

Candida Symptoms Self-Test

Up to 85% of Americans may have an overgrowth of Candida – DO YOU?

Candida (Candida Albicans) is yeast that is found throughout the body. It is normally beneficial but can be negatively affected by diet, medications and stress, morphing into a harmful fungus with root-like structures that invade surrounding tissue. In its altered form, it is a very difficult organism to remove from the body.

Research indicates that most people harbor four or five fungi other than Candida in their systems, often more. Such infestations produce fatigue or weakness, resulting from "friendly flora" destruction. Fungi overgrowth consumes your much-needed nutrition, leaving their toxic waste for you to dispose of. The test below is designed for adults only. Take the test to determine whether or not you have fungus (candida) in your body.

Circle if these apply to you:

Have you taken tetracycline or other antibiotics for acne for one month or more?	20
Have you taken broad-spectrum antibiotics for any infection for 2 months or longer?	25
Have you ever had persistent prostatitis, vaginitis or problems with your reproductive organs?	25
Have you been pregnant 1 time only?	3
Have you been pregnant 2 or more times?	5
Have you taken birth control pills for more than 2 years?	15
Have you been taking birth control pills for less than 2 years?	8
Have you taken Prednisone or other cortisone-type drugs for less than two weeks?	6
Have you taken this type of drugs for more than 2 weeks?	15
Does exposure to fragrances, mall odors or chemicals provoke mild symptoms?	5
Do these promote moderate to severe symptoms?	20
Are those symptoms worse on damp, muggy days or in moldy places?	20
Have you had athlete's foot, jock itch, ring worm, or chronic fungus infection of skin/nails?	10
If yes, are these symptoms severe to persistent?	20
Do you crave sugar?	10
Do you crave bread?	10
Do you crave alcoholic beverages?	10
Does tobacco smoke bother you?	10

RATE THE FOLLOWING SYMPTOMS:	MILD:	MODERATE:	SEVERE:
Fatigue or "feeling drained"?	3	6	9
Poor memory; feeling spacey or "unreal"?	3	6	9
Depression?	3	6	9
Numbness, burning or tingling?	3	6	9
Muscle aches, weakness or paralysis?	3	6	9
Pain and/or swelling joints?	3	6	9
Abdominal pain?	3	6	9
Bloating, constipation or diarrhea?	3	6	9
Persistent vaginal burning/itching or discharge?	3	6	9
Prostatitis?	3	6	9
Impotence or loss of sexual desire?	3	6	9
Endometriosis, PMS, or menstrual irregularities?	3	6	9
Spots in front of the eyes; erratic vision?	3	6	9

RATE THE FOLLOWING SYMPTOMS:	MILD:	MODERATE:
Frequent drowsiness	1	2
Frequent irritability and/or jitteriness	1	2
Frequent lack of coordination	1	2
Frequent inability to concentrate	1	2
Frequent mood swings	1	2
Frequent headaches	1	2
Frequent dizziness/loss of balance	1	2
Feeling of head swelling & tingling	1	2
Frequent itching anywhere on body	1	2
Frequent or persistent rashes	1	2
Frequent heartburn and/or indigestion	1	2
Belching, burping & intestinal gas	1	2
Mucus in stools	1	2
Hemorrhoids	1	2
Frequent dry mouth	1	2
Rash or blisters in/around mouth	1	2
Bad breath	1	2
Joint swelling or arthritis	1	2
Nasal congestion, itching or discharge	1	2
Postnasal drip	1	2
Frequent sore or dry throat	1	2
Frequent unexplained cough	1	2
Pain or tightness in chest	1	2
Wheezing or shortness of breath	1	2
Urinary urgency or frequency	1	2
Burning on urination	1	2
Noticeably failing vision	1	2
Recurrent infections or fluid in ears	1	2
Ear pain or deafness	1	2
ADD TOTAL SCORE	Women	Men
Almost certainly yeast related	180 +	140 +
Probably yeast related	120-180	90-120
Possibly yeast related	60-120	40-90
Probably not yeast related	Under 60	Under 40