

# FOOD SENSITIVITY QUESTIONNAIRE

CATEGORY	SYMPTOM	SCORE	CATEGORY	SYMPTOM	SCORE
<b>ENERGY</b>	Fatigue, sluggishness		<b>SKIN</b>	Acne	
	Apathy, lethargy			Hives or other allergic breakout	
	Hyperactivity			Rash or persistently dry skin	
	Restlessness			Hair loss	
	<b>TOTAL</b>			Flushing or hot flashes	
<b>DIGESTION</b>	Nausea			Frequently feel cold	
	Constant fullness			Excessive sweating	
	Diarrhea			Part of body frequently feeling numb	
	Constipation			<b>TOTAL</b>	
	Bloated feeling			<b>NOSE</b>	Stuffy nose
	Belching, burping		Sinus problems		
	Passing gas, flatulence		Hay fever		
	Heartburn		Sneezing attacks		
	Intestinal or Stomach pain. Which?		Excessive mucus		
<b>TOTAL</b>		<b>TOTAL</b>			
<b>MIND</b>	Poor memory		<b>SCORING</b>	<2 food sensitivity unlikely	
	Confusion			2-4 possible food sensitivity	
	Poor concentration or focus			4-6 likely food sensitivity	
	Difficulty making decisions			>6 probable food sensitivity	
	<b>TOTAL</b>				

No matter where you scored, an elimination diet can help you determine the most common foods that could be causing your symptoms. My recommendation is to remove those foods for at least 2 weeks, and then reintroduce them one at a time to see which foods may be causing a reaction.