

Yeast Questionnaire—Adult

Answering these questions and adding up the scores will help you decide if yeasts contribute to your health problems. Yet you will not obtain an automatic "yes" or "no" answer.

For each "yes" answer in Section A, circle the point score in that section. Total your score and record it at the end of the section. Then move on to sections B and C and score as indicated.

Add the total of your scores to get your Grand Total Score.

Section A: History

	Point score	
1. Have you taken tetracyclines (Sumycin, Panmycino, Vibramycin, Minocin, etc.) or other antibiotics for acne for one month (or longer)?	35	
2. Have you, at any time in your life, taken other "broad spectrum" antibiotics* for respiratory, urinary, or other infections (for two months or longer, or in shorter courses four or more times in a one-year period)?	35	
3. Have you taken a broad spectrum antibiotic drug*, even a single course?	6	
4. Have you, at any time in your life, been bothered by persistent prostatitis, vaginitis, or other problems affecting your reproductive organs?	25	
5. Have you been pregnant		
Two or more times?	5	
One time?	3	
6. Have you taken birth control pills		
For more than two years?	15	
For six months to two years?	8	
7. Have you taken prednisone, Decadron or other cortisone-type drugs		
For more than two weeks?	15	
For two weeks or less?	6	
8. Does exposure to perfumes, insecticides, fabric shop odors, and other chemicals provoke severe symptoms?	20	Moderate to
Mild symptoms?	5	
9. Are your symptoms worse on damp, muggy days or in moldy places?	20	
10. Have you had athlete's foot, ringworm, "jock itch," or other chronic fungus infections of the skin or nails? Have such infections been		
Severe or persistent?	20	Mild to
moderate?	10	

* Including Keflex, ampicillin, amoxicillin, Ceclor, Bactrim, and Septra. Such antibiotics kill off "good germs" while they're killing off those which cause infection.

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, Section A	

Section B: Major Symptoms

For each of your symptoms, enter the appropriate figure in the Point Score column:

- If a symptom is occasional or mild score 3 points
- If a symptom is frequent and/or moderately severe score 6 points
- If a symptom is severe and/or disabling score 9 points
- Add total score and record it at the end of this section.

	Point score
1. Fatigue or lethargy	
2. Feeling of being "drained"	
3. Poor memory	
4. Feeling "spacey" or "unreal"	
5. Depression	
6. Inability to make decisions	
7. Numbness, burning, or tingling	
8. Muscle aches or weakness	
9. Pain and/or swelling in joints	
10. Abdominal pain	
11. Constipation	
12. Diarrhea	
13. Bloating, belching, or intestinal gas	
14. Troublesome vaginal burning, itching, or discharge	
15. Persistent vaginal burning or itching	
16. Prostatitis	
17. Impotence	
18. Loss of sexual desire or feeling	
19. Endometriosis or infertility	
20. Cramps and/or other menstrual irregularities	
21. Premenstrual tension	
22. Attacks of anxiety or crying	
23. Cold hands or feet and/or chilliness	
24. Shaking or irritable when hungry	
Total Score, Section B	

Section C: Other Symptoms*

For each of your symptoms, enter the appropriate figure in the point score column: If a
 symptom is occasional or mild score 1 point
 If a symptom is frequent and/or moderately severe score 2 points
 If a symptom is severe and/or disabling score 3 points

* While the symptoms in this section commonly occur in people with yeast-connected illness, they are also found in other individuals

Add total score and record it at the end of this section.

Point score

1. Drowsiness
2. Irritability or jitteriness
3. Uncoordination
4. Inability to concentrate
5. Frequent mood swings
6. Headache
7. Dizziness/loss of balance
8. Pressure above ears, feeling of head swelling
9. Tendency to bruise easily
10. Chronic rashes or itching
11. Numbness, tingling
12. Indigestion or heartburn
13. Food sensitivity or intolerance
14. Mucus in stools
15. Rectal itching
16. Dry mouth or throat
17. Rash or blisters in mouth
18. Bad breath
19. Foot, body, or hair odor not relieved by washing
20. Nasal congestion or postnasal drip
21. Nasal itching
22. Sore throat
23. Laryngitis, loss of voice
24. Cough or recurrent bronchitis
25. Pain or tightness in chest
26. Wheezing or shortness of breath
27. Urgency or urinary frequency
28. Burning on urination
29. Spots in front of eyes or erratic vision
30. Burning or tearing of eyes
31. Recurrent infections or fluid in ears
32. Ear pain or deafness

Total Score, Section C

Total Score, Section A

Total Score, Section B

GRAND TOTAL SCORE

The Grand Total Score will help you and your physician decide if your health problems are yeast connected. Scores in women will run higher as seven items in the questionnaire apply exclusively to women, while only two apply exclusively to men.

Yeast-connected health problems are almost certainly present in women with scores over 180 and in men with scores over 140.

Yeast-connected health problems are probably present in women with scores over 120 and in men with scores over 90.

Yeast-connected health problems are possibly present in women with scores over 60 and in men with scores over 40.

With scores of less than 60 in women and 40 in men, yeasts are less apt to cause health problems.