

# Candida - Do You Have?

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The following 2-part questionnaire can help you determine if Candida overgrowth may be contributing to your health problems.

**History**

- Have you taken antibiotics for acne, uti, etc. for one month or longer? (25pts) \_\_\_\_\_
- Have you in your life taken antibiotics in short courses 3 or more times in a 1-year period? (20pts) \_\_\_\_\_
- Have you ever taken a broad-spectrum antibiotic (even a single course)? (6pts) \_\_\_\_\_
- Have you been bothered by persistent prostatitis, vaginitis, or other problems such as inflammation or itching, affecting your reproductive area? (25pts) \_\_\_\_\_
- Have you been pregnant? (one time = 3 pts; two or more = 5 pts) \_\_\_\_\_
- Have you taken birth-control pills? (6 to 24 months = 8 pts; more than 24 months = 15 pts) \_\_\_\_\_
- Have you taken prednisone or other steroid drugs? (2 wks or less=6 pts; more than 2 wks = 15 pts) \_\_\_\_\_
- Does exposure to perfumes, insecticides, fabric shop odors, and other chemicals provoke mild symptoms? (5 pts for moderate 20 pts for severe) \_\_\_\_\_
- Are your symptoms worse on damp, muggy days or in moldy places? (20pts) \_\_\_\_\_
- Have you had athlete's foot, ringworm, "jock itch", or other similar infections of the skin or nails? (mild to moderate = 10; severe or persistent = 20) \_\_\_\_\_
- Do you crave sugar? (10) \_\_\_\_\_
- Do you crave bread? (10) \_\_\_\_\_
- Do you crave alcoholic beverages? (10) \_\_\_\_\_
- Do you crave cheese or mushrooms? (10) \_\_\_\_\_

Total for top section = \_\_\_\_\_

**Symptoms-** No Symptom= 0 pts, Occasional/mild= 3 pts, Frequent/moderate= 6 pts, Severe/disabling= 9 pts

Depression _____	Endometriosis _____	<b>Total score for this box:</b> _____  <b>Total score for <u>top</u> section:</b> _____  <b>Total score combined:</b> _____  <table style="width: 100%; border: none;"> <thead> <tr> <th></th> <th style="text-align: center;"><u>Women</u></th> <th style="text-align: center;"><u>Men</u></th> </tr> </thead> <tbody> <tr> <td>Unlikely to be present</td> <td style="text-align: center;">&gt; 50</td> <td style="text-align: center;">&gt; 30</td> </tr> <tr> <td>Possibly present</td> <td style="text-align: center;">&gt; 50</td> <td style="text-align: center;">&gt; 30</td> </tr> <tr> <td>Probably present</td> <td style="text-align: center;">&gt; 100</td> <td style="text-align: center;">&gt; 80</td> </tr> <tr> <td>Highly probably present</td> <td style="text-align: center;">&gt; 160</td> <td style="text-align: center;">&gt; 120</td> </tr> </tbody> </table> <p><i>See our candida reference for suggestions to help microbiome.</i></p>		<u>Women</u>	<u>Men</u>	Unlikely to be present	> 50	> 30	Possibly present	> 50	> 30	Probably present	> 100	> 80	Highly probably present	> 160	> 120
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Numbness; burning, or tingling _____	Itching or other rashes _____																
Muscle aches _____	Coated tongue _____																
Pain and/or swelling in joints _____	Thrush in throat _____																
Abdominal pain _____	Heartburn _____																
Bloating _____	Indigestion _____																
Persistent vaginal itch/burn _____	Belching and intestinal gas _____																
Prostatitis _____	Mucus in stools _____																
"Jock Itch" _____	Hemorrhoids _____																
Athlete's foot _____	Postnasal drip _____																
Loss of sexual desire _____	Cough _____																
Impotence _____	_____																
Fatigue or lethargy _____	Wheezing or shortness of breath _____																
Poor memory _____	Inability to concentrate _____																
Frequent mood swings _____	Urinary urgency or frequency _____																
Feeling "spacey" or "unreal" _____	Cramps and / or other menstrual irregularities _____																

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



*Building Better Health Naturally*