



CANDIDA QUESTIONNAIRE

	Point	Score
1. Have you taken antibiotics for acne for one month or longer?	35	_____
2. Have you ever taken antibiotics for two months or longer at a time or in short courses more than four times in a 12 month period?	35	_____
3. Have you ever taken an antibiotic?	6	_____
4. Have you ever been bothered by persistent prostatitis or vaginitis?	25	_____
5. Are you bothered by memory or concentration problems – do you sometimes feel spaced out?	20	_____
6. Do you feel "sick all over" yet the cause hasn't been found?	20	_____
7. Have you been pregnant?		
Once?	3	_____
More than once?	5	_____
8. Have you ever taken the birth control pill?		
For six months to two years?	8	_____
For more than two years?	15	_____
9. Have you ever taken an oral steroid medication like prednisone, steroids by injection or inhalation?		
For two weeks or less?	6	_____
For more than two weeks?	15	_____
10. Does exposure to perfumes, insecticides and other chemicals provoke:		
Mild symptoms?	5	_____
Moderate to severe symptoms?	20	_____
11. Are your symptoms worse on damp or muggy days?	20	_____
12. Have you ever had athletes foot, ringworm, jock itch or other chronic fungal infections of the skin or nails?		
Mild to moderate	10	_____
Severe or persistent	20	_____
13. Do you crave sugar?	10	_____
14. Does tobacco smoke really bother you?	10	_____
Total score for this section		_____

Major Symptoms

If a symptom is occasional or mild -- score 3 points

If a symptom is frequent and/or moderately severe -- score 6 points

If a symptom is severe and/or disabling -- score 9 points

- 1. Fatigue. _____
- 2. Feeling of being "drained". _____
- 3. Depression. _____
- 4. Numbness, burning or tingling. _____
- 5. Headaches _____
- 6. Muscle aches. _____
- 7. Muscle weakness or paralysis. _____
- 8. Pain and/or swelling in joints. _____
- 9. Abdominal pain. _____
- 10. Constipation and/or diarrhoea _____
- 11. Bloating. _____
- 12. Persistent vaginal itch, burning or discharge. _____
- 13. Prostatitis. _____
- 14. Impotence. _____
- 15. Loss of sexual desire. _____
- 16. Endometriosis. _____
- 17. Cramps and/or other menstrual irregularities. _____
- 18. Premenstrual tension. _____
- 19. Attacks of anxiety. _____
- 20. Cold hands or feet, low body temperature. _____
- 21. Hypothyroidism _____
- 22. Shaking or irritability when hungry _____
- 23. Cystitis _____

Total score for this section _____

Other Symptoms

If a symptom is occasional or mild -- score 3 points

If a symptom is frequent and/or moderately severe -- score 6 points

If a symptom is severe and/or disabling -- score 9 points

- 1. Drowsiness. _____
- 2. Irritability. _____
- 3. Lack of coordination. _____
- 4. Frequent mood swings. _____
- 5. Insomnia _____
- 6. Dizziness/loss of balance. _____
- 7. Feeling of head swelling and tingling. _____
- 8. Sinusitis _____

- 9. Tendency to bruise easily _____
- 10. Eczema _____
- 11. Psoriasis _____
- 12. Chronic hives (urticaria) _____
- 13. Indigestion _____
- 14. Food allergies _____
- 15. Mucus in stools _____
- 16. Rectal itching. _____
- 17. Dry mouth _____
- 18. Mouth rashes _____
- 19. Bad breath. _____
- 20. Foot, hair or body odour not relieved by washing _____
- 21. Nasal congestion or discharge. _____
- 22. Nasal itching. _____
- 23. Sore or dry throat. _____
- 24. Laryngitis _____
- 25. Cough. _____
- 26. Pain or tightness in chest. _____
- 27. Wheezing or shortness of breath. _____
- 28. Urinary urgency or frequency. _____
- 29. Burning on urination. _____
- 30. Failing vision. _____
- 31. Burning or tearing of eyes. _____
- 32. Recurrent infections or fluid in ears. _____
- 33. Ear pain or deafness. _____

Total Score for this Section _____

Overall Total Score _____

INTERPRETATION

	Women	Men
Yeast connected health problems are almost certainly present	>180	>140
Yeast connected health problems are probably present	120-180	90-140
Yeast connected health problems are possibly present	60-119	40-89
Yeast connected health problems are less likely to be present	<60	<40

Adapted from: Dr William G. Crook, The Yeast Connection and Women's Health.

www.drgregemerson.com

Health & Vitality Through Nutritional & Anti-Aging Medicine