

## Four Step Symptomatology Method Candida Checklists

### Step One: Have an honest look at your medical history.

#### How many times (to the best of your recollection) have you had antibiotics?

0-5 times\_\_\_\_ 5-10 times\_\_\_\_ 10-20 times\_\_\_\_ Over 20 times\_\_\_\_

Have you ever been on birth control pills? \_\_\_\_\_

Have you ever been pregnant? \_\_\_\_\_

Have you ever eaten a high-sugar diet? \_\_\_\_\_

Have you ever tested your pH balance and found it was acidic? \_\_\_\_\_

Have you ever had cortisone or prednisone? \_\_\_\_\_

Have you ever had radiation? \_\_\_\_\_

Have you ever had surgery? \_\_\_\_\_

Have you ever experienced an intense period of high stress? \_\_\_\_\_

Ask yourself the above questions only to establish whether or not Candida could potentially be a problem for you. The more “yes” answers you give, the more likely you are to have developed Candida. You must complete the next three steps and then look at the entire evidence, not just pieces of it, to draw your final conclusion.

### Step Two: Evaluate Your Symptoms

Candida affects each person differently. No two people have identical symptoms, but the following questionnaire highlights the symptoms most commonly associated with Candida.

**An important note:** You can have vaginal yeast infections and *not* have Candida and you can have Candida and not get vaginal yeast infections. However, if you have repeated vaginal yeast infections, then you should be suspicious of Candida.

Complete the following quiz by putting an x in the blank for any symptoms that currently apply to you.

1. Do you form gas or bloat when you eat? \_\_\_\_\_
2. Do you have acid reflux, heartburn or gastritis? \_\_\_\_\_
3. Are you prone to constipation or diarrhea or both? \_\_\_\_\_
4. Do you have an itchy nose? \_\_\_\_\_
5. Do you have ear sensitivity/ringing/itching or fluid in your ears? \_\_\_\_\_
6. Do you have a dry mouth? \_\_\_\_\_
7. Are you hypothyroid or suffer with cold hands or feet? \_\_\_\_\_
8. Do you have brain fog, which causes you to have trouble thinking clearly, poor memory or poor concentration? \_\_\_\_\_
9. Do you suffer from fatigue for no reason? \_\_\_\_\_
10. Does your vision get blurry then clear then blurry? \_\_\_\_\_
11. Are you hypoglycemic? Indicated by being shaky or irritable if late for a meal, sleepy after a meal, or sweaty during sleep? \_\_\_\_\_
12. Do you have deep pains in your legs, arms and back? \_\_\_\_\_

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13. Do you have cravings for sugar, carbohydrates or alcohol? \_\_\_\_\_
14. Do you suffer with continuous or repeated vaginal burning, itching, or discharge? \_\_\_\_\_
15. Do you have depression, anxiety, or loss of interest and/or pleasure? \_\_\_\_\_
16. Do you have trouble sleeping? \_\_\_\_\_
17. Do you have numbness, burning or tingling in any of your body parts? \_\_\_\_\_

Total Score: \_\_\_\_\_

If you have a total of 4 or more symptoms consider Candida a possibility.

### **Step Three: Rate Your Energy Level**

On a scale of 0 to 10, zero is shoot me I might as well be dead, and 10 is an achievable level of energy.

Current energy \_\_\_\_\_

Fatigue rated at 7 or less, is the only symptom common to each person with Candida. If you score 8, 9 or 10 it is unlikely that your symptoms are related to Candida. If you score an 8, 9, or 10 for part of the day and 7 and below for the rest of the day, then you likely have a low blood sugar problem.

If your energy goes up and down within a day, but doesn't go any higher than a 7, you could have both low blood sugar (hypoglycemia) and Candida.

People with Candida really struggle with their energy and the ability to feel well. Those with low blood sugar may have swings of energy levels but generally only have varying periods of feeling unwell.

### **Step Four: Do the Candida Home Spit Test**

First thing in the morning, before you put ANYTHING in your mouth, get a clear glass. Fill with filtered water and work up a bit of saliva, then spit it into the glass of water. Check the water every 15 minutes or so for up to one hour without touching the glass. If you have Candida, you will see strings (like legs) traveling down into the water from the saliva floating on the top, "cloudy" saliva will sink to the bottom of the glass, or cloudy specks will seem to be suspended in the water. If there are no strings and the saliva is still floating after at least one hour, then you don't likely have Candida.

**The spit test is not foolproof and should not be used as your primary decision-making tool but it is an excellent guideline when paired with the other symptoms you may have.**

### **Additional Information for Consideration**

**It is common for people with Candida to:**

1. Be sensitive to tobacco smoke, perfumes, insecticides, fabric shop odors and other chemicals.

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2. Feel worse on damp, muggy days or in moldy places.
3. Have moderate, severe or persistent athlete's foot, ringworm, jock itch or other chronic fungous infections of the skin or nails.
4. Crave sugar, bread or alcoholic beverages.
5. Get minimal results from taking nutritional supplements.
6. Have multiple health concerns that seem totally unrelated.
7. Struggle to feel well.
8. Not find a medical reason for their health concerns.

## **DECISION TIME**

You must evaluate all four of these steps together. You cannot make a decision based on just one of the four.

For example, as a child I had many rounds of antibiotics, and from the ages of 16 to 25 I had been on birth control pills. For a good part of those years I also ate a high-sugar diet. Therefore, my perimenopausal symptoms could have been related to Candida.

As I carried on through the steps, I discovered I didn't have any of the typical symptoms and my energy always correlated to the amount of sleep I had. Someone with Candida will only benefit a little or not at all from a good night's sleep. I also passed my spit test. If I had based my decision solely on my answers in step one, I would have thought I had Candida. But my conclusion after completing all four steps was that I did not have Candida.

If you believe your medical history has set you up for the possibility of Candida, and you have four or more symptoms, with 7 or less energy and a failed spit test, then it is extremely likely you have Candida.

## **WHERE TO GO FROM HERE**

Megan and I have written a comprehensive E-Manual "Eradicate Candidiasis in 4-6 Weeks" which is available for purchase in the One Stop Health Shop. Our Candida Program is extremely effective because of our six-pronged approach. No other candida program to date has covered these details this extensively. We have also put together a Candida Package with everything you need (including the E-Manual) to treat your Candidiasis successfully. This Candida Package is not only convenient, it saves you money. It is also available at the One Stop Health Shop at [www.HormoneRollerCoaster.com](http://www.HormoneRollerCoaster.com)