

Do You have Candida Overgrowth?

Take the following quiz! If you answer yes to any question, add up the points and total them at the end to find your result.

1. Have you taken repeated or prolonged courses of antibacterial drugs? (If yes, **add 4** points)
2. Have you been bothered by recurrent vaginal, prostate or urinary infections? (If yes, **add 3** points)
3. Do you feel "sick all over," yet the cause hasn't been found? (If yes **add 2** points)
4. Are you bothered by hormone disturbances, including PMS, menstrual irregularities, sexual dysfunction, sugar craving, low body temperature or fatigue? (If yes, **add 2** points)
5. Are you unusually sensitive to tobacco smoke, perfumes, colognes and other chemical odors? (If yes, **add 2** points)
6. Are you bothered by memory or concentration problems? Do you sometimes feel "spaced out"? (If yes, **add 2** points)
7. Have you taken prolonged courses of prednisone or other steroids; or have you taken "the pill" for more than 3 years? (If yes, **add 2** points)
8. Do some foods disagree with you or trigger your symptoms? (If yes, **add 1** point)
9. Do you suffer with constipation, diarrhea, bloating or abdominal pain? (If yes, **add 1** point)
10. Does your skin itch, tingle or burn; or is it unusually dry; or are you bothered by rashes? (If yes, **add 1** point)

Recommendations for women:

If your score is 9 or more, your health problems are probably yeast connected.

If your score is 12 or more, your health problems are almost certainly yeast connected.

Recommendations for men:

If your score is 7 or more, your health problems are probably yeast connected.

If your score is 10 or more, your health problems are almost certainly yeast connected.