

FOOD SENSITIVITY SIGNS & SYMPTOMS



DIGESTION

- bowel irregularity (diarrhea and/or constipation); IBS
- food cravings
- leaky gut syndrome
- indigestion, heartburn
- bloating
- gas, especially foul smelling
- heartburn
- stomach cramps



MIND & EMOTIONS

- anxiety, depression
- irritability, mood swings
- fatigue, sluggishness
- ADD/ADHD, hyperactivity
- poor memory or concentration
- difficulty following instruction, confusion
- slurred speech
- learning disabilities
- compulsive behaviors



GENERAL

- weight gain, inability to lose weight
- unintentional weight loss
- water retention, swelling
- frequent colds and illnesses
- infertility
- hormonal imbalances
- PMS
- hot flashes, flushing
- recurrent yeast infections
- bladder pain
- excessive sweating



EYES, EARS & NOSE

- itchy, watery eyes
- puffy, swollen eyelids
- dark circles under eyes
- blurred vision
- recurrent ear infections
- ringing or itching in ears
- stuffy nose
- excessive sneezing



MOUTH & THROAT

- swollen, discolored lips and tongue
- sensitive gum, canker sores
- wheezing
- gagging
- excessive mucus
- sore throat, hoarseness

SKIN & HAIR

- acne
- eczema
- hives, rashes
- dry skin
- excessive hair loss
- hot flashes, flushing
- excessive sweating



HEAD

- headaches, migraines
- sinus problems
- dizziness
- insomnia
- brain fog, forgetfulness
- fatigue, sleepiness



HEART & LUNGS

- chest pain
- irregular heart beat
- asthma
- breathing difficulties
- coughing, wheezing



JOINTS & MUSCLES

- arthritis
- muscle or joint pain
- stiffness or weakness
- poor physical coordination

Disclaimer: This list is not entirely inclusive of all the symptoms that can be experienced due to food sensitivities, intolerances, and/or allergies. It is also not to be used as a diagnostic tool. These symptoms may be caused by other issues. Always consult with a qualified healthcare professional regarding these or other symptoms you are experiencing.