



YEAST QUESTIONNAIRE

ADULT

NAME: _____

In Section A, circle the score for each YES answer. For Sections B and C score as indicated. Record total scores at the end of the questions. Add the totals to get your GRAND TOTAL.

SECTION A – HISTORY

- 1. Have you taken tetracyclines (Sumycin, Panmycin, Vebromycin Minocin, etc.) or other antibiotics for acne for one month or longer? ... 35
2. Have you ever taken other "broad spectrum" antibiotics for urinary, respiratory 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 ever taken a "broad spectrum" antibiotic drug? ... 6
4. Have you ever been bothered by persistent prostatitis, vaginitis or other productive organ problems? ... 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:
Moderate to severe symptoms ... 20
Mild symptoms ... 5
9. Are symptoms worse on damp, muggy day or in moldy places? ... 20
10. Have you had athlete's foot, ring worm, "jock itch" or other chronic fungus infections of the skin or nails?
Severe or persistent ... 20
Mild to moderate ... 10
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

SECTION B – MAJOR SYMPTOMS

- Enter the appropriate score each symptom below
If a symptom is occasional or mild Score 3 points
If a symptom is frequent or moderately severe Score 6 points
If a symptom is severe or disabling Score 9 points
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 or paralysis ...
9. Joint pain ...
10. Abdominal pain ...
11. Constipation ...
12. Diarrhea ...
13. Bloating ...
14. Troublesome vaginal discharge ...
15. Persistent vaginal burning or itching ...
16. Prostatitis ...
17. Impotence ...

- 18. Loss of sexual desire ...
19. Endometriosis ...
20. Cramps and/or other menstrual irregularities ...
21. Premenstrual tension ...
23. Erratic vision ...

SECTION C – OTHER SYMPTOMS

- Enter the appropriate score for each symptom below
If a symptom is occasional or mild Score 1 point
If a symptom is frequent or moderately severe Score 2 points
If a symptom is severe or disabling Score 3 points
1. Drowsiness ...
2. Irritability or jitteriness ...
3. Incoordination ...
4. Inability to concentrate ...
5. Frequent mood swing ...
6. Headache ...
7. Dizziness/loss of balance ...
8. Pressure above ears, feeling of head tingling ...
9. Itching ...
10. Other 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 ...

Scores: Section A _____ Section B _____ Section C _____

The GRAND TOTAL SCORE will help determine if your health problems are yeast connected. Scores in women will run higher because more questions apply to women than to men.

Yeast connected health problems are almost CERTAINLY PRESENT in women with scores over 180 and men with scores over 140.

Yeast connect with health problems are almost PROBABLY PRESENT in women with scores over 120 and in men with scores over 90.

Yeast connected health problems are almost POSSIBLY PRESENT in women