

Answer YES or NO, then click "calculate your score"

| YES | NO | | |
|-----|----|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| | | Have you taken repeated or prolonged courses of antibacterial (antibiotics) drugs? | 4 points |
| | | Have you been bothered by recurrent vaginal, prostate or urinary infections? | 3 points |
| | | Do you feel "sick all over", yet the cause can not be found? | 2 points |
| | | Are you bothered by hormone disturbances, including PMS, menstrual irregularities, sexual dysfunction, sugar craving, low body temperature or fatigue? | 2 points |
| | | Are you unusually sensitive to tobacco smoke, perfumes, colognes and other chemical odor? | 2 points |
| | | Are you bothered by memory or concentration problems? Do you sometimes feel "spaced out"? | 2 points |
| | | Have you taken prolonged courses of Prednisone or other steroids - or - Have you taken "the pill" for more than 3 years? | 2 points |
| | | Do some foods disagree with you or trigger your symptoms? | 1 point |
| | | Do you suffer with constipation, diarrhea, bloating or abdominal pain? | 1 point |
| | | Does your skin itch, tingle or burn? Or is it unusually dry? Or are you bothered by rashes? | 1 point |

Your Score is:

Scoring for women:

If your score is 9 or more, your health problems are probably yeast connected.

If your score is 12 or more, your health problems are almost certainly yeast connected.

Scoring for men:

If your score is 7 or more, your health problems are probably yeast connected.

If your score is 10 or more, your health problems are almost certainly yeast connected.

See our Kids & Candida page for a home Candida child test specific to children

<http://www.candidasupport.org/>

Simple Home Candida Test:

Here is a home Candida yeast test, one you can do in the morning. We do not know the source of this home Candida test but it's been around a long time and is thought to be quite reliable in the evaluation of Candida symptoms

Up to 85% of Americans May Have Candida - DO YOU?

Try this Fast and FREE Candida Saliva Test!

When you awake in the morning, before you put anything into your mouth, work up some saliva and spit it into a clear glass of water. Within 1-30 minutes, look in the glass. If there are strings coming down from your saliva, or if the water turned cloudy, or if your saliva sank to the bottom, **YOU MAY HAVE A CANDIDA CONCERN!**

Healthy saliva will simply float on the top!

(You may want to put out a glass of water in the bathroom or on the nightstand the night before you wish to do the home Candida Saliva test, just to remind yourself not to brush your teeth prior to spitting into the glass.)

