



# CANDIDA Questionnaire

Question	Yes	No
1. Have you taken repeated or prolonged courses of antibacterial/antibiotic drugs in the past?	4	0
2. Have you been bothered by recurrent vaginal, prostate or urinary infections?	3	0
3. Do you feel "sick all over," yet the cause hasn't been found?	2	0
4. Are you bothered by hormone disturbances, including PMS, menstrual irregularities, sexual dysfunction, sugar craving, low body temperature or fatigue?	2	0
5. Are you very sensitive to tobacco smoke, perfumes and other chemical odours?	2	0
6. Are you bothered by memory or concentration problems? Do you sometimes feel "spaced out"?	2	0
7. Have you taken prolonged courses of prednisone or other steroids; or have you taken "the pill" for more than 3 years?	2	0
8. Do some foods disagree with you or trigger your symptoms?	1	0
9. Do you suffer with constipation, diarrhea, bloating or abdominal pain?	1	0
10. Does your skin itch, tingle or burn; or is it unusually dry; or are you bothered by rashes?	1	0
11. When you wake up, do you have a white coating on your tongue?	1	0

## Interpreting the Results

### Women

A score of 10 or greater indicates that your health problems may be connected to a yeast overgrowth.

A score of 13 or higher suggests that they are almost certainly yeast connected.

### Men

A score of 8 or greater indicates that your health problems may be connected to a yeast overgrowth.

A score of 11 or higher suggests that they are almost certainly yeast connected.

*If you suspect that you may have Candida issues, please feel free to make an appointment if you would like assistance.*