

FOOD SENSITIVITY SYMPTOM SCALE

Using the point scale below, rate each of your symptoms based upon how you have been feeling during the past 30 days.

0	NEVER OR ALMOST NEVER EXPERIENCE THE SYMPTOM
1	OCCASIONALLY EXPERIENCE SYMPTOM (NOT SEVERE)
2	OCCASIONALLY EXPERIENCE SYMPTOM (SEVERE)
3	FREQUENTLY EXPERIENCE SYMPTOM (NOT SEVERE)
4	FREQUENTLY EXPERIENCE SYMPTOM (SEVERE)

DIGESTIVE TRACT

- ___ Nausea and vomiting
- ___ Diarrhea
- ___ Constipation
- ___ Bloating
- ___ Belching or passing gas
- ___ Stomach pains or cramps
- ___ Heart burn
- ___ Blood or mucus in stool

ENERGY & ACTIVITY LEVELS

- ___ Apathy or lethargy
- ___ Attention deficit
- ___ Fatigue
- ___ Hyperactivity
- ___ Restlessness
- ___ Poor physical condition
- ___ Stuttering or slurred speech

JOINTS & MUSCLES

- ___ Joint pain or aches
- ___ Arthritis
- ___ Limited mobility
- ___ Muscle aches or pains
- ___ Feeling weak or tired
- ___ Growing pains in legs

SKIN

- ___ Acne
- ___ Itching skin
- ___ Hives, rash or dry skin
- ___ Hair loss
- ___ Flushing or hot flashes

WEIGHT MANAGEMENT

- ___ Binge eating
- ___ Craving certain foods
- ___ Excessive weight
- ___ Compulsive eating
- ___ Water retention

MIND & EMOTIONS

- ___ Mood swings
- ___ Anxiety or irritability
- ___ Argumentative
- ___ Depression
- ___ Poor memory
- ___ Difficulty with academics
- ___ Short attention span
- ___ Easily distracted
- ___ Confusion
- ___ Difficulty making decisions

HEART

- ___ Irregular heartbeat
- ___ Rapid or pounding heartbeat
- ___ Chest pain

EYES & EARS

- ___ Itchy eyes or ears
- ___ Red or sticky eyelids
- ___ Bags or dark circles
- ___ Blurred, tunnel vision
- ___ Ear aches or infections
- ___ Ringing in ears
- ___ Hearing loss
- ___ Reddening of ears
- ___ Drainage from ears