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# Candida Overgrowth Self-Assessment

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Gut Check: A Deep Dive into Candida, Cravings & Chronic Fatigue

## For Practitioner Use – Patient Screening Tool

This assessment is intended to help uncover patterns that suggest Candida overgrowth or fungal imbalance may be contributing to chronic symptoms. It is not diagnostic, but serves as a guide to help practitioners determine when further evaluation or support is warranted.

### Section 1: Risk Factors & History

Check all that apply:

- I have taken antibiotics for more than 1 week (or repeatedly) in my lifetime
- I've used birth control pills or hormone therapy
- I have taken steroids (e.g., prednisone, cortisone)
- I've consumed a high-sugar, high-carb, or processed diet
- I've experienced high stress, burnout, or trauma
- I have/had chronic yeast infections (vaginal, skin, oral)
- I have a history of mold exposure
- I drink alcohol more than 3x per week
- I've had recurrent UTIs or used antifungals multiple times
- I've been diagnosed with leaky gut or IBS

### Section 2: Current Symptom Inventory

Check any symptoms you've experienced in the last 3 months:

#### A. Digestive Health

- Bloating, especially after carbs or sugar
- Gas or belching
- Constipation or diarrhea
- Cravings for sugar, carbs, or alcohol
- White coating on tongue
- Bad breath (halitosis)
- Food sensitivities that seem to be growing

## B. Skin, Hair, & Nails

- Recurrent fungal infections (athlete's foot, jock itch, nail fungus)
- Chronic itching (especially skin, scalp, or ears)
- Eczema, rashes, or hives
- Dandruff or scalp flaking

## C. Mood, Brain & Energy

- Brain fog or difficulty concentrating
- Fatigue, especially after meals
- Irritability or mood swings
- Anxiety or depression without clear cause

## D. Immune System & Hormones

- Frequent colds or sinus infections
- Seasonal allergies or histamine intolerance
- PMS or menstrual irregularities
- Thyroid imbalance or adrenal fatigue
- Feeling worse during times of high stress

## E. Genitourinary Tract

- Vaginal itching or discharge
- Recurrent yeast infections
- Low libido
- Burning or discomfort during urination
- History of UTIs or interstitial cystitis

## Section 3: Misdiagnoses or Mystery Conditions

Have you ever been diagnosed with any of the following?

- IBS, leaky gut, or SIBO
- Anxiety or depression
- Chronic fatigue syndrome
- Fibromyalgia
- Histamine intolerance or MCAS
- Hormonal imbalances (PCOS, hypothyroid, estrogen dominance)
- Autoimmune conditions
- "Mold illness" or environmental sensitivity
- Long COVID or post-viral fatigue
- Candida overgrowth in the past

## Section 4: Lifestyle Patterns

- I feel worse after eating sugar, bread, or wine
- I feel better when I avoid sugar and refined carbs
- I feel worse after a course of antibiotics
- I feel better with probiotics or antifungals
- I have attempted a “candida cleanse” or gut protocol in the past
- My symptoms seem cyclical or worsen with stress/hormones

## Section 5: Summary Insight (Practitioner Use)

Totals from each section:

Section 1: \_\_\_\_\_ Section 2: \_\_\_\_\_ Section 3: \_\_\_\_\_ Section 4: \_\_\_\_\_

**Total from all sections:** \_\_\_\_\_

If a patient checks:

- 3 or more boxes in Section 1
- 7+ symptoms across Section 2
- Any patterns in Sections 3-4 that align with sugar reactivity, gut imbalance, or recurrent fungal issues

→ Consider a Candida or fungal protocol, gut restoration support, or further testing (e.g., OAT, stool analysis, or energetic assessment). Homeopathic support for Candida terrain and lymphatic drainage may also be beneficial.

## Products to Consider:

### CAND Phase 1 Symptom Relief



#### Each CAND Phase 1 package contains:

##### Homeopathic Products:

- 2 CAND:SSR
  - for temporary relief of symptoms related to candida albicans infection including nausea, drowsiness, lethargy, confusion, vaginal discharge, food or fungi sensitivities, and mucous congestion.
- 2 CAND:PLUS
  - for the temporary relief of symptoms including nausea, drowsiness, lethargy, confusion, vaginal discharge, sensitivity to foods, and mucus congestion.
- 1 Esteem
  - for the temporary relief of the symptoms including lack of self esteem, codependency, lack of self confidence and narcissism.

##### Dietary Supplement Products:

- 1 Liposomal Resveratrol Curcumin
  - Resveratrol & Curcumin in a liposomal delivery system to support antioxidant activity and healthy aging.
- 2 8oz Smart Silver
  - a systematic approach to advanced immune support and balanced wellness.

1 SSR Pathway Practitioner Guide included