CANDIDA CHECKLIST OF SYMPTOMS

|  |  |
| --- | --- |
| **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