

Candida Quiz



My friend Donna Gates provides this extensive quiz ([click here](#)), developed by Dr. William Crook, to determine whether candida is a problem for you.

IF YOU SCORE POSITIVE ON THE QUIZ

1. Follow Cycle 2 Of The Sugar Impact Diet
2. Completely remove all vinegar, alcohol, and fruit until your symptoms improve
3. Use these gut-healing formulas:

DFH* MICROB-X: 1-2 caps twice a day

DFH* OIL OF OREGANO: 1-2 softgels twice a day

DFH* FLORAMYCES: 1 cap twice a day

4. Incorporate candida-zapping foods like coconut oil, onions, garlic, ginger, and extra-virgin olive oil
5. If you suffer chronic candida, consider heavy metal toxicity testing

* Designs for Health (DFH) products are only sold through health care practitioners. You can set up an account to order direct from them, just use **JJ Virgin** as your referrer.

Go to www.designsforhealth.com and click:

