

FOOD SENSITIVITIES

QUIZ



CHECK ALL THAT APPLY

- Do you have gastrointestinal distress (IBS, chronic diarrhea, constipation, ulcerative colitis, gas, etc.)?
- Do you suffer from chronic infections (ear infections, urinary tract infections, sinus infections, etc.)?
- Do you regularly experience issues with anxiety and/or depression?
- Do you struggle concentrating?
- Do you sometimes have brain fog?
- Do you suffer from insomnia regularly?
- Do you have issues with ADD/ADHD?
- Do you often experience mental confusion?
- Do you currently struggle with joint inflammation or joint pain?
- Do you regularly have issues with your respiratory system (asthma, chronic bronchitis, sinusitis, wheezing, etc.)?
- Do you regularly have issues with your skin (acne, eczema, hives, itching, skin rashes, etc.)?
- Do you have dark circles under your eyes?
- Do you regularly have puffiness under your eyes?
- Are any of your glands chronically swollen?
- Do you feel tired a lot?
- Do you often get headaches and/or migraines?
- Do you frequently get itchy ears/nose/throat?
- Do you get nasal congestion after eating?
- Do you feel tired or sleepy after eating?
- Have you been diagnosed with a mystery illness or autoimmune condition?

ANALYZE YOUR RESULTS

If you checked:

- **1- 3 boxes:** While you only have a few signs commonly associated with food sensitivities, even just one symptom can result from a food sensitivity.
- **4 + 7 boxes:** You have some signs commonly associated with food sensitivities. Always discuss any new symptoms with your doctor.
- **8 + boxes:** You have many signs commonly associated with food sensitivities. Schedule an appointment with your doctor to determine the cause of your symptoms.

****Doctors typically test only for IgE mediated food allergies and do not test for IgG mediated food sensitivities.***

This assessment is not intended to diagnose a medical condition or disease. This assessment is designed only to raise awareness of signs that may indicate imbalances in the body that need to be evaluated by a medical professional.