CANDIDA CHECKLIST OF SYMPTOMS

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| **Digestive Troubles**   * Bad Breath, * Gas/Bloating, * Indigestion, * Diarrhea, * Constipation, * Intestinal Pain, * Low Blood Sugar, * Food / sugar cravings, * Mouth or stomach ulcers, * Allergies (Air or Food), * Food Sensitivities, * Heartburn, * Dry Mouth, * Receding Gums, * Hemorrhoids, rectal itch * Irritable bowel.   **Behavioral**   * Anti-social Behavior, * Suicidal Tendencies, * Insomnia, * Depression, * Anxiety, high strung. * Irritability.   **Skin & Joint Problems**   * Thrush, Diaper Rash, * Acne, Skin Rash or Hives, * Dry Skin & Itching, * Finger, toe or foot Fungus, * Athlete’s Foot, * Liver Spots, * Water Retention, * Joint Pain, * Muscle Aches, * Numbness.   **Troubles**   * Hyperactivity * Attention Deficit Disorder, * Lack of Impulse Control, | **Female Problems**   * Infertility, * Vaginal Yeast Infection, * Menstrual Problems, * PMS Symptoms, * Bladder Infections, * Endometriosis, * No Sex Drive, * Hormonal Imbalance, * Iron Deficiency.   **Mental & Emotional**   * Dizziness, * Mental Fogginess, (Confused, spaced-out, blank stares, day dreaming) * Inability to Concentrate (Having to re-read the same thing twice) * Poor memory (Where are my car keys? or, Why did I come into this room?) * Mood Swings, * Headaches.   **Immune Problems**   * Lethargic/Laziness, * Chronic Fatigue, * Asthma, Hay Fever, * Colds & Flu, * Puffy Eyes, * Respiratory Problems, * Chemical Sensitivity, * Epstein Barr Virus, * Adrenal/Thyroid Failure, * Cold/Shaky, * Ear Infections, * Chronic sore throat, * Post nasal drip, * Hair Loss, * Stuffed sinus (sinusitis), * Overweight, * Underweight, * Diabetes, * Burning Eyes, * Premature Aging, * Autism |

**YOUR ADDED SCORE IS** \_\_\_\_\_ (one point per symptom)

0**-4 points** - Indicates variations of normal living (unless persistent and severe).  
**5-9 Points** - Indicates a Clear Pattern shows likely development of CO dysbiosis.  
**10 or more**- Indicates Strong Pattern and almost certain CO dysbiosis