



The Symptoms Matrix

Symptoms of Food Allergy or Food Intolerance

foodintol[®]
www.foodintol.com

®: The foodintol Trademark is a

Registered Trademark of

No Whey Pty Ltd ABN 37 644 931 517

© COPYRIGHT: All publications are protected by copyright law and may not be reproduced in any form whatsoever without the express written permission of the owner. Any breach of copyright will result in prosecution of the offender to the full extent allowed under law.

© Copyright No Whey Pty Ltd Australia ABN 37 644931517

© All materials and information are protected by copyright law and may not be reproduced in any form whatsoever without the express written permission of the owner. Any breach of copyright will result in prosecution of the offender to the full extent allowed under law.

How to use the Symptoms Matrix

The **Symptoms Matrix** is useful because it allows you to *narrow the possibilities* of which foods cause your problems. Some people get a clear indication of their intolerance.

Firstly, notice at the top of each column there is a link to a type of food intolerance - Dairy, Yeast etc. If your symptoms fall mostly in one column then there is a good chance you have that intolerance (the column heading).

Secondly, there are nine **symptom types** for food intolerance. Which type(s) are yours?

- Body weight
- Gastro-intestinal
- General
- Genital/urinary
- Malabsorption
- Musculo-skeletal
- Neurological
- Respiratory
- Skin disorder

The **second column** is the **symptom type** and may give you some clue to your symptoms. For example if you have a lot of fungal infections like thrush and tinea you can see it is only associated with Yeast Sensitivity.

On the other hand Gastro-intestinal symptoms (to do with the stomach and intestines) are common to several types of food intolerance, but are not particularly linked to food allergy. Which are you?

Find each of your symptoms in the **first column** and then trace across to see which columns have a dot. Do this one by one for each symptom, eg. headache, stomach bloating, hives etc. Take a few minutes and do this carefully because there are lots of symptoms of food intolerance and food allergy.

Basically you are looking for a **pattern** that matches up with your collection of symptoms. Remember, you may have more than one food intolerance.

Here's what to do:

Mark off your symptoms across each row with an "x".

Total up all the columns for your symptoms.

Remember – you may have more than one intolerance.

Common symptoms	Symptom type	Gluten intolerance (and Celiac Disease)	Dairy intolerance	Fructose Malabsorption and Fructose intolerance	Yeast Sensitivity (Candida)	Food allergies (eggs, nuts,soy, seafood, additives strawberries, etc.)
		<< Food intolerances >>				
Weight fluctuation	Body weight	•	•	•	•	•
Weight loss	Body weight	•		•	•	
Abdominal pain	Gastro-intestinal	•	•	•	•	
Bloating	Gastro-intestinal	•	•	•	•	
Bowel disorders	Gastro-intestinal	•	•	•	•	
Colitis	Gastro-intestinal	•	•	•	•	
Constipation	Gastro-intestinal	•	•	•	•	
Diarrhea	Gastro-intestinal	•	•	•	•	
Flatulence (Gas)	Gastro-intestinal	•	•	•	•	
Hemorrhoids	Gastro-intestinal	•	•	•	•	
Indigestion	Gastro-intestinal	•	•	•	•	
Irritable Bowel Syndrome	Gastro-intestinal	•	•	•	•	
Nausea	Gastro-intestinal		•	•		•
Stomach cramping	Gastro-intestinal	•	•	•		•
Vomiting	Gastro-intestinal		•	•		•
Anaphylactic shock	General					•

Common symptoms	Symptom type	Gluten intolerance (and Celiac Disease)	Dairy intolerance	Fructose Malabsorption and Fructose intolerance	Yeast Sensitivity (Candida)	Food allergies (eggs, nuts,soy, seafood, additives strawberries, etc.)
Drowsiness	General	•	◻	•	•	•
Food cravings	General	•	◻	•	•	
Infection susceptibility	General	•	◻		•	•
Lethargy	General	•	◻	•	•	•
Mouth ulcers	General	•	◻		•	
Mouth/lip swelling	General					•
Tissue swelling (oedema)	General	•	◻		•	•
Yeast infection	General				•	•
Infertility/difficulty conceiving	Genital/Urinary	•			•	
Menstrual disorders	Genital/Urinary	•			•	
Miscarriage	Genital/Urinary	•				
Urinary tract infection	Genital/Urinary	•	◻		•	
Vaginal itching, discharge	Genital/Urinary				•	
Thrush	Genital/Urinary				•	
Vaginal infection	Genital/Urinary				•	
Anemia	Malabsorption	•	◻	•	•	
Failure to thrive (in children)	Malabsorption	•				
Iron deficiency	Malabsorption	•	◻	•		
Mineral deficiency	Malabsorption	•	◻	•	•	
Arthritis	Musculo-skeletal	•	◻		•	
Bone density loss	Musculo-skeletal	•	◻	•		

Common symptoms	Symptom type	Gluten intolerance (and Celiac Disease)	Dairy intolerance	Fructose Malabsorption and Fructose intolerance	Yeast Sensitivity (Candida)	Food allergies (eggs, nuts,soy, seafood, additives strawberries,etc.)
Joint pain/swelling	Musculo-skeletal	•	•		•	•
Muscular aches	Musculo-skeletal	•	•		•	
Neck pain	Musculo-skeletal	•	•		•	•
Rheumatic pain	Musculo-skeletal	•	•		•	
Anxiety, panic attacks	Neurological				•	
Autism	Neurological	•				
Behavioural problems	Neurological	•		•	•	
Blurred vision	Neurological				•	•
Concentration difficulty	Neurological			•	•	
Depression	Neurological	•	•	•	•	•
Dizziness, poor co-ordination	Neurological				•	
Headache	Neurological	•	•		•	•
Hyperactivity	Neurological			•	•	
Irritability	Neurological			•	•	•
Learning disability	Neurological	•			•	
Mental confusion	Neurological	•			•	
Migraine	Neurological	•	•		•	•
Poor memory	Neurological	•			•	
Sleeplessness	Neurological				•	•
Asthma	Respiratory	•	•		•	•
Breathlessness	Respiratory	•	•		•	•

Common symptoms	Symptom type	Gluten intolerance (and Celiac Disease)	Dairy intolerance	Fructose Malabsorption and Fructose intolerance	Yeast Sensitivity (Candida)	Food allergies (eggs, nuts,soy, seafood, additives strawberries,etc.)
Bronchitis (chronic)	Respiratory	•	◻		•	•
Cough (persistent)	Respiratory	•	◻		•	•
Ear infections	Respiratory	•	◻		•	•
Itchy nose	Respiratory	•	◻			•
Nasal congestion	Respiratory	•	◻		•	•
Post-nasal drip	Respiratory	•	◻			•
Rhinitis	Respiratory	•	◻			•
Runny nose	Respiratory	•	◻			•
Sensitivity to chemicals	Respiratory	•	◻		•	•
Sinusitis	Respiratory	•	◻		•	•
Sneezing	Respiratory	•	◻			•
Snoring and sleep apnoea	Respiratory	•	◻		•	
Sore throat	Respiratory				•	•
Throat infections	Respiratory				•	•
Watering eyes	Respiratory					•
Wheezing	Respiratory	•	◻		•	•
Athlete's Foot	Skin disorder				•	
Dermatitis Herpetiformis	Skin disorder	•				
Eczema	Skin disorder	•	◻		•	•
Fungal nail infection	Skin disorder	•	◻		•	
Fungal skin infection	Skin disorder	•	◻		•	
Hives (Urticaria)	Skin disorder	•	◻		•	•

Common symptoms	Symptom type	Gluten intolerance (and Celiac Disease)	Dairy intolerance	Fructose Malabsorption and Fructose intolerance	Yeast Sensitivity (Candida)	Food allergies (eggs, nuts,soy, seafood, additives strawberries,etc.)
Itchy flaking skin	Skin disorder	•	•		•	•
Itchy watery blisters	Skin disorder	•				•
Jock itch	Skin disorder				•	
Psoriasis	Skin disorder	•	•		•	•
Rashes	Skin disorder	•	•		•	•
Tinea	Skin disorder	•	•		•	
Your Totals						

Your results

Look at your totals. If there are *more than 5* in any column – you DO have food intolerance! So there is your first result!

Is there a *clear winner* (one total much higher than the others)?

- If **YES**, then you very likely have that intolerance (let's say Fructose)
 - Therefore you will get permanent RELIEF from symptoms by *carefully avoiding* fructose (Fructose-free diet)
 - Later on if you are eating correctly but still suffer symptoms – then **either**:
 - you are accidentally still getting the food you are trying to avoid OR ...
 - you have an additional intolerance
 - In either case - you need the **Healing Program**. It will pinpoint your intolerances accurately – and get you onto the right diet for **immediate and lasting relief**
- More info, click this link: <http://www.foodintol.com/tuesday/>
- How do you eat Yeast-free? Or Gluten-free? Fructose-Free etc.? The **full series of Complete Guides** (to Yeast-free, Gluten-free etc.) has all the answers! (All included in the **Healing Program**.)
 - If there is NO clear winner – it does NOT mean you have all those intolerances! (We have helped thousands of people. . .and **nobody has all four intolerances!**)

- The vast majority of people have ONE or maybe two intolerances. And once you find yours ... and correct your diet – you'll feel fabulous again **within days.**
- How to find out which you have? Only the **Journal Method** pinpoints it exactly. It's easy! You can use our purpose-designed **Detection Diet Journal** - or even a **blank 50c exercise book!** Here's how it works:
 - REMOVE a food completely from your diet (e.g. Yeast or Fructose etc.) and keep notes for at least 2 weeks without making any mistakes in your eating.
 - REINTRODUCE that food again and note any changes in symptoms. Say your symptoms were reduced in the first 2 weeks and suddenly reappeared after the food was reintroduced – that would be *proof* of your food intolerance. Makes sense doesn't it!
- Yes, there are other *less common sensitivities* – salicylates, amines, **nightshade vegetables** and food allergies like **wheat**, soy or corn. And the Detection Diet will find them too. However...once you get your *main intolerance* (gluten, dairy, yeast or fructose) under control - your other sensitivities diminish . . .even disappear.

(Thousands have found this works for them. So you will probably be able to safely ADD foods back into your diet. How good would that be!)

- In fact the **Healing Program** will accurately pinpoint **all** your food intolerances – **guaranteed** or your money back! Click link: <http://www.foodintol.com/tuesday/>
- What do you get in the **Healing Program**?
 - **Detection Diet Journal** – Day-by-day guide on what to do
 - **Complete Guides** – Comprehensive food substitution guides for all the diets: gluten-free, dairy-free, fructose-free etc. ... with Meals Guides, Shopping Guides, Dining Out Guides, Recipes.
 - **Member Support:** all your questions answered by our great Team 24/7 and 365 days a year!
- Click for more info: <http://foodintol.com/tuesday/#what-you-get>

Author: Deborah Manners B.Sc. (Hons) Dip.Ed is not a medical or healthcare professional. Ms Manners has multiple food intolerances and presents information from the point of view of the consumer.

©: The foodintol Trademark is a Registered Trademark of No Whey Pty Ltd ABN 37 644 931 517