**Determining the Presence of Candidiasis**

The following **two tests** will help you determine if yeast overgrowth is the likely cause of your problems. Further, it will help us determine whether your candidiasis is localized or has progressed to the much more harmful systemic phase.

This first part lists the most probable factors that can cause candida to explode out of control. It was developed at a leading alternative hospital.

For every yes answer, circle the number of points given and add up the total number of points at the end of both tests, comparing your total with the conclusions given.

**Test One**

1. Have you taken a general antibiotic drug, even just once in the last 6 months? 6

2. Have you taken, at any time in your life, antibiotics for respiratory or urinary infections for longer than 2 months, or shorter courses (two weeks) more than three or four times? 35

3. Have you taken specific antibiotics for acne for 1 month or longer? 35

4. Have you ever suffered from vaginitis or prostatitis or suffered from other problems affecting your reproductive organs? 25

5. Have you been pregnant once? 3

Have you been pregnant more than once? 5

6. Have you ever taken steroid medications such as prednisone or other cortisone-type drugs? 20

7. Does exposure to strong smelling substances provoke or worsen your symptoms? 6

8. Are your symptoms worse on damp, moldy, muggy days or in damp, moldy places? 20

9. Have you ever had athlete’s foot, ring worm, ‘jock itch’ or any other chronic fungus infections of the skin or nails? 20

10. Does Tobacco smoke *really* bother you? 10

Total of this section \_\_\_\_\_\_\_\_\_\_

**Test Two**

Part One

In scoring this section of the test if the symptom is occasional or mild give 3 points, if frequent or moderately severe give 6 points, and if the symptom is severe and/or disabling score 9 points. If the symptom does not apply to you at all score a 0.

1. Fatigue or lethargy

2. Feeling of being ‘drained’

3. Poor memory

4. Feeling ‘spacey’ or ‘unreal’

5. Depression

6. Numbness, burning or tingling

7. Muscle aches

8. Muscle weakness

9. Pain and/or swelling in joints

10. Abdominal pain

11. Constipation

12. Diarrhea

13. Alternating constipation and diarrhea

14. Bloating

15. Troublesome vaginal discharge

16. Persistent vaginal burning or itching

17. Prostatitis

18. Impotence

19. Loss of sexual desire

20. Endometriosis

21. Cramps or other menstrual irregularities

22. Premenstrual tension

23. Spots in front of eyes

24. Erratic vision

Total Score for this Section: \_\_\_\_\_\_\_\_\_\_\_\_

**Part Two**

Score these symptoms as follows; give one point if the symptom is mild or occurs occasionally, 2 points if it is frequent and 3 points if it is severe or disabling to your lifestyle. As before, score 0 if it does not apply at all.

1. Drowsiness

2. Irritability or jitteriness

3. In coordination

4. Inability to concentrate

5. Frequent mood swings

6. Headache

7. Dizziness/loss of balance

8. Pressure above ears or tingling sensation

9. Itching

10. Skin rashes

11. Heartburn

12. Indigestion

13. Belching and intestinal gas

14. Mucus in stools

15. Hemorrhoids

16. Dry mouth

17. Rash or blisters in mouth

18. Bad breath

19. Joint swelling or arthritis

20. Nasal congestion or discharge

21. Postnasal drip

22. Nasal itching

23. Sore or dry throat

24. Cough

25. Pain or tightness in chest

26. Wheezing or shortness of breath

27. Urgency or urinary frequency

28. Burning on urination

29. Failing vision

30. Burning or tearing of eyes

31. Recurrent infections or fluid in ears

32. Ear pain or deafness

Score for this section: \_\_\_\_\_\_\_\_\_\_\_\_

Add up the grand total of all three tests and compare with the results below.

Scores of over 180 in women or 140 in men: Yeast-connected health problems, likely systemic in nature are almost certainly present.

Scores of over 120 in women or 90 in men: Localized candidiasis is very likely.

Scores of over 60 in women or 40 in men: Yeast related problems are possibly, contributing to your overall problem

Scores of less than 60 in women or 40 in men: Yeast problems are less likely to be at the cause of your symptoms.

Armed with the results of this very accurate test, you can determine the degree of yeast involvement in your health concerns.