

Candida Questionnaire©

James L. Wilson, ND, PhD

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.

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

Candida Questionnaire©

James L. Wilson, ND, PhD

For Women Only

- Do you wear nylon or synthetic pantyhose or underwear?
- Have you in the past or are you currently taking birth control pills?
- Do you experience vaginal itching?
- Do you have a vaginal discharge that smells like cheese?

Your Score for the Test is: ____

If you answered yes to 6 or more for men or 8 or more for women, you may have a Candida body burden and should take one of the following tests to confirm it. These tests are completed by specialty labs .

1. **Candida Antibody Assay Blood Tests:** These test either for the presence of Candida fractions in the blood or for Candida antibodies that are produced by your body as a result of recent exposure to Candida. Have both an IgG and IgA test done. The Candida IgG test will tell you if your body is responding to a recent encounter with Candida and the IgA will tell you if the exposure is mainly limited to the mucus membranes (intestinal tract, vagina and/or skin).
2. **Urine Test for Candida Metabolites:** This test determines if Candida fractions are present in the urinary tract.

You can also try:

Low Carb/Biotin Self-Test: Avoid carbohydrates and take 2,500 micrograms of biotin for 3 days and see if symptoms improve. If symptoms improve, you are probably suffering from a Candida overgrowth in your intestines.

Candida can be difficult to eliminate effectively. It often requires repeated treatment. For a good overview of an anti-Candida program, get a copy of Dr. Wilson's audiotape, The Diagnosis and Treatment of Intestinal Pathogens.