

Are Your Health Problems Yeast Connected?

If your answer is "yes" to any question, circle the number in the right hand column. When you've completed the questionnaire, add up the points. Your score will help you determine the possibility (or probability) that your health problems are yeast related.

	YES	NO	Score
1. Have you taken repeated or prolonged courses of antibacterial drugs?	_____		4
2. Have you been bothered by recurrent vaginal, prostate or urinary tract infections?	_____	_____	3
3. Do you feel "sick all over," yet the cause hasn't been found?	_____	_____	2
4. Are you bothered by hormone disturbances, including PMS, menstrual irregularities, sexual dysfunction, sugar craving, low body temperature or fatigue?	_____	_____	2
5. Are you unusually sensitive to tobacco smoke, perfumes, colognes and other chemical odors?	_____	_____	2
6. Are you bothered by memory or concentration problems? Do you sometimes feel "spaced out"?	_____	_____	2
7. Have you taken prolonged courses of prednisone or other steroids; or have you taken "the pill" for more than 3 years?	_____	_____	2
8. Do some foods disagree with you or trigger your symptoms?	_____	_____	1
9. Do you suffer with constipation, diarrhea, bloating or abdominal pain?	_____	_____	1
10. Does your skin itch, tingle or burn; or is it unusually dry; or are you bothered by rashes?	_____	_____	1

Scoring 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.

Scoring 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.