

Candida Questionnaire[©]

The following questions will help you determine if you have an overgrowth of the yeast, *Candida albicans*, in your body. The majority of these questions relate to the intestinal tract (mouth to rectum) and vagina where most symptoms of Candida infection occur. Although a Candida problem can be systemic (throughout the body), this medical condition is less common and usually occurs only in people with compromised immunity.

Answer yes or no to the following questions.

- Have you taken antibiotics repeatedly in the past?
- Did your symptoms start after using antibiotics?
- Do you experience rectal itching?
- Do you crave peanut butter?
- Do you crave corn chips or related products?
- Do you experience digestive disturbances not relieved by digestive aids?
- Do you crave carbohydrates (sweets, starches, alcohol, breads)?
- Do you have late night food cravings?
- Is there a greenish tinge to back of tongue in the morning?
- Do you experience unexplained depression?
- Do you have any vague abdominal or digestive complaints?
- Have you had hives, psoriasis, or chronic skin rashes?
- Do you experience unexplained joint or muscle pain?
- Do you feel bad all over for no apparent reason?
- Are your symptoms made worse by eating high carbohydrate foods?
- Are your symptoms worse if you are exposed to molds in the environment?
- Are your symptoms made worse by eating aged cheese?
- Are your symptoms made worse by drinking beer?
- Are your symptoms worse in damp or wet weather?
- Do your bowel movements sometimes have a moldy smell?
- Do you wear nylon or synthetic pantyhose or underwear?
- Have you in the past or are you currently taking birth control pills?
- Do you experience vaginal itching?
- Do you have a vaginal discharge that smells like cheese?

Your Score for the Test is: ____

If you answered yes to 6 or more for men or 8 or more for women, you may have a Candida body burden and should take one of the following tests to confirm it. These tests are completed by specialty labs .

1. Candida Antibody Assay Blood Tests: These test either for the presence of Candida fractions in the blood or for Candida antibodies that are produced by your body as a result of recent exposure to Candida. Have both an IgG and IgA test done. The Candida IgG test will tell you if your body is responding to a recent encounter with Candida and the IgA will tell you if the exposure is mainly limited to the mucus membranes (intestinal tract, vagina and/or skin).

2. Urine Test for Candida Metabolites: This test determines if Candida fractions are present in the urinary tract. You can also try: Low Carb/Biotin Self-Test: Avoid carbohydrates and take 2,500 micrograms of biotin for 3 days and see if symptoms improve. If symptoms improve, you are probably suffering from a Candida overgrowth in your intestines. Candida can be difficult to eliminate effectively. It often requires repeated treatment. For a good overview of an anti-Candida program, get a copy of Dr. Wilson's audiotape, *The Diagnosis and Treatment of Intestinal Pathogens*.