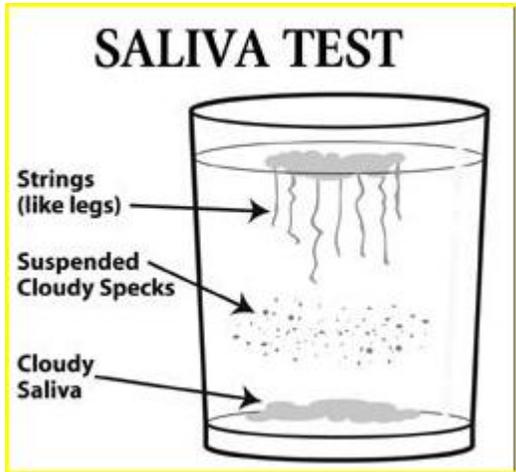


## Simple Home Candida Test:

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.)

Patient's Name: \_\_\_\_\_

Date \_\_\_\_\_

## YEAST TEST

The Yeast Connection Handbook by William G. Crook, MD

Please circle those that apply to your child:

1. During the two years before your child was born, were you bothered by recurrent vaginitis, menstrual irregularities, premenstrual tension, fatigue, headache, depression, digestive disorders of "feeling bad all over"? **30 points**
2. Was your child bothered by thrush? **10 points or 20**
3. Was your child bothered by frequent diaper rashes in infancy? **10 points if mild, 20 if severe or persistent)**
4. During infancy, was your child bothered by colic and irritability lasting over 3 months? **10 points or 20**
5. Are his symptoms worse on damp days or in damp or moldy places? **20 points**
6. Has your child been bothered by recurrent or persistent "athlete's foot" or chronic fungal infections of his skin or nails? **30 points**
7. Has your child been bothered by recurrent hives, eczema or other skin problems? **10 points**
8. Has your child received:
  - a. 4 or more courses of antibiotic drugs during the past year? Or has he received continuous "prophylactic" courses of antibiotic drugs? **60 points**
  - b. 8 or more courses of "broad-spectrum" antibiotics such as amoxicillin, Keflex, Septra, Bactrim or Ceclor) during the past three years? **40 points**
9. Has your child experienced recurrent ear problems? **20 points**
10. Has your child had tubes inserted in his ears? **10 points**
11. Has your child been labeled "hyperactive"? (Score **10 points if mild, 20 if moderate to severe.**)
12. Is your child bothered by learning problems (even though his early development history was normal)? **10 points**
13. Does your child have a short attention span? **10 points**
14. Is your child persistently irritable, unhappy and hard to please? **10 points**
15. Has your child been bothered by persistent or recurrent digestive problems, including constipation, diarrhea, bloating or excessive gas? (Score **10 points if mild; 20 if moderate; 30 if severe.**)
16. Has he been bothered by persistent nasal congestion, cough and/or wheezing? **10 points**
17. Is your child unusually tired or unhappy or depressed? (Score **10 points if mild, 20 if severe.**)
18. Has he been bothered by recurrent headaches, abdominal pain, or muscle aches? (Score **10 points if mild; 20 if severe.**)
19. Does your child crave sweets? **10 points**
20. Does exposure to perfume, insecticides, gas or other chemicals provoke moderate to severe symptoms? **30 points**
21. Does tobacco smoke really bother him? **20 points**
22. Do you feel that your child isn't well, yet diagnostic tests and studies haven't revealed the cause? **10 points**

Total Score: \_\_\_\_\_

Yeasts possibly play a role in causing health problems in children with scores of 60 or more.

Yeasts probably play a role in causing health problems in children with scores of 100 or more.

Yeasts almost certainly play a role in causing health problems in children with scores of 140 or more.

Patient's Name: \_\_\_\_\_

Date \_\_\_\_\_