



**Holistic Bio Spa**

# ERRADICATE YEAST INFECTION PROGRAM

Eliminate the root cause of a yeast infection  
with this strict diet program.



## CONTENTS:

- ✓ How to eliminate the cause of Candida (Yeast Infection)
- ✓ Candida Symptoms Questionnaire - Do you have Candida?
- ✓ What is Candida (Candidiasis)?
- ✓ Candida Symptoms
- ✓ What You Can Do?
- ✓ Foods to AVOID
- ✓ Foods to ENJOY

**WE'RE HERE FOR YOU!**

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# Candida Questionnaire & Score Sheet

Name \_\_\_\_\_ Date \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 City \_\_\_\_\_ Prognosis \_\_\_\_\_

## Section A: History

points score

1. Have you taken tetracyclines (Sumycin, Panmycin, Vibramycin, Minocin, etc.) or other antibiotics for acne for 1 month (or longer)? ..... 35 \_\_\_\_\_
2. Have you, at any time in your life, taken other "broad spectrum" antibiotics for respiratory, urinary or other infections (for 2 months or longer, or in shorter courses 4 or more times in a 1-year period?)..... 35 \_\_\_\_\_
3. Have you taken a broad spectrum antibiotic drug—even a single course?..... 6 \_\_\_\_\_
4. Have you, at any time in your life, been bothered by persistent prostatitis, vaginitis or other problems affecting your reproductive organs?..... 25 \_\_\_\_\_
5. Have you been pregnant...2 or more times? ..... 5 \_\_\_\_\_  
 1 time?..... 3 \_\_\_\_\_
6. Have you taken birth control pills...for more than 2 years? ..... 15 \_\_\_\_\_  
 For 6 months to 2 years?..... 8 \_\_\_\_\_
7. Have you taken prednisone, Decadron or other cortisone-type drugs...  
 For more than 2 weeks? ..... 15 \_\_\_\_\_  
 For 2 weeks or less? ..... 6 \_\_\_\_\_
8. Does exposure to perfumes, insecticides, fabric shop odors and other chemicals provoke...  
 Moderate to severe symptoms? ..... 20 \_\_\_\_\_  
 Mild symptoms? ..... 5 \_\_\_\_\_
9. Are your symptoms worse on damp, muggy days or in mouldy places?..... 20 \_\_\_\_\_
10. Have you had athlete's foot, ring worm, "jock itch" or other chronic fungous infections of the skin or nails? Have such infections been...severe or persistent? ..... 10 \_\_\_\_\_  
 Mild to moderate?..... 5 \_\_\_\_\_
11. Do you crave sugar? ..... 10 \_\_\_\_\_
12. Do you crave breads? ..... 10 \_\_\_\_\_
13. Do you crave alcoholic beverages? ..... 10 \_\_\_\_\_
14. Does tobacco smoke really bother you? ..... 10 \_\_\_\_\_

**Total, Section A** \_\_\_\_\_

## Section B: Major Symptoms

Circle the appropriate figure and put it in the Score Column.

- |  | <i>mild</i> | <i>moderate</i> | <i>severe</i> | <i>score</i> |
|--|-------------|-----------------|---------------|--------------|
| 1. Fatigue or lethargy .....                   | <b>3</b>    | <b>6</b>        | <b>9</b>      | _____        |
| 2. Feeling of being "drained" .....            | <b>3</b>    | <b>6</b>        | <b>9</b>      | _____        |
| 3. Depression.....                             | <b>3</b>    | <b>6</b>        | <b>9</b>      | _____        |
| 4. Poor memory.....                            | <b>3</b>    | <b>6</b>        | <b>9</b>      | _____        |
| 5. Feeling "spacey" or "unreal" .....          | <b>3</b>    | <b>6</b>        | <b>9</b>      | _____        |
| 6. Inability to make decisions .....           | <b>3</b>    | <b>6</b>        | <b>9</b>      | _____        |
| 7. Numbness or tingling .....                  | <b>3</b>    | <b>6</b>        | <b>9</b>      | _____        |
| 8. Headache.....                               | <b>3</b>    | <b>6</b>        | <b>9</b>      | _____        |
| 9. Muscle aches .....                          | <b>3</b>    | <b>6</b>        | <b>9</b>      | _____        |
| 10. Muscle weakness or paralysis .....         | <b>3</b>    | <b>6</b>        | <b>9</b>      | _____        |
| 11. Pain and/or swelling in joints.....        | <b>3</b>    | <b>6</b>        | <b>9</b>      | _____        |
| 12. Abdominal pain .....                       | <b>3</b>    | <b>6</b>        | <b>9</b>      | _____        |
| 13. Constipation and/or diarrhea .....         | <b>3</b>    | <b>6</b>        | <b>9</b>      | _____        |
| 14. Bloating, belching or intestinal gas ..... | <b>3</b>    | <b>6</b>        | <b>9</b>      | _____        |

15. Troublesome vaginal burning, itching or discharge.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
16. Prostatitis.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
17. Impotence .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
18. Loss of sexual desire or feeling.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
19. Endometriosis or infertility.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
20. Cramps and/or other menstrual irregularities.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
21. Premenstrual tension .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
22. Attacks of anxiety or crying.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
23. Cold hands or feet and/or chilliness.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
24. Shaking or irritable when hungry.....	<b>3</b>	<b>6</b>	<b>9</b>	_____

**Total, Section B**

## Section C: Other Symptoms

*Circle the appropriate figure and put it in the Score Column.*

<i>Circle the appropriate figure and put it in the Score Column.</i>	<i>mild</i>	<i>moderate</i>	<i>severe</i>	<i>score</i>
1. Drowsy.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
2. Irritable or jittery.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
3. Uncoordinated .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
4. Inability to concentrate .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
5. Frequent mood swings.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
6. Insomnia .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
7. Dizziness/loss of balance.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
8. Pressure above ears...feeling of head swelling .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
9. Tendency to bruise easily .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
10. Chronic rashes or itching .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
11. Feel like nerves are on fire.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
12. Indigestion or heartburn.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
13. Food sensitivity or intolerance .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
14. Mucus in stools .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
15. Rectal itching .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
16. Dry mouth or throat .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
17. Rash or blisters in mouth.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
18. Bad breath .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
19. Foot, hair or body odor not relieved by washing.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
20. Nasal congestion or post nasal drip.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
21. Nasal itching .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
22. Sore throat.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
23. Laryngitis, loss of voice.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
24. Cough or recurrent bronchitis.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
25. Pain or tightness in chest.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
26. Wheezing or shortness of breath .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
27. Urinary frequency or urgency.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
28. Burning on urination .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
29. Spots in front of eyes or erratic vision .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
30. Burning or tearing of eyes.....	<b>3</b>	<b>6</b>	<b>9</b>	_____
31. Recurrent infections or fluid in ears .....	<b>3</b>	<b>6</b>	<b>9</b>	_____
32. Ear pain or deafness .....	<b>3</b>	<b>6</b>	<b>9</b>	_____

Men who score **less than 40** or women **less than 60** are **less apt** to have candida.

Men who score **over 40** or women **over 60 possibly** may have candida.

Men who score **over 90** or women **over 120 probably** have candida.

Men who score **over 140** or women **over 180 almost certainly** have candida.

**Section C**

**Section A**

**Section B**

**TOTAL**

## Do You Have Candida?

	YES	NO
1. Have you taken repeated "rounds" of antibiotic drugs and/or corticosteroids?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you been troubled by premenstrual tension, abdominal pain, menstrual problems, vaginitis, prostatitis, or loss of sexual interest?	<input type="checkbox"/>	<input type="checkbox"/>
3. Does exposure to tobacco, perfume and other chemical odours provoke moderate to severe symptoms?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you crave sugar, chocolate, breads or alcoholic beverages?	<input type="checkbox"/>	<input type="checkbox"/>
5. Are you bothered by recurrent digestive symptoms (diarrhoea, constipation, gas, bloating)?	<input type="checkbox"/>	<input type="checkbox"/>
6. Are you bothered by fatigue, depression, poor memory, forgetfulness or "nerves"?	<input type="checkbox"/>	<input type="checkbox"/>
7. Are you bothered by hives, eczema, tinea, psoriasis, or other chronic skin rashes?	<input type="checkbox"/>	<input type="checkbox"/>
8. Have you ever taken birth control pills?	<input type="checkbox"/>	<input type="checkbox"/>
9. Are you bothered by headaches, muscle and joint pains or incoordination?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you feel bad all over, yet the cause hasn't been found?	<input type="checkbox"/>	<input type="checkbox"/>

If you have 3 or 4 "yes" answers, yeasts possibly play a roll in causing your symptoms.  
 If you have 5 or 6 "yes" answers, yeasts probably play a role in causing your symptoms.  
 If you have 7 or more "yes" answers, your symptoms are almost certainly yeast connected.  
 To be really sure, consult your local "Candida Aware" Practitioner for a full assessment.

## Candida Explained

### What is Candida (Candidiasis)?

Yeasts known as "Candida Albicans" or "Monilia" are normally found in your body and when your immune system is strong, they do not bother you. However, your immune system can be weakened in many ways:

Multiple or repeated courses of broad spectrum antibiotics, corticosteroids, birth control pills, the typical twenty-first-century meat and dairy diet rich in sugars and refined carbohydrates, food additives and coloring, two or more pregnancies, and/or environmental toxins.

The effect of these can wipe out the normal healthy bacteria of the digestive tract and the yeast (candida) are free to multiply and give off toxins that make you feel sick. And so the vicious cycle effect may continue for years unless interrupted by treatment and diet. Untreated candida has been known to spawn other more serious diseases (Multiple Sclerosis, Chronic Fatigue, diseases of the heart, lungs, liver, brain, skin, mental disorders, Cancer, etc...).

### Symptoms

Yeast-connected health problems occur in people of all ages and both sexes, but women are more likely to be affected. The symptoms may include:

Fatigue, depression and general unwellness for no apparent reason. Feeling "spaced out", poor memory, forgetfulness, headaches, irritability, sweet or carbohydrate cravings. Psoriasis, skin rashes, persistent fungal infections—thrush, tinea, jock itch, athlete's foot. Unexplained allergies or reactions to chemicals or dampness. Constipation, diarrhea, abdominal bloating, gas, urinary disorders, hyperactivity, pre-menstrual syndromes, very heavy periods and pelvic pains, muscular and joint pains.

### What You Can Do

The Candida Diet along with anti-yeast remedies, vitamins, acidophilus and lots of spring or filtered water will go a long way to assist you in regaining your health. The anti-yeast product, "Kolorex", breaks down the impermeable cellular walls of Candida Albicans so that the natural defense mechanism of the body can do its job in removing the unwanted cells. The homeopathic remedy "Candida Albicans LM1" works on a constitutional level to remove the threat of re-infestation. Vitamins help to fortify the body's immune system. Acidophilus replenishes the "good" bacteria in the intestines. And filtered water flushes the dead Candida cells out of the body. Daily enemas are quite beneficial.

# The Candida Diet

## Yes, This Diet is Strict—we must starve the yeast bacteria!

You do want to get better, right? Then eat high-protein, low-carbohydrate, plain, fresh, unprocessed, un-chemicalized, uncolored, live foods. Avoid sugar, yeast, molds, fermented products, food additives, steroids, prepared, packaged, smoked foods—all these feed candida. You will need to do this diet for 4-6 weeks. After treatment, slowly, carefully re-introduce foods into your diet (watch for reactions).

## Foods to AVOID

Alcoholic beverages, sparkling cider (fermented, sugar, yeast).

Breads and pastries, rolls, Danish, doughnuts, bread crumbs, cake mixes, desserts, muffins, etc. (yeast, sugar, dairy).

Cheeses, sour cream, cottage cheese, buttermilk, sour milk products (fermented, mold).

Condiments, mustard, Worcestershire sauce, tomato sauce, relishes, pickles, steak, barbecue, chili, tamari and soy sauces, vinegar, green olives, sauerkraut, horseradish, (sugar, fermented, food additives).

Dairy Products (lactose=sugar). “Enriched” foods (food additives)

Fruit; fresh, dried or canned, juice, melons, (sugar, mold).

Leftovers (mold). Malted products (sugar). Marmite, Vegemite (yeast).

Meat (coloring, food additives, steroids). Mushrooms, fungi (mold, yeast).

Processed and canned meat except tuna (food additives, sugar).

Sugar, white, brown, cane or raw, honey, sugar substitutes, molasses, syrup, glucose, fructose, sucrose (all these are BIG no-no's!).

Tea, coffee, instant coffee (mold on beans), dried spices, herbs (mold).

## Foods to Eat

All fresh veggies cooked and raw (preferably organic—no pesticides).

Flat bread, chapati, Ryvita or rice crackers (no sugar or yeast).

Spring or filtered water (2 liters), lemon juice, rice or soy milk.

Fish, chicken (organic) and eggs (range fed—no steroids).

Hummus (chickpea spread). Braggs (soy sauce substitute).

Natural, unsweetened yoghurt (in moderation).

Pasta (rye, spinach, whole meal, not enriched). Tofu. Tahini.

Unprocessed nuts (except peanuts), seeds and oils (cold-pressed).

Whole grains; brown rice, oats, barley, porridge, puffed wheat, homemade muesli (unsweetened, no fruit), millet, couscous.

# Menu Ideas

## Breakfasts

1. Puffed grain, Ryvita, tahini spread.
2. Broiled eggs, hash browns, chapati.
3. Porridge, flat bread with almond butter.
4. Scrambled tofu, potatoes, green peppers & garlic.
5. Muesli with natural, unsweetened yoghurt.

## Lunches

1. Baked potato, steamed broccoli, green salad (lemon juice dressing).
2. Brown rice and veggie stir fry with tofu.
3. Mixed veggie salad on home baked bread (baking powder—no yeast)
4. Fresh veggie soup and chapati.
5. Tuna on Ryvita with fresh lettuce and sprouts.

## Dinners

1. Broiled fish with fresh dill, garlic and lemons, baked sweet potato.
2. Pasta with fresh steamed veggies, tofu, raw veggie salad with sprouts.
3. Baked stuffed bell peppers with jasmine rice and savory tomato.
4. Veggie quiche with rice cheese and grated raw carrots and coconut.
5. Pan-fried chicken (in sesame oil), mashed potatoes, green beans.

# Natural Medicines

## Daily Supplements (Questions? Call your practitioner)

1. Yeast-free multi-vitamin with minerals (zinc, selenium, chromium).
2. Vitamin C—3,000 mg., Calcium/magnesium/phosphorus—1,500 mg.
3. Acidophilus—2 capsules. Spirulina—1000 mg. (keep both in fridge)
4. Garlic (fresh is best)—one clove, Evening Primrose Oil capsules—1,000 mg., Taheebo tea—3 cups.

## Daily Remedies (Questions? Call Holistic Bio Spa)

1. Kolorex (1 tab ea. morn and nite) Yeast die-off may cause stomach upset—this will pass. Drink 2 liters of water to flush. Use Kolorex cream topically.
2. Candida Albicans LM1 (homeopathic—2 drops in half glass filtered water, stir briskly, hold in mouth for 30 seconds and swallow 1X day away from food). Take each day for the entire treatment.