

For each section circle the number if the answer is yes. Total your yes answers and score 1 point for each yes in sections A and B, 2 points for each yes in section C and record it at the end of the section. Add the totals for each section to get your Grand Total Score.

Section A: Medical History

1. Have you taken antibiotics in the past 3-5 years?
2. Have you taken antibiotics for one month (or longer)?
3. Have you taken antibiotics for short runs but more frequent than 2x/year?
4. Have you taken tetracycline or other antibiotics for acne for more than 1 month?
5. Have you ever experienced prostatitis, vaginitis, or other problems affecting your reproductive organs?
6. Have you taken birth control pills?
7. Have you taken prednisone or other cortisone-type drugs?
8. Are your symptoms worse on rainy, damp, days or in moldy places?
9. Have you had athlete's foot, genital itching or other fungal infections of the skin or nails?
10. Do you have Endometriosis or infertility?
11. Do you have Neuropathy: Numbness, burning, or tingling, "pins and needles" feeling?
12. Do you have ear pain or loss of hearing or suffer from ear infections?
13. Were you born via c-section?
14. Were you formula fed as a baby rather than breastfed? (Answer yes if less than 6 months)

Section A Total Yes Answers _____

Section B: Symptoms and Lifestyle

Do you suffer from:

1. Mood changes or depression
2. Anxiety, excessive worrying
3. Sensitivity to scents (perfumes, chemicals, cleaners)
4. Muscle aches or pain in joints
5. Loss of libido
6. Cramps and/or other menstrual problems
7. Cold extremities (hands or feet)
8. Blood sugar irregularities: Shaking or irritable when hungry
9. Irritability or jitteriness
10. Headaches
11. Indigestion or heartburn
12. Nasal congestion or postnasal drip
13. Laryngitis, loss of voice or sore throat
14. Cough or tightness in chest
15. Wheezing or shortness of breath
16. Urinary urgency or burning when urinating
17. Are you chronically stressed?
18. Do you crave carbohydrate rich foods like bread?
19. Do you regularly consume alcoholic beverages?

Section B Total Yes Answers _____

Want to learn more about Candida, SIBO and our unique approach to dysbiosis?
Tune in to Episode 131 of the Naturally Nourished Podcast!

Want to learn more about Candida, SIBO and our unique approach to dysbiosis?
Tune in to Episode 131 of the Naturally Nourished Podcast!

Section C: Symptoms and Lifestyle part 2

1. Food sensitivity or intolerance
2. Vaginal burning, itching, or discharge
3. Oily Sheen or Mucus in stools
4. Rectal itching
5. Thrush in mouth or Dry mouth
6. Bad breath
7. Constant Foot, body, or hair odor
8. Brain fog or difficulty concentrating
9. Chronic fatigue or low energy
10. Brain Fog
11. Abdominal pain
12. Constipation
13. Diarrhea
14. Bloating, belching, or intestinal gas

Section C Total Yes Answers _____ **x2=** _____

Total Score (section A, B, C) _____

The grand total will be used to determine if yeast overgrowth, dysbiosis, or candida albicans are an issue for you and how severe the problem may be.

Interpretation:

5 or below Candida or other pathogen is not likely to cause health problems. A low-glycemic or ketogenic protocol is appropriate. Enjoy 1 source fermented food daily.

6-10 Candida or other pathogens are possibly present. A low-glycemic or ketogenic protocol is appropriate to starve off yeast or bacteria as well as **Rebuild Spectrum Probiotic** to protect the gut. Also consider **Berberine Boost** to be used if consuming increased carbs or alcohol.

11-20 Candida or other pathogens are probably present. Complete my **Beat the Bloat Program** to reset your microbiome.

21+ Candida or other pathogen are almost certainly present. Complete my **Beat the Bloat Program** to reset your microbiome. Strongly consider the add-on of my **GI Reset** formula for more comprehensive support for yeast, bacteria and parasite.

Feeling Bloating? Fatigued? Got Brain Fog?

Beat the Bloat with our Candida Cleanse Ebook & Bundle!

Click to Learn More

Still not convinced? Take my Probiotic Challenge to determine your level of dysbiosis and need for a gut cleanse!