

Telltale Symptoms... Do any of the following pertain to you?

First Set

- Do you have mercury amalgam dental fillings?
- Have been vaccinated in the past 5 years.

All other questions refer to the past year only.

- Shaky or irritable when hungry.
- Trouble concentrating.
- Feel helpless at times.
- Feel weak all over.
- Crave alcohol (beer, wine, spirits).
- Have taken birth control.
- Lost or decreased sexual desire.
- Seem to have lost interest in life.
- React badly to cigarette fumes.
- React badly to chemical fumes.
- Symptoms worse on damp/muggy days.
- Have persistent prostatitis or vaginitis.
- Have taken Hydrocortisone type products.
- Have had athletes foot and/or jock itch.
- Have cramps with periods.
- Stomach gets sore all over.
- Ears itch at times.
- Had bladder infections.
- Had urinary frequency or urgency.
- Vaginal discharge.
- More nervous than usual.
- Often dizzy or light-headed.
- Heart beats fast.
- Constipation and/or diarrhea.
- Mouth ulcers.

Total number of check marks First Set

Second Set

- Crave sugar, desserts or chocolate.
- Crave breads and/or pastries.
- Hypoglycemia (low blood sugar).
- Feel tired most of the time.
- Feel "spacey" and unreal.
- Took antibiotics in the past few years.
- Took antibiotics in the past year.
- Have Premenstrual Syndrome (PMS)
- Have allergic symptoms often.
- Strong perfumes make me sick.
- Have had skin or nail fungus.
- Have trouble thinking clearly.
- Noticed numbness or tingling.
- Pains in stomach.
- Chronic rashes or itching.
- Had nausea and a sick stomach.
- Joints ache at times.
- Muscles ache more often.
- Have depression fairly often.
- Have headaches frequently.
- Have chronic Fatigue Syndrome.
- Have Class II Diabetes.
- Significantly overweight.
- Has Psoriasis.
- Have Mitral Valve Prolapsed.
- Nasal congestion, post nasal drip.
- Cough or recurrent bronchitis
- Bruise easily.

Total number of check marks Second Set

First Set x 1 =

Second Set x 2 =

Total:

Your Score: 0

Below 6 -- No yeast overgrowth
7 to 12 -- Minimal yeast overgrowth
13 to 20 -- Moderate yeast overgrowth
21 and higher -- Severe yeast overgrowth