

Candida Questionnaire

History	Point Score
1. Have you taken tetracycline or other antibiotics for acne for 1 month or longer?	25
2. Have you at any time in your life taken other “broad-spectrum” antibiotics for respiratory, urinary, or other infections for 2 months or longer, or in short courses four or more times in a one year period?	20
3. Have you taken a broad-spectrum antibiotic, even a single course ever?	6
4. Have you at anytime in your life been bothered by persistent prostatitis, vaginitis, or other problems affecting your reproductive organs?	25
5. Have you been pregnant... One time ?	3
Two or more times ?	5
6. Have you taken birth control pills... For six months to two years?	8
For more than two years?	15
7. Have you taken pregnisone or other cortisone type drugs... For two weeks or less?	6
For more than two weeks?	15
8. Does exposure to perfumes, insecticides, fabric shop odors, and other chemicals provoke? Mild symptoms?	5
Moderate to severe symptoms?	20
9. Are your symptoms worse on damp, muggy days or moldy places?	20
10. Have you had athlete’s foot, ringworm, “jock itch”, or other infections of the skin or nails? Mild to moderate?	10
Severe to persistent?	20

- | | |
|---|----|
| 11. Do you crave sugar? | 10 |
| 12. Do you crave breads? | 10 |
| 13. Do you crave alcoholic beverages? | 10 |
| 14. Does tobacco smoke really bother you? | 10 |

Total score for this section _____

Major Symptoms	Point score
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For each of your symptoms, enter the appropriate figure in the point Score Column:

- | | |
|--|----------|
| If symptom is occasional or mild | 3 points |
| If symptom is frequent and/or moderate | 6 points |
| If symptom is severe or disabling | 9 points |

- | | |
|-----------------------------------|-------|
| 1. Fatigue or Lethargy | _____ |
| 2. Feeling of being drained | _____ |
| 3. Poor memory | _____ |
| 4. Feeling “spacey” or “unreal” | _____ |
| 5. Depression | _____ |
| 6. Numbness, burning, or tingling | _____ |
| 7. Muscle aches | _____ |
| 8. Muscle weakness or paralysis | _____ |
| 9. Pain and/or swelling in joints | _____ |
| 10. Abdominal pain | _____ |
| 11. Constipation | _____ |
| 12. Diarrhea | _____ |
| 13. Bloating | _____ |
| 14. Persistent vaginal itch | _____ |
| 15. Persistent vaginal burning | _____ |
| 16. Prostatitis | _____ |
| 17. Impotence | _____ |

- 18. Loss of sex drive _____
- 19. Endometriosis _____
- 20. Cramping and other menstrual irregularities _____
- 21. Premenstrual tension _____
- 22. Spots in front of eyes _____
- 23. Erratic vision _____

Total score for this section _____

Other Symptoms

Point score

For each of your symptoms, enter the appropriate figure in the points Score Column.

- If symptom is occasional or mild 3 points
- If symptom is frequent and/or moderate 6 points
- If symptom is severe or disabling 9 points

- 1. Drowsiness _____
- 2. Irritability _____
- 3. Lack of coordination _____
- 4. Inability to concentrate _____
- 5. Frequent mood swings _____
- 6. Headache _____
- 7. Dizziness/loss of balance _____
- 8. Pressure above ears, feeling of head swelling and tingling _____
- 9. Itching _____
- 10. Other rashes _____
- 11. Heartburn _____
- 12. Indigestion _____
- 13. Belching and intestinal gas _____
- 14. Mucus in stools _____
- 15. Hemorrhoids _____
- 16. Dry mouth _____

- 17. Rash or blister in mouth _____
- 18. Bad breath _____
- 19. Joint swelling or arthritis _____
- 20. Nasal congestion or discharge _____
- 21. Post-nasal drip _____
- 22. Nasal itching _____
- 23. Sore or dry throat _____
- 24. Cough _____
- 25. Pain or tightness in chest _____
- 26. Wheezing or shortness of breath _____
- 27. Urinary urgency or frequency _____
- 28. Burning on urination _____
- 29. Failing vision _____
- 30. Burning or tearing of eyes _____
- 31. Ear pain or deafness _____

Total score for this section _____

Total score from section 1 _____

Total score from section 2 _____

Total score from section 3 _____

Total all sections _____

	Women	Men
Yeast connected health problems Are almost certainly present	>180	>140
Yeast connected health problems Are probably present	120-180	90-140
Yeast connected health problems		

Are possibly present	60-119	40-89
Yeast connected health problems Are less likely to be present	<60	<40

Elliott Hulse's Websites

<http://www.hulsestrength.com/recommends/superior-muscle>

<http://yoelliott.tv/>

<http://www.youtube.com/user/strengthcamp>

<http://www.FacebookElliott.com>