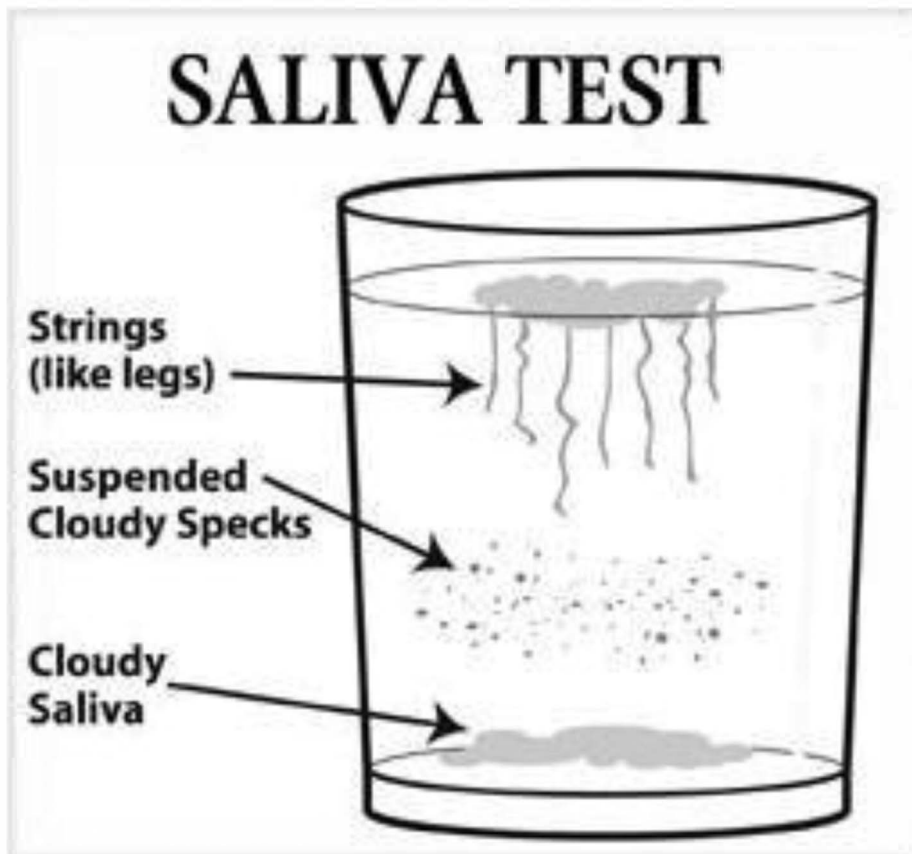


Do-it-Yourself Candida Test

- Spit first sputum in the morning into a glass of water, before eating anything, before drinking anything (even water), and before brushing your teeth.
- Check the water every 15 minutes for up to one hour.
- If you see strings (like legs) traveling down into the water from the saliva that is floating on top, or “cloudy” saliva that sinks to the bottom of the glass, or cloudy specks suspended in the water, then the saliva is carrying a fungal overgrowth and the Candida test is positive.
- If no strings develop and the saliva is floating after one hour, it appears you are Candida free.



Yeast/Candida Questionnaire

Patient name _____

Date _____

Answering these questions will help you decide if yeasts contribute to your health problems. Place a check mark next to all that apply. Fifteen or more may be indicative of Yeast/Candida related problems

- _____ Have you ever taken tetracycline (Sumycin, Panmycine, Vibramycin, or other antibiotics for one for 1 month or longer
- _____ Have you at any time in your life, taken other "broad spectrum" antibiotics* for respiratory, urinary, or other infections (for 2 months or longer).
- _____ Have you taken a broad spectrum antibiotic drug* -even a single course?
- _____ Have you, at any time in your life, been bothered by persistent prostatitis, vaginitis, or other affecting your reproductive organs?
- _____ Have you been pregnant two or more times?
- _____ Have you taken birth control pills for more than 2 years?
- _____ Have you taken prednisone, Decadron, or other cortisone-type drugs?
- _____ Does exposure to perfumes, insecticides, and other chemicals bother you?
- _____ Are your symptoms worse on damp, muggy days or in moldy places?
- _____ Have you had athlete's foot, ring worm, "jock itch" or other chronic infections of the skin or nails?
- _____ Do you crave sugar?
- _____ Do you crave breads?
- _____ Do you crave alcoholic beverages?
- _____ Does tobacco smoke *really* bother you?

Do you suffer from:

- _____ Fatigue or lethargy
- _____ Feelings of being "drained"
- _____ Poor memory
- _____ Feeling "spacey" or "unreal"
- _____ Feelings of depression
- _____ Muscle aches or weakness
- _____ Pain and/or swelling in joints
- _____ Frequent abdominal pain
- _____ Constipation and or Diarrhea
- _____ Bloating, belching or intestinal gas
- _____ Vaginal burning, itching, or discharge
- _____ Loss of sexual desire or feeling
- _____ Endometriosis or infertility
- _____ Cramps and/or other menstrual irregularities
- _____ Premenstrual tension
- _____ Cold hands or feet and/or chilliness
- _____ Shaking or irritable when hungry

*Including Kefles, ampicillin, ceclor, Bactrim. Such antibiotics will kill off "good bacteria" while they're fighting off those which cause infection.