

Parasite/Candida Questionnaire*

If your answer is "yes" to a question, then circle the number of points in the left-hand column.

*Parasites and Candida usually go hand in hand and the cleansing program I recommend is effective for both types of infections

	<u>Points</u>
1. Have you ever taken antibiotics:	
- just once or twice, or for a very short periods of times (no more than a week)?	1
- several times, or for an extended period of time (over a week)?	2
2. Have you ever taken birth control pills for 6 months or longer?	1
3. Do you currently have athlete's foot, nail fungus, crotch itch or skin rash?	2
4. Do you have food sensitivities or allergies?	2
5. Do you have chemical/environmental sensitivities (perfume, cleaners, mold/mildew, auto exhaust)?	2
6. Do you crave sweets, sugar, sweet drinks or alcohol?	2
7. Do you crave bread, pasta, baked goods, or does eating some make you want to eat more?	2
8. Do you experience regular fatigue, lethargy, feeling drained?	1
9. Do you commonly experience gas, bloating burping/belching?	2
10. Do you experience "brain fog", inability to concentrate, forgetfulness?	2
11. Do you experience moodiness, emotional sensitivity, difficulty coping with stress?	2
12. Do you experience muscle aches, pain, stiffness?	1
13. Do you experience itchy nose, eyes, or rectum?	2
14. Do you experience intermittent constipation or diarrhea?	2
15. Do you have unexplained weight loss or constant hunger?	2
16. Do you have an distended belly?	2
17. Do you have pets with whom you have close contact?	2
18. Do you have dark circles under your eyes, and/or acne?	2

Add total points: _____

Results:

6-10 points: you have signs of parasites and/or candida overgrowth and may benefit from a parasite/candida cleanse and dietary support

11 or more points: you almost certainly have a parasitic and/or candida overgrowth and will most likely benefit from a parasite/candida cleanse, dietary support and should consider doing a heavy metal detoxification program** following the cleanse or at least to get your heavy metal levels assessed by hair analysis or other laboratory testing

**Parasites and Candida are strongly associated with the presence of heavy metals.