

SINUS *Survival™*
Candida Quick Test

Do you experience regular fatigue and/or muscle aches and pains? Do you have food sensitivities or food allergies? These are the most common symptoms of a candida overgrowth. 47% of adults complain of these symptoms. You may also experience many other symptoms which just won't go away including sinus congestion, sinus issues, indigestion, rashes and others. It's estimated that 80% of the U.S. adult population have some form of candida overgrowth. Why? Antibiotics and other prescriptions can kill off the healthy bacteria that keep candida in check. Our diets and acidic pH allow candida to thrive. The two quick tests below can help you determine if you should begin to follow a candida protocol. The results of getting this condition under control have been best described as "life changing" by many.

Dr. Rob Ivker, author of best-selling *Sinus Survival*, developed the most effective treatment protocol for eliminating this condition. You might be wondering why a G.I., "gut" repair program was developed by the pioneer and World's Leading Authority on sinus and respiratory health. Dr. Ivker discovered through reverse-engineering his own chronic sinusitis, that his condition was linked to his G.I. symptoms. Through his 20 years of research, he perfected a whole body solution that absolutely gets results. He found that the only way to permanently resolve the condition was through a specific process. Just taking a prescription for this condition will only achieve short-term results. That is why so many people struggle with this condition for years, without finding real relief. Fortunately for you, we have your solution.

The ***Sinus Survival Program*** has a complete candida elimination program outlining all of the steps to address a candida overgrowth through the Sinus Survival [Gold Membership Kit](#). It can be used as a self-help program or combined to use with our nutritionist consults. The most effective indicator of candida found has been Dr. Crook's Candida Questionnaire below. The Clear Water Test that follows can help confirm a candida overgrowth:

#1). This questionnaire is designed for adults and the scoring system isn't appropriate for children. It lists factors in your medical history which promote the growth of Candida Albicans (Section A), and symptoms commonly found in individuals with yeast-connected illness (Sections B and C).

For each "Yes" answer in Section A, circle the Point Score in that section. Total your score and record it on the line at the end of the section. Then move on to Sections B and C and score as directed. (Yellow highlighted Questions to be answered by **females only**. Green questions by **men only**).

Filling out and scoring this questionnaire should help you and/or your physician evaluate the possible role of candida in contributing to your symptoms and sinus condition. It will not provide an automatic "Yes" or "No" answer, but indicates a strong possibility of candida overgrowth.

Section A: History

		Point Score
1.	Have you taken tetracycline's (or other antibiotics) for 2 months (or longer)?	25
2.	Have you, at any time in your life, taken other "broad spectrum" antibiotics (Including Keflex®, ampicillin, amoxicillin, Ceclor®, Bactrim®, and Septra®*) for respiratory, urinary or other infections (for 2 months or longer, or in shorter courses 4 or more times in a 1-year period?)	20

3.	Have you, at any time in your life, been troubled by persistent vaginal problems or had 3 or more episodes of vaginitis in a year?	25
4.	Have you been pregnant 2 or more times? Have you been pregnant 1 time?	5 3
5.	Have you taken birth control pills for more than 2 years? For 6 months to 2 years?	15 8
6.	Have you taken prednisone, Decadron® or other cortisone-type drugs for more than 2 weeks? For 2 weeks or less?	15 6
7.	Does exposure to perfumes, insecticides, fabric shop odors and other chemicals provoke... Moderate to severe symptoms? Mild symptoms?	20 5
8.	Are your symptoms worse on damp, muggy days or in moldy places?	20
9.	Have you had persistent athlete's foot, "jock itch", or other chronic fungous infections of the skin or nails? Have such infections been ... Severe or persistent? Mild to moderate?	20 10
10.	Do you crave sugar?	10
11.	Do you crave breads?	10
12.	Do you crave alcoholic beverages?	10
13.	Does tobacco smoke really bother you?	10

TOTAL SCORE, Section A..... _____

*Such antibiotics kill off "good germs" while they're killing off those which cause infection.

Section B: Major Symptoms

For each symptom which is present, enter the appropriate figure in the Point Score column:

If a symptom is mild, score 3 points.

If a symptom is moderate, score 6 points.

If a symptom is severe or disabling, score 9 points.

Add total score for this section and record it on the line at the end of this section.

		Point Score
1.	Fatigue or lethargy.	
2.	Feeling of being "drained"	
3.	Poor memory	
4.	Feeling "spacey" or "unreal"	
5.	Depression	
6.	Numbness, burning or tingling	
7.	Muscle aches	
8.	Muscle weakness or paralysis	
9.	Pain and/or swelling in joints	

10.	Abdominal pain
11.	Constipation
12.	Diarrhea
13.	Bloating
14.	Troublesome vaginal discharge
15.	Persistent vaginal burning or itching
16.	Prostatitis
17.	Impotence
18.	Loss of sexual feeling
19.	Endometriosis
20.	Dysmenorrhea
21.	Premenstrual tension
22.	Spots in front of eyes
23.	Erratic Vision

TOTAL SCORE, Section B..... _____

Section C: Other Symptoms

For each symptom which is present, enter the appropriate figure in the Point Score column:

If a symptom is mild, score 1 points.

If a symptom is moderate, score 2 points.

If a symptom is severe or disabling, score 3 points.

Add total score for this section and record it on the line at the end of this section.

***While the symptoms in this section occur commonly in patients with yeast-connected illness, they also occur commonly in patients who do not have candida.**

	Point Score
1.	Drowsiness
2.	Irritability or jitteriness
3.	Incoordination
4.	Inability to concentrate
5.	Frequent mood swings
6.	Headache
7.	Dizziness / loss of balance
8.	Pressure above ears...feeling of head swelling and tingling
9.	Itching
10.	Other rashes

11.	Heartburn
12.	Indigestion
13.	Belching and intestinal gas
14.	Mucus in stools
15.	Hemorrhoids
16.	Dry mouth
17.	Rash or blisters in mouth
18.	Bad breath
19.	Joint swelling or arthritis
20.	Nasal congestion or discharge
21.	Postnasal drip
22.	Nasal itching
23.	Sore or dry throat
24.	Cough
25.	Pain or tightness in chest
26.	Wheezing or shortness of breath
27.	Urgency or urinary frequency
28.	Burning on urination
29.	Failing vision
30.	Burning or tearing eyes
31.	Recurrent ear infections
32.	Fluid in ears
33.	Ear pain or deafness
34.	Tubes in ears
35.	Other symptoms:

TOTAL SCORE, Section C..... _____

GRAND TOTAL SCORE (Add up Total Score for Sections A, B, and C)..... _____

Evaluation:

(Note that the scoring will be different for females and males since seven questions apply exclusively to women, while only two apply exclusively to men.)

	Women	Men	Probability of Candida
Greater Than	180	140	Almost Certainly plays a role in causing your health problems
Greater Than	120	85	Most Likely plays a role in causing your health problems
Greater Than	60 – 119	40-84	Possibly plays a role in causing your health problems.
Less Than	60	40	Less apt to play a significant role in causing your health problems.

***Note- Candida can cause very different symptoms for each individual. Fatigue is almost universal for all.** Based upon Dr. Ivker's work with thousands of chronic sinus sufferer's, candida overgrowth has almost always played a role in their condition. Over 90% of recurrent sinus infections have been found to be fungal infections with Dr. Ivker's patients. This is consistent with a Mayo Clinic Study findings.* In the U.S. it has been reported that over 80% of adults may have a candida overgrowth. You may have some or many of the symptoms in this questionnaire. Refer to the Sinus Survival Candida Solution for Dr. Ivker's treatment and solution program. The program has created successful results for the majority of program participants.*Ponikau JV, Sherris DA, Kern EB, et al: The diagnosis & incidence of allergic fungal sinusitis. *Mayo Clinic Proc* 1999; 74: 877-884

#2 Test - Candida Yeast Clear Water Self-Test

There is another simple way to reinforce the conclusions of Dr. Crook's Questionnaire above. This is completed in the a.m. upon first awaking. Just place a clear glass next to your bathroom sink before you go to bed. (place a post-it note on the glass to remind yourself in the morning so you don't immediately brush your teeth).

1. After you wake up in the morning and before you put anything in your mouth, fill the clear glass with clean water.
 2. Work up some saliva and then spit into the glass of water.
 3. Let the water sit for at least 15 minutes. Check after 15 minutes and a few times afterwards, up to one hour.
 4. If you have a candida overgrowth, you will see saliva hanging down, like legs or string, traveling down into the water from the saliva floating on the top, or "cloudy" saliva may sink to the bottom of the glass, or "cloudy specks" may seem to be suspended in the water.
 5. If nothing develops within an hour, you are probably candida free.
 6. If you have any of the indications from #4, sometimes almost immediately, or within 5 minutes or up to an hour, you have a candida overgrowth or fungal infection.
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Next Steps:

If you've scored high on the Candida Questionnaire it's time to follow Dr. Ivker's Candida Cleanse Solution. It's a proven natural process to target the underlying condition to eliminate the candida symptoms. Feel Energetic and better than you've felt in years!

Two Options:

1). The Full Solution: Order Dr. Ivker's Sinus Survival On-line Kit: www.sinussurvival.com/products

- Get Educated – Watch the Full Tutorial Program, learn the cause and effect of candida
- Get Started – Download the Candida Solution PDF including:
 - The Candida Diet Recommendations
 - The Candida Food Shopping List
 - The Candida e-Guidebook – The 90 Day Step-by-Step eBook:
 1. Limit Candida's Food Source (Starve Candida)
 2. Kill Candida with Anti-fungals
 3. Detoxify – Remove Candida Toxins
 4. Repopulate G.I. with Good Flora
 5. Rebuild the Immune System

2). Order the Sinus Survival Candida Kit and receive the 90 Day Candida e-Guidebook for Free

www.sinussurvival.com/products