

Yeast Questionnaire

Adapted with permission from *The Yeast Connection Handbook*, by my friend, the late William Crook, MD

Are Your Health Problems Yeast Connected?

If your answer is yes to any question, check the box in the right hand column. When you've completed the questionnaire, add up the points you've checked. Your score will help you determine the probability that your health problems are yeast connected. See point guide at the bottom.

	YES?	SCORE
1. Have you taken repeated or prolonged courses of antibacterial drugs?	<input type="checkbox"/>	4
2. Have you been bothered by recurrent vaginal, prostate or urinary infections?	<input type="checkbox"/>	3
3. Do you feel "sick all over," yet the cause hasn't been found?	<input type="checkbox"/>	2
4. Are you bothered by hormone disturbances, including PMS, menstrual irregularities, sexual dysfunction, sugar craving, low body temperature or fatigue?	<input type="checkbox"/>	2
5. Are you unusually sensitive to tobacco smoke, perfumes, colognes and other chemical odors?	<input type="checkbox"/>	1
6. Are you bothered by memory or concentration problems? Do you sometimes feel "spaced out"?	<input type="checkbox"/>	2
7. Have you taken prolonged courses of prednisone or other steroids; or have you taken "the pill" (birth control) or Hormone Replacement for more than 3 years?	<input type="checkbox"/>	2
8. Do some foods disagree with you or trigger your symptoms?	<input type="checkbox"/>	1
9. Do you suffer with constipation, diarrhea, bloating or abdominal pain?	<input type="checkbox"/>	2
10. Does your skin itch, tingle or burn; or is it unusually dry; or are you bothered by rashes?	<input type="checkbox"/>	2
TOTAL POINTS		<input type="text"/>

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.

Suggestion: Read about digestion and probiotics on www.radiomartie.com and learn about HealthWorks Yeast Manager and Dr. Ohhira's Probiotics 12+ on www.RealFoodGrocery.com

Martie Whittekin, CCN, Host, **The Healthy by Nature Show**
Saturdays 8-9 AM Central in many US cities, Nationwide on XM Channel 170.
Live and archived shows at www.RadioMartie.com.