

# The Harcombe Diet

stop counting calories & start losing weight

## Questionnaire on causes of Candida

	POINTS
<p><u>Immune System:</u> (No Maximum)</p> <ul style="list-style-type: none"> <li>- Score 1 point for each day 'sick' in the last 2 years</li> </ul>	
<p><u>'Feeding' Candida:</u> (Maximum 10)</p> <ul style="list-style-type: none"> <li>- Score 1 point for each meal/snack per day, which includes processed foods (Sugar, white flour, white rice, white pasta, cakes, biscuits, confectionery etc)</li> <li>- Score 5 if you eat more portions of carbohydrates (including fruit) than fat each day</li> </ul>	
<p><u>Medication:</u> (No Maximum)</p> <ul style="list-style-type: none"> <li>- Score 2 for each occasion when you taken antibiotics during childhood</li> <li>- Score 2 for each occasion when you taken antibiotics during adulthood</li> <li>- Score 2 for each occasion when you have taken birth control pills</li> <li>- Score 2 for each occasion when you have taken hormones in any other form</li> <li>- Score 2 for each occasion when you have taken steroids (e.g. predisone or cortisone)</li> <li>- Score 2 for each time you have been pregnant</li> </ul>	
<p><u>Diabetes:</u> (Maximum 10)</p> <ul style="list-style-type: none"> <li>- Score 10 if you are diabetic</li> </ul>	
<p><u>Nutritional Deficiency:</u> (Maximum 10)</p> <p>Do you have any signs of nutritional deficiency? (Score 2 for each example)</p> <ul style="list-style-type: none"> <li>- White spots on finger nails,</li> <li>- Dry flaky skin or brittle hair or nails,</li> <li>- Poor hair or skin condition,</li> <li>- Muscle aches or general tiredness,</li> <li>- Dull, dry eyes</li> </ul>	

You could score anywhere between 0 and 200, or even more in really extreme cases (where you have had many days of sickness for example).

The more points you score overall and the more sections out of the five that you score points in; the more likely you are to have Candida as you will be showing strong evidence for the causes of Candida. If you score points in each of the five sections you have been exposed to all the key causes of Candida and, therefore, you will almost certainly be suffering from this condition. You can still be a sufferer scoring in just one or two of the sections.