**Integrative Center for Healing**

**Women**

A score of 10 or greater indicates that your health problems may be connected to a yeast or overgrowth.

A score of 13 or higher suggests that they are almost certainly yeast connected.

**Men**

A score of 8 or greater indicates that your health problems may be connected to a yeast overgrowth.

A score of 11 or higher suggested that they are almost certainly yeast connected.

|  |  |  |
| --- | --- | --- |
| Question | Yes No | |
| 1. Have you taken repeated or prolonged courses of antibacterial drugs? | | 4 0 |
| 2. Have you been bothered by recurrent vaginal, prostate or urinary infections? | | 3 0 |
| 3. Do you feel “sick all over,” yet the cause hasn’t been found? | | 2 0 |
| 4. Are you bothered by hormone disturbances, including PMS, menstrual irregularities, sexual dysfunction, sugar craving, low body temperature or fatigue? | | 2 0 |
| 5. Are you unusually sensitive to tobacco smoke, perfumes, colognes, and other chemical odors? | 2 0 | |
| 6. Are you bothered by memory or concentration problems? Do you sometimes feel “spaced out”? | 2 0 | |
| 7. Have you taken prolonged courses of prednisone or other steroids; or have you taken “the pill” for more than 3 years? | 2 0 | |
| 8. Do some foods disagree with you or trigger your symptoms? | 1 0 | |
| 9. Do you suffer with constipation, diarrhea, bloating or abdominal pain? | 1 0 | |
| 10. Does your skin itch, tingle or burn; or is it unusually dry; or are you bothered by rashes? | 1 0 | |
| 11. When you wake up, do you have a white coating on your tongue? | 1 0 | |