



Mercedes Kay Gold
mercedeskaygoldfitness@gmail.com
416.820.9049
www.mercedeskaygold.com
@mercedeskaygoldfitness on instagram
@mkgfitness on twitter

CANDIDA QUESTIONNAIRE

(Men can get, too!)

Most women will experience the dreaded uncomfortable vaginal yeast infection at least once in their lifetime BUT it can affect DIFFERENT parts of the body!

Candidiasis is a medical term that describes a “yeast overgrowth”. Candida Albicans, is responsible for vaginal infections and thrush in children. Men are not immune! Lifestyle choices impact our health.

GUT health is key in the fight against candida! Yeast is normal BUT problems begin with an overgrowth. Balance is key BUT hard in a world dominated by stress, medications, nutrient deficiencies and over-processed food!

Yeast should be eliminated in waste, yes, feces but if you have a low fiber diet, experience constipation and are dehydrated...YEAST, nasty parasitic organisms may move in! Once they settle into your digestive tract, their long roots can and will puncture YOUR intestinal gut! HELLO leaky gut! Once bored, they take a road trip into the blood stream! Now symptoms can become conditions!

Take my Candida quiz.

Please check yes or no:

1. Are you frequently bloated? yes ___ no ___
2. Do you pass gas throughout the day no matter what you eat? yes ___ no ___
3. Do you feel tired even if you have slept? yes ___ no ___
4. Do you crave sugar? (wine is sugar! White foods are sugar!) yes ___ no ___
5. Do you feel like you are always in a fog? (brain fog) yes ___ no ___
6. Do you experience blurry vision? yes ___ no ___
7. Do you have trouble sleeping? yes ___ no ___
8. Do you have chronic bad breath? yes ___ no ___
9. Do you have recurring yeast infections? yes ___ no ___
10. Do you experience joint pain and muscle pain without ever working out? yes ___ no ___
11. Do you have chemical sensitivities? (avoid perfume counters and cleaning products) yes ___ no ___
12. Do you feel like sinus infections are looming? yes ___ no ___
13. Do you have bladder infections too many times to count? yes ___ no ___
14. Are you depressed for no reason? yes ___ no ___
15. Have you ever taken antibiotics? yes ___ no ___
16. Have you ever taken any long-term antibiotics? yes ___ no ___
17. Were you ever on the birth control pill? yes ___ no ___
18. Have you ever been prescribed prednisone/cortisone? yes ___ no ___
19. Do you forget things easily? yes ___ no ___

20. *MALE ONLY*: Do you have an enlarged prostate? yes ___ no ___
21. *MALE ONLY*: Do you experience impotence? yes ___ no ___
22. Do you experience anxiety? yes ___ no ___
23. Do you experience loss of libido? yes ___ no ___
24. Do you experience fluid in your ears? yes ___ no ___
25. Do you experience a sore throat? yes ___ no ___
26. Do you experience mood swings? yes ___ no ___
27. Do you experience hives? yes ___ no ___
28. Do you experience a dry mouth? yes ___ no ___
29. Do you experience rash in your mouth? yes ___ no ___
30. Do you experience dizziness? yes ___ no ___
31. Do you experience mucous in your stools? yes ___ no ___
32. Do you experience runny nose and not have a cold? yes ___ no ___
33. Do you experience burning eyes for no apparent reason? yes ___ no ___
34. Do you experience loss of your voice? yes ___ no ___
35. Do you experience burning when you urinate? yes ___ no ___
36. Do you experience feeling lethargic, soreness, tiredness and depression without a reason? yes ___ no ___
37. Are you suffering from acne? yes ___ no ___
38. Are you suffering from psoriasis? yes ___ no ___
39. Are you suffering from fibromyalgia? yes ___ no ___
40. Are you suffering from rheumatoid arthritis? yes ___ no ___
41. Are you suffering from Crohn's disease? yes ___ no ___
42. Are you suffering from colitis? yes ___ no ___
43. Are you suffering from lupus? yes ___ no ___
44. Are you suffering from MS (multiple sclerosis)? yes ___ no ___

Let's discuss your results!

Candida will NOT resolve itself. Getting rid of Candida is possible!

Elimination, cleansing, re-establishing healthy gut, enhancing digestion and improving your lymphatic system will help create balance!

