoke moderate to severe symptoms?	20
... mild symptoms?	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, and have they been severe or persistent?	20
... mild to moderate?	10
11. Do you crave sugar?	10
12. Do you crave breads?	10
13. Do you crave alcoholic beverages?	10
14. Does tobacco smoke <i>really</i> bother you?	10

Total Score – Part 1

Part 2: Major Current Symptoms

For each of your symptoms, enter the appropriate figure in the Point Score column; **leave blank anything that doesn't apply.**

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

Add and record total score in the box at the end.

	Point 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. Vaginal burning, itching or discharge	
16. Prostatitis	
17. Impotence	
18. Loss of sexual desire or feeling	
19. Endometriosis or infertility	
20. Cramps 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 – Part 2

Part 3: Other Current Symptoms*

Point
Score

For each of your symptoms, enter the appropriate figure in the Point Score column; leave blank anything that doesn't apply.

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

Add and record total score in the box at the end.

29. Spots in front of eyes or erratic vision	
30. Burning or tearing of eyes	
31. Recurrent infections or fluid in ears	
32. Ear pain or deafness	

Total Score – Part 3

* While the symptoms in this section commonly occur in people with yeast-connected illness, they are also found in other individuals.

Total Score – Part 1 _____

Total Score – Part 2 _____

Total Score – Part 3 _____

GRAND TOTAL SCORE _____

The grand total score will help you and your nutritionist decide if your health problems are yeast-connected. Scores in women will run higher, as seven items apply exclusively to them, while only two items apply exclusively to men.

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

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

Yeast-connected health problems are possibly present in women 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.

From *Yeast Connection*, by William Crook, M.D.

	Point Score
1. Drowsiness	
2. Irritability or jitteriness	
3. Lack of coordination	
4. Inability to concentrate	
5. Frequency of mood swings	
6. Headache	
7. Dizziness/loss of balance	
8. Pressure above ears/feeling of head swelling	
9. Tendency to bruise easily	
10. Chronic rashes or itching	
11. Numbness, tingling	
12. Indigestion or heartburn	
13. Food sensitivity or intolerance	
14. Mucus in stools	
15. Rectal itching	
16. Dry mouth or throat	
17. Rash or blisters in mouth	
18. Bad breath	
19. Foot, hair or body odor not relieved by washing	
20. Nasal congestion or post-nasal drip	
21. Nasal itching	
22. Sore throat	
23. Laryngitis/loss of voice	
24. Cough or recurrent bronchitis	
25. Pain or tightness in chest	
26. Wheezing or shortness of breath	
27. Urinary frequency or urgency	
28. Burning on urination	