

The Institute of Nutritional Science Candida Evaluation Test

www.candidaclinic.org

1-888-454-8464 – Ask For Dr Whiting

The following two tests will help you determine if yeast overgrowth is the likely cause of your problems. Further, it will help us determine whether your candidiasis is localized or has progressed to the much more harmful systemic phase.

This first part lists the most probable factors that can cause candida to explode out of control. It was developed at a leading alternative hospital. For every yes answer, circle the number of points given and add up the total number of points at the end of both tests, comparing your total with the conclusions given.

Test One

1. Have you taken a general antibiotic drug, even just once in the last 6 months?

6

2. Have you taken, at any time in your life, antibiotics for respiratory or urinary infections for longer than 2 months, or shorter courses (two weeks) more than three or four times? 35

3. Have you taken specific antibiotics for acne for 1 month or longer? 35

4. Have you ever suffered from vaginitis or prostatitis or suffered from other problems affecting your reproductive organs? 25

5. Have you been pregnant once? 3

Have you been pregnant more than once? 5

6. Have you ever taken steroid medications such as prednisone or other cortisone-type drugs? 20

7. Does exposure to strong smelling substances provoke or worsen your symptoms?

6

8. Are your symptoms worse on damp, moldy, muggy days or in damp, moldy places? 20

9. Have you ever had athlete's foot, ring worm, 'jock itch' or any other chronic fungus infections of the skin or nails? 20

10. Does Tobacco smoke really bother you? 10

Total of this section _____

Test Two

Part One

In scoring this section of the test if the symptom is occasional or mild give 3 points, if frequent or moderately severe give 6 points, and if the symptom is severe and/or disabling score 9 points. If the symptom does not apply to you at all score a 0.

1. Fatigue or lethargy
2. Feeling of being 'drained'
3. Poor memory
4. Feeling 'spacey' or 'unreal'
5. Depression
6. Numbness, burning or tingling
7. Muscle aches
8. Muscle weakness
9. Pain and/or swelling in joints
10. Abdominal pain
11. Constipation
12. Diarrhea
13. Alternating constipation and diarrhea
14. Bloating
15. Troublesome vaginal discharge
16. Persistent vaginal burning or itching
17. Prostatitis
18. Impotence
19. Loss of sexual desire
20. Endometriosis
21. Cramps or other menstrual irregularities
22. Premenstrual tension
23. Spots in front of eyes
24. Erratic vision

Total Score for this Section: _____

Part Two

Score these symptoms as follows; give one point if the symptom is mild or occurs occasionally, 2 points if it is frequent and 3 points if it is severe or disabling to your lifestyle. As before, score 0 if it does not apply at all.

1. Drowsiness
2. Irritability or jitteriness
3. In coordination
4. Inability to concentrate
5. Frequent mood swings
6. Headache
7. Dizziness/loss of balance
8. Pressure above ears or tingling sensation
9. Itching
10. Skin rashes
11. Heartburn
12. Indigestion
13. Belching and intestinal gas
14. Mucus in stools
15. Hemorrhoids
16. Dry mouth
17. Rash or blisters in mouth
18. Bad breath
19. Joint swelling or arthritis
20. Nasal congestion or discharge
21. Postnasal drip
22. Nasal itching
23. Sore or dry throat
24. Cough
25. Pain or tightness in chest
26. Wheezing or shortness of breath
27. Urgency or urinary frequency
28. Burning on urination
29. Failing vision
30. Burning or tearing of eyes
31. Recurrent infections or fluid in ears
32. Ear pain or deafness

Score for this section: _____

Add up the grand total of all three tests and compare with the results below.

Scores of over 180 in women or 140 in men: Yeast-connected health problems, likely systemic in nature are almost certainly present.

Scores of over 120 in women or 90 in men: Localized candidiasis is very likely.

Scores of over 60 in women or 40 in men: Yeast related problems are possibly, contributing to your overall problem

Scores of less than 60 in women or 40 in men: Yeast problems are less likely to be at the cause of your symptoms.

Armed with the results of this very accurate test, you can determine the degree of yeast involvement in your health concerns.

Depending upon your score, you may wish to follow our six week oxy flush, which is designed to destroy candida organisms throughout the body. At the end of the flush, we will re-implant the healthy acidophilus bacteria in the intestinal tract and complete the program.

The complete Oxy Flush Program, which we have used with great success in completely eliminating chronic systemic yeast problems, is fully outlined in my booklet entitled, "Eliminating Yeast Infections & Systemic Candidiasis".

The same formula we use on our clients and patients in our Centers around the world is usually available from your local fitness center or nutrition counselor. The product we are using is called LiquiDaily Oxy Aloe, and it is made for us, by a company called Phoenix Nutritionals. If you have problems finding this special formula call The Institute at 1-888-454-8464 for further information.