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Candida Questionnaire

The following questions will help you determine if you have an overgrowth of the yeast, *Candida albicans*, in your body. The majority of these questions relate to the intestinal tract (mouth to rectum) and vagina where most symptoms of Candida infection occur. Although a Candida problem can be systemic (throughout the body), this medical condition is less common and usually occurs only in people with compromised immunity.

Answer yes or no to the following questions.

	<u>Yes</u>	<u>No</u>
Have you taken antibiotics repeatedly in the past?	<input type="checkbox"/>	<input type="checkbox"/>
Did your symptoms started after using antibiotics?	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience rectal itching?	<input type="checkbox"/>	<input type="checkbox"/>
Do you crave peanut butter?	<input type="checkbox"/>	<input type="checkbox"/>
Do you crave corn chips or related products?	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience digestive disturbances not relieved by digestive aids?	<input type="checkbox"/>	<input type="checkbox"/>
Do you crave carbohydrates (sweets, starches, alcohol, breads)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have late night food cravings?	<input type="checkbox"/>	<input type="checkbox"/>
Is there a greenish tinge to back of tongue in the morning?	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience unexplained depression?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have any vague abdominal or digestive complaints?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had hives, psoriasis, or chronic skin rashes?	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience unexplained joint or muscle pain?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel bad all over for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>
Are your symptoms made worse by eating high carbohydrate foods?	<input type="checkbox"/>	<input type="checkbox"/>
Are your symptoms worse if you are exposed to molds in the environment?	<input type="checkbox"/>	<input type="checkbox"/>
Are your symptoms made worse by eating aged cheese?	<input type="checkbox"/>	<input type="checkbox"/>
Are your symptoms made worse by drinking beer?	<input type="checkbox"/>	<input type="checkbox"/>
Are your symptoms worse in damp or wet weather?	<input type="checkbox"/>	<input type="checkbox"/>
Do your bowel movements sometimes have a moldy smell?	<input type="checkbox"/>	<input type="checkbox"/>

For Women Only

Do you wear nylon or synthetic pantyhose or underwear?	<input type="checkbox"/>	<input type="checkbox"/>
Have you in the past or are you currently taking birth control pills?	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience vaginal itching?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a vaginal discharge that smells like cheese?	<input type="checkbox"/>	<input type="checkbox"/>