



Diagnosing Candida

Diagnosing Candida is not a simple matter. Even if Candida levels are assessed via the blood or stool, it is impossible to know how tolerant one is to Candida and its by-products. A person with a strong constitution may be capable of hosting large populations of Candida fungus with minimal symptoms, while another person may suffer greatly from a mild overgrowth of candida.

Candida may be a contributing factor in some illnesses and it may be the cause of others. However it almost always accompanies intestinal, immune, degenerative or toxicity related illnesses, adding an additional recovery challenge or even preventing recovery. Either way, reducing one's level of Candida will aid in healing by removing the suppressive impact of the candida yeast and fungus and the constant strain caused by their toxic by-products.

Recovery from moderate to severe Candida overgrowth requires a whole lifestyle healing regimen. This Whole lifestyle Approach may not be welcomed without an absolute diagnosis of Candida overgrowth. There are several available tests available for Candida. Unfortunately, they all have limited accuracy and none of them are able to decipher what level of candida overgrowth is a problem for you specifically.

- 1.** Candida anti-body blood testing may reveal if you have developed highly specific types of allergic responses to any level of Candida (normal to high range). Other types of immune responses and consequences in other body systems are also possible reactions to increased candida levels but the candida anti body blood tests will not reveal these.
- 2.** Electro-dermal testing by a naturopath or clinician may tell you if Candida overgrowth is the most stressful problem that you are currently facing. If you have another serious illness or consequential illnesses related to the Candida, the electro dermal test will show these as higher priority than your response the candida and your results for the candida testing may be deceptively low. However, this test still has some usefulness when used by a holistic thinking Practitioner in combination with a review of an updated Candida symptom assessment questionnaire.
- 3.** Stool testing will tell you if your levels of yeast fall within a "normal" range, which reflects an average of what is normal for other people but may not necessarily indicate a level of yeast that is "normal" for your body.

4. Detailed Questionnaires (such as the Whole Approach Candida Questionnaire) are often used to identify candida-related health symptoms and history.

The symptom assessment questionnaire combined with a health history review and an initial trial of the Whole Approach anti-fungal program will give you the clearest indication of whether Candida infestation is a major contributor to your health problems.

Having a high initial score on the questionnaire does not mean that yeast is the explanation for all of your symptoms, although it does raise the likelihood that yeast is a major contributing factor to your illness. Throughout your recovery you will need to be your own “private investigator” in order to uncover any additional contributing factors affecting your health. Some of them may be imbalances caused by candida overgrowth and may self correct as you recover from CRC. Other problems may need specific intervention. Some of the most common health problems associated with Candida overgrowth include environmental and food allergies, emotional stress, parasites, viruses, heavy metal toxicity and hormonal or endocrine imbalances. None of these are necessarily exclusive to each other and many are commonly found concurrently.

No matter how well or sick you are, no matter what the cause, cleansing the colon, supporting the immune system and detoxifying the whole body with the help of food therapy will help free up your body’s resources to speed healing and/or sustain your good health. In fact, for many people, this program has resulted in dramatic health improvements and relief from years of chronic ill health.

The majority of North Americans suffer from some degree of intestinal flora imbalance due to our poor diet, reliance on medications and high stress levels. Restoring normal, healthy, intestinal bacteria and reducing pathogenic micro-organisms will enhance digestion, while improving nutrient assimilation and overall general resilience.

Health Enhancement and/or CRC Recovery

The Attogram products from Whole Approach are recommended in addition to supplementation with probiotics which boost digestion, immunity and liver function. This approach can make a positive impact on almost everyone’s health by improving the ratio of beneficial (good) to antagonistic (undesirable) organisms. Combining this program with overall detoxification, allergy avoidance, intestinal healing and immune-boosting remedies can result in dramatic health improvements and may even offer relief from years of chronic ill health.

Using the Questionnaire for Objectivity:

Most people are understandably impatient with their recovery process. When you are working hard at your diet, investing in products and digging deep for the requisite amount of personal determination, it can seem as if your recovery is happening in slow motion. Please try to remember that everyone gets discouraged now and then and the moral support to help you with your process is just a couple of clicks away on the Whole Approach forums.

Keep in mind that the objective view of your progress provided by a weekly symptom assessment review can provide just the motivation you need to help you stay on track. The Questionnaire will allow you to see your progress when you may be having difficulty discerning it up to that point.

Monitoring your ongoing scores will enable you to track your changing symptoms. This will allow you to review your progress over a few weeks or months. The encouragement of an improving score will support your continued commitment to success in reclaiming your health.

CANDIDA QUESTIONNAIRE

INSTRUCTIONS:

Score each symptom between 0-10 depending on the degree to which it applies to you.

If the symptom is frequent or moderately severe...score 5 or 6 points

If the symptom is severe...score 9 or 10 points.

If the symptom does not apply...score 0.

How did I do?

Note: A mild or moderate score is not a definite diagnosis of Candida overgrowth, as other conditions can produce similar symptoms; for example - menopause irregularities, endocrine imbalances, autoimmune conditions, viruses etc. Although many of these conditions are frequently associated with accompanying yeast infections, treating the yeast overgrowth will lighten the load on your immune system, regardless of the source of your symptoms.

MILD – 35 TO 55

MODERATE – 55 – 85

SEVERE – 85 and higher

What if I have no response to the program?

If you have seen no noticeable increase (see Die Off) or decrease in your questionnaire score after eight weeks on the program, you should strongly consider investigating other potential causes for your symptoms.

