## 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
Stomach: (Maximum 24)	
- Constipation	
- Diarrhoea	
- Irritable bowel syndrome	
- Stomach distension	
- Bloating, especially after eating	
- Indigestion	
- Gas	
- Heartburn	
Head: (Maximum 24)	
- Headaches	
- Dizziness	
- Earache	
- Blurred vision	
- Flushed cheeks	
- Feeling of `sleepwalking'	
- Feeling unreal	
- Feeling `spaced out'	
Women: (Maximum 18)	
- PMT	
- Water retention	
- Irregular menstruation	
- Vaginal discharge or itchiness	
- Thrush	

Blood Glucose: (Maximum 36) - 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  Mental: (Maximum 30) - Anxiety - Depression - Irritability - Lethargy - Memory problems - Loss of concentration - Moodiness - Nightmares - Mental 'sluggishness' - "Get up and go" has got up and gone  Other: (Maximum 69) - 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		
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- 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

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.