



Self Assessment - Candida

The Signs and Symptoms of Candida Overgrowth:

1. Bloating belly
2. Thrush... oral, vaginal
3. Itching or redness in any warm, moist areas (eg under breasts, bottom, groin, vagina)
4. Recurrent fungal infections of toenails or fingernails, or recurrent athlete's foot
5. Swelling in hands, feet, face. Chronic water retention
6. Fatigue, for no apparent reason
7. Depression, for no apparent reason
8. Poor memory, poor cognitive function, and brain fog/ "cotton wool" feeling in head
9. Insomnia, restlessness
10. Joint pain, with or without swelling
11. Muscle aches
12. Headaches
13. Weight gain, difficulty losing weight
14. Cravings for sweets, breads, pasta, alcohol
15. Chronic nasal congestion from mucus, or swelling of the nasal membranes.

If you are suffering from 5 or more of the above symptoms, you may have a problem with Candida. It is treatable with a specific anti-Candida diet, and 3 supplements to target the problem, over a 12 week period. The results are worth the effort.

We have had patients that have suffered...

- Unexplained fatigue for years
- Brain fog that interferes with their work/study
- Chronic allergies, bloating/wind/nausea
- Children with behavioral problems

...just some examples of how clearing Candida from the system can pay big dividends!

For a more comprehensive Candida Questionnaire, please contact us now for your copy... 02 9501 0236 or christine@healthinourhands.com.au

Health in Our Hands Clinic

38 Burleigh Ave Caringbah 2229 NSW

Ph: 02 9501 0326 | christine@healthinourhands.com.au | www.healthinourhands.com.au