

WholeApproach.com Candida Questionnaire

Diagnosing Candida

Unfortunately, diagnosing Candida is not as simple as a stool test or a blood test. Even if Candida levels could be consistently and accurately counted in a laboratory setting, it may be impossible to know how tolerant one is to Candida and its by-products. People with a strong constitution may be capable of hosting large populations of Candida fungus with a minimum of symptoms while others, who are more sensitive, may feel a great deal of health stress as a result of mild Candida overgrowth.

It can be difficult to tell if Candida is a cause or a result of other illnesses; but it is almost always present when other intestinal, immune or degenerative illnesses are present. Either way, reducing one's level of Candida will aid in healing.

Because of the lifestyle healing regimen that Candida recovery demands, most of us would like to have absolute confirmation of the diagnosis of Candida before embarking on (or continuing) a long and difficult Candida program. There are several available testing protocols for Candida. Unfortunately, they all have limited accuracy. Even the most clinical of these are not able to decipher to what degree Candida is a problem for you, as an individual.

1-Blood testing may reveal if you have developed highly specific types of allergic responses to normal OR excess levels of Candida. It will not tell you if you have any other kind of sensitivity to it except that which the test is designed to measure.

2-Electro-dermal testing by a naturopath may tell you if Candida overgrowth is the worst problem that your body is currently facing. If you have another serious illness or consequential illnesses related to the Candida, your results for the testing may be deceptively low.

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 attached 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 all of your symptoms will disappear after yeast treatment, nor does it indicate that Candida is the only cause for your symptoms. Throughout your recovery you will need to be your own "private investigator" in order to uncover all of the causes for the degeneration of your health (e.g. environmental and food allergies, unhealthy diet, emotional health, parasites, hormonal or endocrine imbalances etc.)

No matter how well or sick you are, no matter what the cause, the Whole Approach program will result in a reduced toxic load on your immune system and will work in freeing up immune-boosting resources to help you heal or keep you well.

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 (www.wholeapproachforums.com)

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 severity and the degree to which it applies to you; with 10 indicating the most severe of symptoms and zero indicating that the symptom does not apply to you.

This questionnaire is designed to be completed once a week; on the same day, at the same time of day. When you've used all of the spaces provided, you can simply print the questionnaire out again.

What if I have no response to the program?

If you have seen no noticeable increase or decrease in your questionnaire score after eight weeks on the program, you should consider investigating other potential causes of your symptoms.

