People who have any of the following conditions or medications are not able to follow The 1:1 Diet by Cambridge Weight Plan.

Alcoholic/substance misuser within one year of recovery

Anti-obesity medication

Serious illness, trauma or surgery (within the last three months)

Serious mental health episode; such as schizophrenia, delusional disorder, psychotic episode, bi-polar disorder (within the last six months)

Current active anorexia, bulimia, or currently undergoing treatment for any eating disorder

Heart failure/attack, arrhythmia, valve disease requiring treatment (within the last three months)

MAOI medication

Stroke or TIA (within the last three months)

Pregnant, breastfeeding or given birth in the last three months