

CANDIDA SYMPTOMS

Name _____ Date: _____

Head, eyes, ears, nose, mouth, throat (tick the box, if applies to you)

- Head, eyes, ears, nose, mouth, throat
- Bad breath
- Colds and flu (frequent)
- Ear infections (frequent)
- Eye tearing or watering
- Eye burning
- Headaches
- Itchy nose (crusty bogies)
- Nasal or sinus congestion
- Oral thrush
- Post-nasal drip Sore throat (chronic)
- Spots or lights in front of eyes
- Tongue has a white coating

Skin

- Eczema
- Hives, psoriasis or rash
- Numb, tingling or burning sensations
- Pungent body odour

Respiratory system

- Chest pain or tightness
- Bronchitis or cough

Musculoskeletal

- Aching muscles
- Coordination problems
- Joint pain
- Poor balance
- Weakness or trembling

Gastrointestinal

- Bladder or prostate infections (frequent)
- Constipation
- Gastric reflux ('heartburn')
- Intestinal discomfort or pain
- Itchy rectum
- Loose stools
- Mucus in stools
- Weak digestion, gas or bloating

Genito-urinary

- Menstrual difficulties (for women)
- Endometriosis
- Erectile dysfunction
- Infertility
- Premenstrual tension (for women)
- Prostatitis
- Reduced libido (sex drive)
- Vaginal thrush (yeast infections)

Central nervous system

- Anxiety
- Depression, lethargy
- Disorientation or confusion
- Dizziness
- Emotional sensitivity
- Forgetfulness
- Indecisiveness
- Irritability, jumpiness
- Mood swings
- Panic attacks
- Poor concentration
- Sleep disturbances
- Spacey feeling
- Tearfulness
- Tire easily / chronic fatigue

Environment

- Intolerant to mould (e.g. distress in humidity, dampness)
- Perfume or chemical sensitivities
- Tobacco smoke intolerance

Food-related behaviours

- Alcohol craving
- Craving bread or starch (high-carbohydrate foods)
- Hunger causes shakes or irritability (hypoglycemia, or low blood sugars)
- Multiple food intolerances
- Reactions to yeast
- Sugar cravings

Other symptoms

Additional risks

- More than one pregnancy, or use of the contraceptive pill for longer than six months
- Antibiotic use within the last ten years for more than three weeks, or four courses of antibiotics within the last two years
- Use within the last five years of steroids, immuno-suppressant or anti-viral medications for four weeks or more

Your total

Add up the number of your symptoms -----

Add five points for each additional risk factor -----

Your total score -----

Interpreting your score

35-55 Not a definite diagnosis of candidiasis, as many other conditions (such as endocrine imbalances, auto-immune disorders, viruses) can cause these symptoms. Nevertheless, reducing your candida load can assist with any other conditions you may have.

56-85 Moderate candidiasis

85 + Severe candidiasis