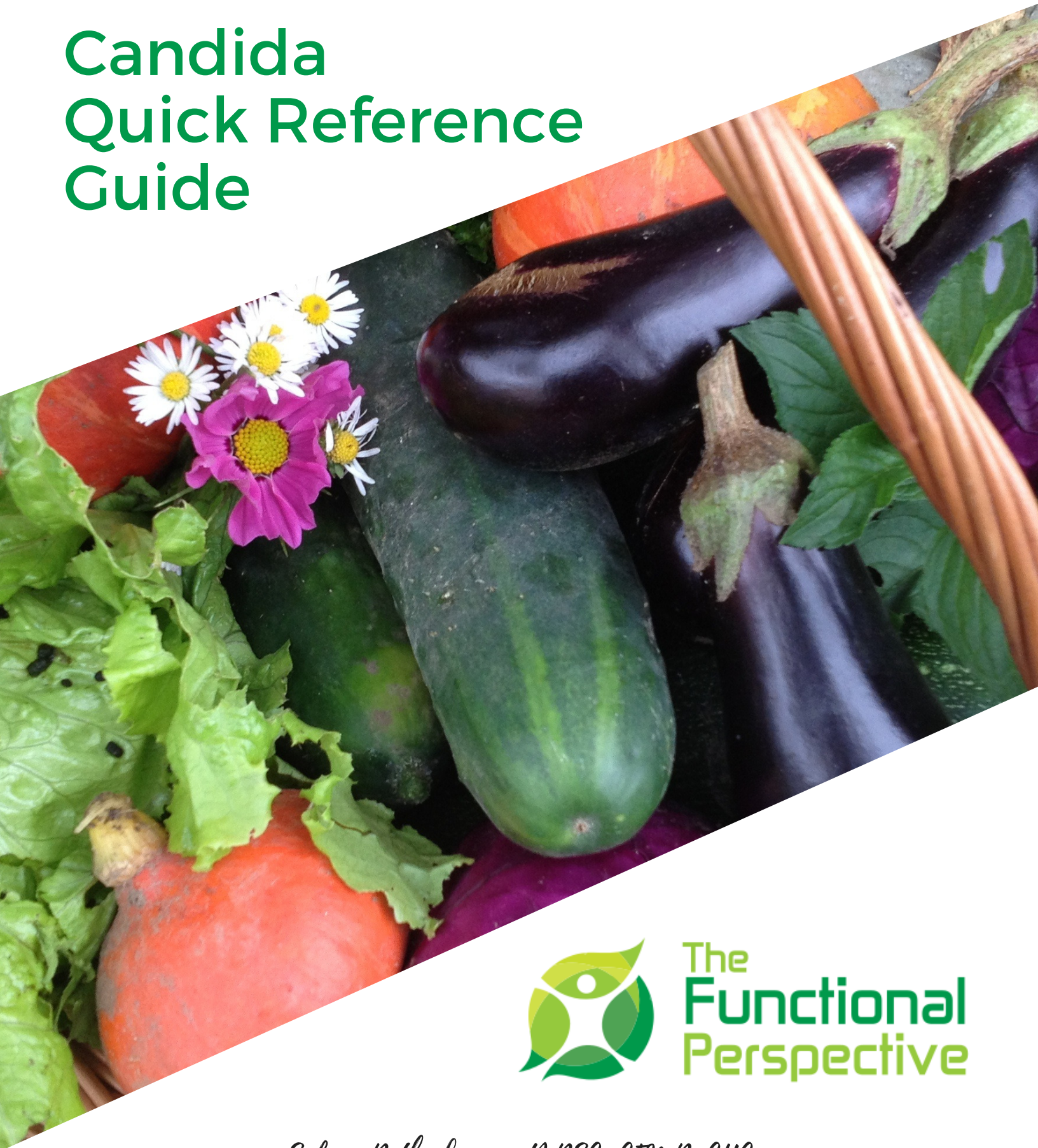


Candida Quick Reference Guide



The
Functional
Perspective

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THE FUNCTIONAL PERSPECTIVE 5-MIN SYMPTOM CHECK

IS IT CANDIDA?

This questionnaire is designed for adults and the scoring system isn't appropriate for children. It lists factors in your medical history which promote the growth of *Candida albicans*, and symptoms commonly found in individuals with yeast-connected illness.

For each "Yes" answer in Section A, circle the Point Score in that section. Total your score and record it in the box at the end of the section. Then move on to Sections B and C and score as directed.

Filing out and scoring this questionnaire should help you and your physician evaluate the possible role of candida in contributing to your health problems. Yet it will not provide an automatic "Yes" or "No" answer.

SECTION A: HISTORY

Point Score

Have you taken tetracyclines (Sumycin, Panmycin, Vibramycin, Minocin, etc.) or other antibiotics for acne for one month or longer?	25
Have you, at any time in your life, taken other "broad spectrum" antibiotics ¹ for respiratory, urinary, or other infections (for 2 months or longer, or in shorter courses four or more times in a one year period?) ¹ Including Keflex, Ampicillin, Amoxicillin, Augmentin, Ceclor, Suprax, Bactrim, and Septra. Such antibiotics kill off "good germs" while they're killing off those which cause infections.	20
Have you taken a broad-spectrum antibiotic drug - even a single course?	6
Have you, at any time in your life, been bothered by persistent prostatitis, vaginitis or other problems affecting your reproductive organs?	25
Have you been pregnant:	
2 or more times?	5
1 time?	3
Have you taken birth control pills:	
For more than 2 years?	15
For 6 months to 2 years?	8
Have you taken prednisone, Decadron or other cortisone type drugs:	
For more than 2 weeks?	15
For 2 weeks or less?	6
Does exposure to perfumes, insecticides, fabric shop odors, and other chemicals provoke:	
Moderate to Severe symptoms?	20
Mild symptoms?	5
Are your symptoms worse on damp, muggy days, or in moldy places?	20
Have you had athlete's foot, ring worm, 'jock itch', or other chronic fungus infections on the skin or nails?	
Severe or Persistent?	20
Mild to Moderate	10
Do you crave sugar?	10
Do you crave breads	10
Do you crave alcoholic beverages	10
Does tobacco smoke really bother you?	10

Total Score, Section A _____



THE FUNCTIONAL PERSPECTIVE 5-MIN SYMPTOM CHECK

IS IT CANDIDA?

SECTION B: MAJOR SYMPTOMS

For each of your symptoms, enter the appropriate figure in the "Point Score" column:

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**

Add total score and record in box at end of this section

	POINT SCORE
Fatigue or lethargy	
Feeling of being "drained"	
Poor memory	
Feeling "spacey" or "unreal"	
Depression	
Numbness, burning or tingling	
Muscle aches	
Muscle weakness or paralysis	
Pain and/or swelling in joints	
Abdominal pain	
Constipation	
Diarrhea	
Bloating	
Troublesome vaginal discharge	
Persistent vaginal burning or itching	
Prostatitis	
Impotence	
Loss of sexual desire	
Endometriosis	
Cramps, and/or other menstrual irregularities	
Premenstrual tension	
Spots in front of eyes	
Erratic vision	

Total Score, Section B _____



THE FUNCTIONAL PERSPECTIVE 5-MIN SYMPTOM CHECK

IS IT CANDIDA?

SECTION C: OTHER SYMPTOMS

For each of your symptoms, enter the appropriate figure in the "Point Score" column:

If a symptom is occasional or mild score **1 points**

If a symptom is frequent and/or moderately severe score **2 points**

If a symptom is severe and/or disabling score **3 points**

Add total score and record in box at end of this section

While the symptoms in this section commonly occur in people with yeast-connected illness they are also found in other individuals

	POINT SCORE
Drowsiness	
Irritability or jitteriness	
Incoordination	
Inability to concentrate	
Frequent mood swings	
Headache	
Dizziness/loss of balance	
Pressure above ears, feeling of head swelling & tingling	
Itching	
Other rashes	
Heartburn	
Indigestion	
Belching and intestinal gas	
Mucus in stools	
Hemorrhoids	
Dry mouth	
Rash or blister in mouth	
Bad breath	
Joint swelling or arthritis	
Nasal congestion or discharge	
Post nasal drip	
Nasal itching	
Sore or dry throat	
Cough	
Pain or tightness in chest	
Wheezing or shortness of breath	
Urgency or urine frequency	
Burning on urination	
Failing vision	
Burning or tearing of eyes	
Recurrent infections or fluid in ears	
Ear pain or deafness	

Total Score, Section C _____



THE FUNCTIONAL PERSPECTIVE 5-MIN SYMPTOM CHECK

IS IT CANDIDA?

The Grand Total Score will help you and your physician decide if your health problems are yeast-connected. Scores in women will run higher as 7 items in the questionnaire apply exclusively to women, while only 2 apply exclusively to men.

Total Score Section A : _____

Total Score Section B : _____

Total Score Section C : _____

GRAND TOTAL SCORE : _____

Men	Women	Interpretation
40 or below	60 or below	Yeast is less apt to cause health problems
41-90	60-120	Yeast connected health problems are Possible
91-140	121-180	Yeast connected health problems are Probable
141 & Above	181 & Above	Yeast connected health problems are almost certainly present

Reference: Crook, William G. "Chronic Fatigue Syndrome and The Yeast Connection." Jackson, Tennessee: Professional Books, 1992.



IS IT CANDIDA?

FOODS TO EAT

Non-starchy vegetables:

Artichokes, Broccoli, Celery, Eggplant, Kale, Onions, Spinach, Zucchini

Low sugar fruits:

Avocado, Lemon, Lime, Olives

Non-glutinous grains:

Buckwheat, Millet, Oat bran, Quinoa, Teff

Healthy proteins:

Eggs, Herring, Salmon

Some dairy products:

Kefir, Yogurt (probiotic)

Low-mold nuts and seeds:

Almonds, Flax seed, Hazelnuts

Herbs, spices, & condiments:

Apple cider vinegar, Basil, Cloves, Paprika, Rosemary

Healthy fats and oils:

Flax oil, Olive oil, Sesame oil

Fermented foods:

Kefir, Olives, Sauerkraut

Drinks like:

Chicory coffee and herbal teas

FOODS TO AVOID

High sugar fruits (especially fructose):

Bananas, Dates, Fruit Juice, Grapes

Glutinous grains:

Barley, Rye, Wheat

Meats:

Pork and lunch meat

Fish:

Tuna and Swordfish

Some dairy products:

Cheese, Milk

Moldy nuts and seeds

Condiments with added sugars

Refined and processed vegetable oils

Sugars and sugar substitutes

Caffeinated or sugary drinks

Alcoholic drinks



IS IT CANDIDA?

REMOVE CONTRIBUTING
FACTORS

SUPPORT DETOX
PATHWAYS

KILL OFF OVERGROWTH

REPOPULATE

ADEQUATE SLEEP
STRESS MANAGEMENT
