

Do You Have Food Sensitivities or Allergies?

If you have some of the following symptoms, please [contact us](#) to set up an appointment to get a food sensitivity test.

If your symptoms indicate possible food allergies or intolerances, you will benefit from following a “[Food Elimination Diet](#)”. Adding up your scores on the [Symptoms Matrix](#) will help you narrow down which food group (s) you are more sensitive to and which part (s) of your body is being mostly affected.

Cardiovascular System

- Chest pains
- Heart palpitations
- Irregular heartbeat
- Rapid heartbeat

Ears

- Drainage from ear
- Earaches
- Ear infections
- Hearing loss
- Itchy ears
- Ringing in ears

Energy & Activity

- Apathy
- Fatigue
- Hyperactivity
- Lethargy
- Restlessness
- Sluggishness

Eyes

- Blurred vision
- Dark circles
- Itchy eyes
- Sticky eyelids
- Swollen eyelids
- Watery eyes

Gastro-Intestinal Tract

- Abdominal pain
- Belching
- Bloating feeling
- Bowel disorders
- Colitis
- Constipation
- Diarrhea
- Flatulence (excessive gas)
- Gallbladder disease
- Hemorrhoids
- Indigestion
- Irritable Bowel Syndrome
- Malabsorption
- Nausea, vomiting
- Stomach pains/cramping

Head

- Dizziness
- Faintness
- Headaches
- Insomnia

Immune System

- Chronic and/or recurrent
- Frequent illness
- Frequent infections
- Mouth/lip swelling
- Mouth ulcers
- Tissue swelling (edema)
- Yeast infection

Lungs & Respiratory Tract

- Asthma, bronchitis
- Breathlessness
- Bronchitis (chronic)
- Chest congestion
- Cough (persistent)
- Difficulty breathing
- Ear infections
- Hyperventilating
- Itchy nose
- Nasal congestion
- Post-nasal drip
- Rhinitis
- Runny nose
- Sensitivity to chemicals
- Shortness of breath
- Sinusitis
- Sneezing
- Snoring
- Sore throat
- Throat infections
- Watery eyes
- Wheezing

Mental/Emotional

- Aggressiveness
- Anxiety, fear
- Anxiety, panic attacks
- Autism
- Behavioral problems
- Concentration difficulty
- Depression
- Hyperactivity
- Irritability, easily annoyed, anger
- Learning disability
- Lethargy
- Mental confusion
- Mood swings
- Nervousness

Mind

- Confusion
- Learning disabilities
- Poor concentration
- Poor memory
- Sleep apnea
- Stuttering/stammering

Mouth & Throat

- Canker sores
- Chronic coughing
- Gagging
- Often clear throat
- Sore throat
- Swollen mouth/tongue/lips

Musculo-Skeletal

- Aches in muscles
- Arthritis
- Bone density loss (osteoporosis)
- Feeling of weakness
- Joint pain/swelling
- Limited movement
- Muscular aches
- Neck pain
- Rheumatic pain
- Stiffness

Nervous System

- Blurred vision
- Dizziness, poor co-ordination
- Headache
- Migraine
- Poor memory
- Sleep apnea
- Sleeplessness

Nose

- Excessive mucous
- Hay fever
- Sinus problems
- Sneezing attacks
- Stuffy nose

Nutritional Deficiencies

- Anemia
- Failure to thrive (in children)
- Iron deficiency
- Malabsorption
- Mineral deficiencies

Reproductive & Urinary

Tract

- Difficulty conceiving
- Genital itch/Jock itch
- Infertility
- Irritable bladder
- Menstrual disorders, PMS
- Miscarriage
- Thrush
- Urgent or frequent urination
- Vaginal/urinary tract infection (chronic or recurrent)
- Vaginal itching, discharge

Skin

- Acne
- Athlete's Foot
- Dermatitis Herpetiformis
- Eczema
- Excessive sweating
- Flushing/hot flashes
- Fungal nail infection
- Fungal skin infection
- Hair loss
- Hives (Urticaria)
- Itchy flaking skin
- Itchy watery blisters
- Jock itch
- Psoriasis
- Rashes
- Tinea

Weight

- Binge eating
- Compulsive eating
- Excessive weight (weight gain)
- Fluctuations in body weight
- Food cravings
- Underweight (weight loss)
- Water retention

Other

- Anaphylactic shock