

Name _____ Date _____

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 persistent prostatitis, vaginitis, or other reproductive organ problems? 25
5. Have you been pregnant: two or more times? 5
1 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 days or in moldy places? 20
10. Have you had athlete's foot, ring worm, "jock itch," or other chronic fungous 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 for 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 _____
22. Spots in front of eyes _____
23. Erratic vision _____

SECTION C — OTHER SYMPTOMS

Enter the appropriate score for each symptom below.

If a symptom is *occasional* or *mild* Score 1 points
 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 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. 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 _____

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 than to 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.