

The Harcombe Diet

stop counting calories & start losing weight

PDF 2 – Questionnaire on symptoms of Candida

In the following table please score as follows:

- _ 1 point for each symptom that is occasional and mild;
- _ 2 points for each symptom that is frequent and moderate/quite strong;
- _ 3 points for each symptom that is continuous and significant/very strong or even disabling.

	POINTS
<p><u>Stomach:</u> (Maximum 24)</p> <ul style="list-style-type: none"> - Constipation - Diarrhoea - Irritable bowel syndrome - Stomach distension - Bloating, especially after eating - Indigestion - Gas - Heartburn 	
<p><u>Head:</u> (Maximum 24)</p> <ul style="list-style-type: none"> - Headaches - Dizziness - Earache - Blurred vision - Flushed cheeks - Feeling of 'sleepwalking' - Feeling unreal - Feeling 'spaced out' 	
<p><u>Women:</u> (Maximum 18)</p> <ul style="list-style-type: none"> - PMT - Water retention - Irregular menstruation - Vaginal discharge or itchiness - Thrush 	

<ul style="list-style-type: none"> - Cystitis 	
<p><u>Blood Glucose:</u> (Maximum 36)</p> <ul style="list-style-type: none"> - Hungry between meals - Irritable or moody before meals - Shaky when hungry - Faintness when food is not eaten - Irregular pulse before and after eating - Headaches late morning - Waking in the early hours and not being able to get back to sleep - Abnormal cravings for sweet foods, bread, alcohol or caffeine - Eating sweets increases hunger - Excessive appetite - Instant sugar 'high' followed by fatigue - Chilly feeling after eating 	
<p><u>Mental:</u> (Maximum 30)</p> <ul style="list-style-type: none"> - Anxiety - Depression - Irritability - Lethargy - Memory problems - Loss of concentration - Moodiness - Nightmares - Mental 'sluggishness' - "Get up and go" has got up and gone 	
<p><u>Other :</u> (Maximum 69)</p> <ul style="list-style-type: none"> - Dramatic fluctuations in weight from one day to the next - Poor circulation - Hands and feet sensitive to cold - Exhaustion - Feeling of being unable to cope - Constant fatigue - Muscle aches - Susceptibility to infection - Gasping for breath 	

<ul style="list-style-type: none"> - Sighing often – ‘hunger for air’ - Tightness in chest - Chest aches - Cramps - Yawning easily - Insomnia - Excessive thirst - Easy weight gain - Coated tongue - Dry skin - Hair loss - Symptoms worse after consuming yeasty or sugary foods - Symptoms worse on damp, humid or rainy days - Athletes foot, dandruff or other fungal infection 	
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Again – the more points scored, and the more sections the points were scored in, the more likely it is that Candida is a problem for you. If you scored more than 50 points, and scored in three or more sections, it is very likely that you are suffering from Candida.