

YEAST QUESTIONNAIRE - ADULT

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 questionnaire. Add the totals to get your GRAND TOTAL SCORE.

SECTION A - HISTORY

- 1 Have you taken tetracyclines (Sumycin, Panmycin, Vibramycin, 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 persistant prostatitis, vaginitis, or other reproductive 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? 5
- 9 Are symptoms worse on damp, muggy days 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 persistant 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 for each symptom below.

- If a symptom is occasional or mild 3 points
- If a symptom is frequent or moderatley severe 6 points
- If a symptom is severe or disabling 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 Persistant 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 _____
- 22 Spots in front of your eyes _____
- 23 Erratic vision _____

SECTION C - OTHER SYMPTOMS

Enter the appropriate score for each symptom below.

- If a symptom is occasional or mild 1 points
- If a symptom is frequent or moderately severe 2 points
- If a symptom is severe or disabling 3 points

- 1 Drowsiness _____
- 2 Irritability or jitterness _____
- 3 Incooordination _____
- 4 Inability to concentrate _____
- 5 Frequent mood swings _____
- 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 Falling 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 _____

GRAND TOTAL SCORE _____

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

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

Yeast connected problems are PROBABLY PRESENT in women with scores over 120 and in men with scores over 90.

Yeast connected problems are POSSIBLY PRESENT in women with scores over 60 and in men with scores over 40.

Scores less than 60 in women and 40 in men: yeasts are less apt to cause health problems.