



	Unique to Candida	Food Intolerance	Hypoglycaemia
<u>Stomach</u> - Constipation - Diarrhoea - Irritable bowel syndrome - Bloating, especially after food - Indigestion - Gas - Heartburn		x x x x x x x	
<u>Head</u> - Headaches - Dizziness - Blurred vision - Flushed cheeks - Feeling of 'sleepwalking' - Feeling unreal - Feeling 'spaced out'		x x x x x x x	x x x x x x
<u>Women</u> - Pre Menstrual Tension (PMT) - Irregular periods - Vaginal discharge or itchiness - Thrush - Cystitis	x x x	x x	x
<u>Blood Glucose</u> - Hungry between meals - Irritable or moody before meals - Feeling faint/shaky when food is not eaten - Headaches late morning and late afternoon - 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 makes you more hungry - Excessive appetite - Instant sugar 'high' followed by fatigue - Chilly feeling after eating		x x x x x x x x x x	x x x x x x x x
<u>Mind &amp; Mood</u> - Anxiety - Depression - Irritability		x x x	x x x

- Lethargy		X	X
- Memory problems		X	X
- Loss of concentration		X	X
- Moodiness		X	X
- Nightmares		X	X
- Mental 'sluggishness'		X	X
- "Get up and go" has got up and gone		X	X
<u>Other</u>			
- Dramatic fluctuations in weight from one day to the next		X	X
- Easy weight gain		X	X
- Water retention		X	
- Poor circulation	X		
- Hands and feet sensitive to cold	X		
- Feeling of being unable to cope		X	X
- Constant fatigue		X	X
- Muscle aches or cramps		X	
- Sighing often – 'hunger for air'		X	
- Yawning easily		X	
- Difficulty sleeping		X	
- Excessive thirst		X	X
- Coated tongue		X	
- Dry skin		X	
- Itchy skin/rashes		X	
- Hair loss			
- Symptoms worse after consuming yeasty or sugary foods	X	X	
- Symptoms worse on damp, humid or rainy days	X		
- Athletes foot, dandruff or other fungal infection	X		

Once you know approximately how much weight you have to lose and how mild to severe your Candida overgrowth appears to be, please put yourself in one of the following categories to find out the recommended time for you to stay on Phase 1:

Weight to lose:	Mild Candida	Moderate Candida	Severe Candida
< 20lbs	5 days	2-4 weeks	6-8 weeks
20-50lbs	2-4 weeks	2-4 weeks	6-8 weeks
> 50lbs	6-8 weeks	6-8 weeks	6-8 weeks