

# The Candida Symptom Tracker

by Eric Bakker ND



After working with many candida (and SIBO, irritable bowel syndrome, etc.) patients over the years, I found it quite point less to ask them how they feel after just a week or two after treatment - because I know what most are going to say. Not that much better!

Chronically unwell patients generally have been feeling bad for several months or even years, and most will tell me at their initial follow-up visit “Eric, I don’t feel much better, in fact I feel even worse”.

People don’t generally recover in a linear fashion, going from “bad to good”, *there are lots of ups and downs along the way*. Have you read my book Candida Crusher? If you have, you will have read me speaking of “fantasy land” (how wishful thinkers expect to recover) and of the “reality check” (how people actually recover in the real world). And, every candida patient I have seen has a different expectation of a recovery. You did read “How people think they get well, and how they actually get well”, didn’t you?

In my clinic I always found it most profitable to **always test and measure the effectiveness of any treatment**, just like it is when you plan anything in your life, whether it be an extension you are building on your house or an overseas holiday, you start by writing it down and planning.

If you get things right and plan your course carefully, you will be able to track your rate of progress and make adjustments along the way to keep you right on target.

What is the point in recommending a treatment, and then having no system in place to measure the patient’s response with? What are the mini and major milestones a patient is making along the path to recovery? How can you hold a patient accountable for his or her progress - or lack of it?

If you are going off track it will be easier to get back on track if you have some method to help you guide the way, some way of measuring progress. When you start to treat candida (or SIBO etc.), you need to see what symptoms get better and which ones get worse. This will naturally allow you to understand which direction you are heading and will allow you to fine tune your treatment and get those positive results you are looking for a lot faster.

I have found that some practitioners are just happy to adopt a “let’s just treat the patient and see what happens” approach. This is fine, but you may or may not get the results you are looking for.

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But by initiating a treatment and *then tracking the patient's responses* over the course of several weeks, months or even years, you will really understand what is going on. And so will the patient, and their confidence will grow in their treatment program as they can actually SEE what is going on. This will increase compliance and keep somebody on track longer, rather than relying on a “hit and miss approach”. I've found the Candida Symptom Tracker to be an excellent motivational tool, and nothing is more important for patients to understand experience and witness for themselves that their symptoms are actually improving.

If you want to measure your progress and fine-tune your prescriptions and optimize your treatment program, then you will want to adopt some sort of system whereby you can accurately measure and track your progress, and also your lack of it. And that is where my Candida Symptom Tracker comes in handy.

**List your major symptoms on the left-hand side of the sheet. Now, enter a score in column A, ranging from 0 – 3. This is how the grading works:**

- 01 No Problem**  
You don't experience any problems or concerns here
- 02 Mild Problem**  
Something you may experience once or twice a week and is reasonably under control
- 03 Moderate Problem**  
It annoys you but is tolerable and you experience it several times a week or maybe even daily.
- 04 Major Problem**  
This is really annoying you and you want it gone fast. Chances are the reason you started looking at my websites, Candida Crusher book or YouTube channel was to learn how to get rid of one or several grade 3 symptoms. This could be jock itch, vaginal thrush, debilitating fatigue or it could be an itch or a terrible stomach pain and indigestion.

Just photocopy the Candida Symptom Tracker and use it accordingly, this sheet has the common symptoms down the left column, and down the bottom there is a space for your own particular symptoms, ones you experience that may not be already listed. At the top of each column, you enter the date and at the bottom leave a row empty so that you can add the scores up for that particular day to see how you are going. Scores increasing mean no improvement, scores decreasing mean

improvement, simple.

Some patients also like to keep a food diary and others like to correlate a particularly high (or low) score with an event like going to a wedding (where they consumed cake, alcohol, etc.) that caused an aggravation. Here you can add special short notes like “menstrual cycle started” or “started to take probiotics” or “got a cold”, “my teen crashed my car”, “argument with husband”, “got a promotion at work”, etc.

These are the kind of factors that influence the total scores and can give you a good indication of what influences the way you feel and how you have responded to treatment or lifestyle. If you find that your scores are increasing which correlate with stressful events in your life, then I’d like you to read section 5 in chapter 7 of Candida Crusher again, “Understanding the Healthy Lifestyle”, in addition; you may want to address any underlying adrenal fatigue that may be relevant. Adrenal fatigue is a very common condition in those with on-going health problems.

Keep the Candida Symptom Tracker on your refrigerator under a magnet so that it is always handy and learn to fill in the sheet for convenience sake at about the same time each week, fortnight or whenever you complete the test.

I cannot emphasize the importance of tracking your symptoms on the Candida Crusher Program; it is one of the most important aspects of your recovery. By tracking your treatment including any dietary and lifestyle changes you have made, you will be able to accurately judge the impact of your treatment on your Individual symptoms by looking at the scoring as time go by. If you are on track, you should notice that the grade 3 symptoms will eventually become 2, and then finally a grade 1 as the weeks roll by and turn to months.

This will tell you that as the candida yeast numbers decline; major symptoms are improving and will eventually turn to minor symptoms. Your self-confidence and compliance to the program will increase a lot which will help you improve even quicker. You’ll become increasingly excited as you begin to see symptom score reductions in line with improvements in how you look and feel!

On the other hand, the Candida Symptom Tracker is also a handy tool to let you know if things aren’t working out the way you had hoped for. If your scores are not declining, then this could well be an alarm signal that either your health problems are not candida related, or you are not committing adequately to the program or the treatments and/or products you are using are inadequate. You have invested your time and money into wanting to conquer yeast, and this is one mighty powerful way to finally track your results.

I would like to mention again, that you should not be expecting a “miracle cure” within a few months of starting the program if your condition is quite severe or of a very long duration. Your scores may even go from 1 or 2 to a 3 with some symptoms as you could aggravate initially with treatment, especially if die-off occurs and maybe with a detoxification you undertake as well.

So remember, in an ideal world your symptoms are bad and getting better. In the real world however, your symptoms may initially go from bad to worse before they improve. I just thought I'd remind you again, there is nothing wrong with repeating myself; I just want you to understand this crucial point because at some stage you may become disappointed or disillusioned if your yeast infection is chronic. I've witnessed this a thousand times or more over the years.

This is one of the reasons I wrote the Candida Crusher, I wanted to be able to place this book in hands of a patient in my room, or a practitioner who specializes in treating patients with yeast infections or digestive problems, and for them to know that in many cases just as they are about to give up, if they just went that extra mile—their patient could turn the corner.

I can remember on more than one occasion telling a candida patient to hang in there and that the light at the end of the tunnel does not necessarily signify the head lamp of an oncoming train, but rather a glimmer of light in the distance which signifies hope of an eventual full recovery. When you do recover, and eventually you will, you will have learned a few skills along the way, and one of them is not to give up that easily on yourself. This will hold you in good measure in the years ahead as you age and face and no doubt will then face plenty more health challenges to come.

## Using The Questionnaire And Symptom Tracker Combined

Most patients who have been chronically unwell with a yeast infection or a digestive health problem are understandably impatient when it comes to the recovery process. It can appear that recovery is so slow that it is unlikely to ever happen, especially when you have been so strict with your diet, taking all the supplements, improving your lifestyle and making lots of sacrifices along the way. Remember, everybody gets discouraged, and it is important to get plenty of moral support during your recovery phase. This is one of the reasons I developed the Candida Symptom Tracker, it was designed to measure the effectiveness of your treatment program over a sixteen week or four month period. If you follow the Candida Crusher Program faithfully and carefully, you should notice that your Total Score will decrease as the weeks go by.

The candida questionnaire is different in that it does not track or measure how effective your treatment is, it was designed to determine if you have a yeast infection or not and however it is set on the onset of treatment, remember to complete it online, it is a lot easier and within a minute you will know your score as it automatically calculates your score.

By completing the two-weekly Candida Symptom Tracker over a four-month period, you have started to track your symptoms and can see what is improving and what is not, and then you can adjust your treatment accordingly. Monitoring your specific symptom scores over sixteen weeks allows you to really understand what is getting better and what isn't, this will allow you for example to see if your digestive system is improving, or your skin, etc. Your commitment to the Candida Crusher Program will grow and deepen as you start to notice a reduction in scores over time. Before I retired from my clinical practice, I used this tracker with my patients and they emailed me their results with each monthly follow-up visit. You can also find both the Candida Symptom Tracker as well as the online questionnaires on [www.yeastinfection.org](http://www.yeastinfection.org)

By utilizing the candida questionnaire and the Candida Symptom Tracker together, along with the Candida Test Tracker and perhaps the CDSA x 3 test if you have a chronic problem, you will have developed a most accurate picture of your yeast infection (or other problem) at the beginning of treatment by having established a very good baseline and with both my Trackers will have plenty of useful information to measure your progress by (or lack of) and make any adjustments accordingly.

## The Candida Symptom Tracker©

For each symptom, please enter the appropriate score in the point score column. *Don't forget the dates*

- **Mild or an occasional symptom - 1 point**
- **Moderate or frequently severe - 2 point**
- **Severe or disabling symptom - 3 point**

Please write the date and complete one column each fortnight. Don't forget to add the score and write the total at the bottom. This will give allow you to most effectively track your progress of the Candida Crusher Program over a 4 month period.

<b>Candida Complaints</b>	<b>Date &gt;</b>						
Fatigue and lethargy or drowsiness	Score	Score					
Feeling of being drained							
Poor memory, feeling "unrea"l							
Feeling of head swelling or tingling							
Poor coordination, can't concentrate							
Depression or anxiety							
Numbness burning or tingling anywhere							
Muscle weakness or paralysis							
Pain and/or swelling in joints							
Abdominal pain or indigestion							
Constipation or diarrhoea							
Coated tongue or bad breath							
Abdominal bloating and gas							
Vaginal discharge, itching or burning							
Prostatitis							
Loss of sexual drive or impotence							
Endometriosis diagnosis							
Menstrual cramps, pre-menstrual issues							
Recurring Itching anywhere							
Skin rashes							
Nasal congestion or discharge							
Postnasal drip, nasal itching							
Cough, pain or tightness in chest							
Wheezing or shortness of breath							
Urgency or urinary frequency							
Burning on urination							
Poor vision, burning or tearing eyes							
Recurrent ear infections, pain or deafness							
Toenail fungus, discoloured nails							
Other Symptoms You May Have >							
<b>Total Symptom Score &gt;</b>							