

SCORE THE LIST OF SYMPTOMS ONCE A MONTH AND BRING THIS PAPER TO EVERY VISIT.

CHRONIC CANDIDIASIS

“Candida albicans” is a normally benign yeast which lives harmoniously in the crevices of the intestinal tract and vagina. Given the right circumstances it can proliferate and adversely affect every system in the body.

CAUSES OF OVERGROWTH OF CANDIDA Check those which apply to you

- Antibiotic use, (which kills the normal bacteria living in the intestinal tract and vagina enabling the yeast to “take over“)
- Immune system depletion (such as stress, both acute, cumulative, and chronic, such as chronic illness, anger, or grief)
- A diet high in sugar or other sweets such as fruit juice, large amounts of milk (because of it’s antibiotics and natural sugar content), aged and mold/ yeast-containing foods (alcohol, aged cheeses, dried fruits, peanuts, breads)
- Uncontrolled diabetes (high blood sugar)
- Steroid use (cortisone, prednisone). Stress and infections can also raise the levels of natural cortisone (cortisol)
- Damage to the lining of the digestive tract (such as from food allergies, colitis, infections, and other causes of diarrhea)
- Decreased digestive enzymes, which can be from over-processed foods. (Do you have gas and bloating soon after eating?)

THE SYMPTOMS OF CANDIDAL OVERGROWTH AND FOOD ALLERGIES

First fill in the first column on a scale of 0-10, then fill out once a month to monitor the process.

Month: 1 2 3 4

Date:					
					GENERAL/ EMOTIONAL:
					Fatigue or lethargy
					Anxiety/panic attacks
					Depression/mood swings/
					Irritability/uncontrolled anger
					Feeling “spacey”/ foggy thinking
					Glaucoma
					Hoarse voice
					Profuse sweating
					Burning Mouth Syndrome
					Recurrent boils
					ringing or buzzing sound in the ears. (Listen when your environment is quiet)
					Worsening eyesight
					Tooth sensitivity
					Difficulty losing weight
					Craving for sweets, breads, alcohol
					Symptoms worse after eating sweets, breads, or alcohol
					Symptoms worse in a muggy damp location or weather, or with mold exposure
					Hypertension
					CARDIOVASULAR
					Palpitations
					NEUROLOGICAL
					Headache
					BONES, MUSCLES AND JOINTS
					Joint pain or swelling
					Muscle aches
					DIGESTIVE TRACT
					Constipation/diarrhea
					Mucus in stools
					Intestinal cramps
					Gas, bloating
					Rectal itching
					Thrush (oral yeast infection), coated tongue
					Choking
					Difficulty Swallowing
					Gagging
					UROGENITAL
					Symptoms of bladder infection (with no bacteria present in the urine)
					Vaginal itching
					IMMUNE SYSTEM/ RESPIRATORY INVOLVEMENT
					Frequent or chronic infections (such as sinusitis/respiratory ailments or prostatitis)
					SKIN
					Itchy rashes, often in moist areas, ears or nails (i.e., “athletes foot” or “jock itch“)
Total:					