

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.

Digestive Tract

- Diarrhea
- Constipation
- Bloating feeling
- Belching
- Passing gas
- Stomach pains

Ears

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

Emotions

- Mood swings
- Anxiety, fear
- Irritability, anger
- Depression
- Aggressiveness
- Nervousness

Energy & Activity

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

Eyes

- Watery eyes
- Itchy eyes

- Swollen eyelids

- Sticky eyelids
- Dark circles
- Blurred vision

Head

- Headaches
- Faintness
- Dizziness
- Insomnia

Joint & Muscles

- Pain in joints
- Arthritis
- Stiffness
- Limited movement
- Aches in muscles
- Feeling of weakness

Lungs

- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing

Mind

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

Mouth & Throat

- Chronic coughing
- Gagging

- Often clear throat
- Sore throat
- Swollen tongue/lips
- Canker sores

Nose

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

Skin

- Acne
- Hives, rashes
- Hair loss
- Flushing/hot flashes
- Excessive sweating

Weight

- Binge eating
- Cravings
- Excessive weight
- Compulsive eating
- Water retention
- Underweight

Other

- Irregular heartbeat
- Rapid heartbeat
- Chest pains
- Frequent illness
- Urgent urination
- Genital itch