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## HEALTH ASSESSMENT: CANDIDA

Signs and Symptoms of Candida Overgrowth include:

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

\*\*\* Y = Yes N = No

**HOW DID YOU GO?** 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.

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We have had patients that have suffered...

- Unexplained fatigue for year
- 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 0326 or [christine@healthinourhands.com.au](mailto:christine@healthinourhands.com.au).

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