

What is my body telling me?

Survey: Food & Environmental Sensitivities

Below are common signs and symptoms of food or environmental intolerances. These intolerances affect your body's ability to function and can contribute to adrenal fatigue.

They may or may not show up on allergy tests, but if you have many of these signs and symptoms, your body is likely reacting to one or more substances you are eating, drinking or have been exposed to. Note that the signs and symptoms listed below have more than one cause, and any single sign or symptom is not a direct indication of a food or environmental intolerance. Taken as a group, however, they are very useful indicators of hidden problems affecting your metabolism, and possibly your adrenals.

Check all items that you presently experience:

Physical Symptoms

Head

- Headaches
- Faintness
- Dizziness
- Feeling of fullness in the head
- Excessive drowsiness or sleepiness soon after eating
- Insomnia

Eyes, Ears, Nose & Throat

- Runny nose
- Stuffy nose
- Excessive mucous formation
- Watery eyes
- Blurring of vision
- Darkness under eyes
- Ringing in ears
- Earache
- Fullness in ears
- Fluid in middle ear
- Hearing loss
- Recurrent ear infections
- Itching ear
- Ear drainage
- Sore throat
- Chronic cough
- Gagging
- Canker sores
- Itching of roof of mouth
- Recurrent sinusitis

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Check all items that you presently experience:

Heart & Lungs

- Palpitations
- Increased heart rate (85 - 100 beats per min. at rest)
- Rapid heart rate (tachycardia - over 100 beats per min. at rest)
- Asthma
- Chest congestion
- Frequent or unexplained hoarseness

Gastrointestinal

- Nausea
- Vomiting
- Diarrhea
- Constipation
- Malabsorption
- Bloating after meals
- Belching
- Colitis
- Flatulence (passing gas)
- Feeling of fullness in the stomach long after finishing a meal
- Abdominal pains or cramps

Skin

- Hives
- Rashes
- Eczema
- Dermatitis
- Pallor
- Repeated itching without apparent reason

Other physical symptoms

- Chronically fatigued
- Muscle weakness
- Muscle aches and pains
- Joint aches and pains
- Swelling of the hands, feet, or ankles
- Urinary tract symptoms (frequency, urgency)
- Vaginal itching
- Vaginal discharge
- Excessive hunger (including binge or spree eating)

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Check all items that you presently experience:

Psychological Symptoms

- Anxiety attacks
- Depression
- Cravings
- Aggressive behavior
- Irritability
- Mental dullness
- Mental lethargy
- Confusion
- Excessive daydreaming
- Hyperactivity
- Restlessness
- Learning disabilities
- Poor work habits
- Slurred speech
- Stuttering
- Inability to concentrate
- Indifference
- Cloudy or foggy thinking

If you have **more than 8** of the items checked, you likely have food and/or environmental sensitivities that are interfering with your metabolism.

Food and environmental intolerances can wreak havoc on many bodily systems. They create inflammation, irritate digestion and absorption, down regulate thyroid function, increase weight and food cravings, and more. They literally can play into just about any symptom you can think of.

If you score high on this survey go to the section under **thyroid solutions** in the “Top Ten Lab Tests and Solutions” to see a diet that will effectively and easily help you discover what foods you are reacting to and support you in experiencing just how well and good your body can actually feel.

