

Candida Self-Test

Candida is a fungal yeast overgrowth in the intestines that can spread to other parts of the body via the digestive tract and bloodstream. It can weaken your immune system, play havoc with your digestion, and be responsible for many health problems including fatigue, headaches, poor memory and weight gain. Complete the Candida Self-Test to identify if you have any of these health symptoms related to Candida.

- Have you, at any time in your life, been troubled by persistent vaginal problems or had 3 or more episodes of vaginitis in a year?
- Have you, at any time in your life, taken "broad spectrum" antibiotics (including tetracycline, Keflex®, ampicillin, amoxicillin, Ceclor®, Bactrim®, and Septra®*) for respiratory, urinary or any other infections (for 2 months or longer, or in shorter courses 4 or more times in a 1-year period)?
- Have you had persistent athlete's foot, "jock itch", or other chronic fungus infections of the skin or nails?
- Does exposure to tobacco smoke and/or perfumes, insecticides, fabric shop odors, and other chemicals provoke moderate to severe symptoms.
- Your symptoms are worse on damp, muggy days or in moldy places.
- You crave sugar, baked goods, and/or alcoholic beverages.
- You've taken birth control pills for more than 3 years.
- You've taken prednisone, Decadron®, or other cortisone-type drugs for more than 2 weeks.

Other symptoms may include:

- | | |
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| <input type="checkbox"/> Abdominal pain | <input type="checkbox"/> Loss of sexual desire |
| <input type="checkbox"/> Bloating | <input type="checkbox"/> Muscle aches |
| <input type="checkbox"/> Constipation or diarrhea | <input type="checkbox"/> Muscle weakness or paralysis |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Numbness, burning or tingling |
| <input type="checkbox"/> Dysmenorrhea (painful periods) | <input type="checkbox"/> Pain and/or swelling in joints |
| <input type="checkbox"/> Endometriosis | <input type="checkbox"/> Persistent dandruff |
| <input type="checkbox"/> Erratic vision | <input type="checkbox"/> Persistent vaginal burning or itching |
| <input type="checkbox"/> Spots in front of eyes | <input type="checkbox"/> Poor memory or brain fog |
| <input type="checkbox"/> Fatigue or lethargy | <input type="checkbox"/> PMS/premenstrual tension |
| <input type="checkbox"/> Feeling "spacey" or "unreal" | <input type="checkbox"/> Prostatitis |
| <input type="checkbox"/> Feeling of being "drained" | <input type="checkbox"/> Psoriasis, eczema, or rashes |
| <input type="checkbox"/> Impotence | <input type="checkbox"/> Troublesome vaginal discharge |

If you checked 4 or more in the first section and also checked 4 or more in the second section, you may want to get tested for Candida.

Candidiasis is associated with leaky gut syndrome and gluten sensitivity, so you should also be tested for those as well.

If you can't get testing at this time, then follow the *Candida Diet Plan* in the *Discovery Diet* section.