

Food Sensitivities and Symptoms

Gastrointestinal

IBS- Irritable bowel syndrome.

Gerd- Gastro esophageal reflux, Acid reflux

Heartburn

Crohn's Disease - Allergic gastroenteritis.

Colitis- Frequent cramps, gas or bloating

Constipation

Diarrhea

Hyperacidity

Gastritis

Neurologic Conditions

Migraine headaches- Frequently or classic

Tension or sinus headaches

Cluster headaches

Frequent headaches

Insomnia or sleep apnea

Chronic fatigue syndrome

Fatigue after meals

Autism- ASD

ADD- Attention Deficit Disorder

ADHD

Learning disability

Tourette's syndrome

Behavior problems in children

Impatient- quicker temper

Anxiety or irritability

Inability to focus- mental confusion

Short attention span

Depression

Lung Chest

Chronic cough

Tightness in chest

Asthma, intrinsic

Asthma, allergic bronchitis

Bronchitis, chronic

Dermatologic

Eczema

Dermatitis due to foods

Rash or hives

Allergic urticaria

Dry or itchy skin

Acne, teenage and adult

Acne Rosacea, red nose

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Ear, Nose and Throat

Post nasal drip, thick mucous

"Sinus trouble"

Nasal or sinus polyps

Chronic stuffy nose

Allergic rhinitis due to foods, chronic stuffy nose

Frequent sore throat

Frequently clears throat

Musculoskeletal Symptoms

Arthritis, degenerative

Rheumatoid arthritis

Rheumatoid factor negative arthritis

Muscle or bone pain, migratory

"Growing pains"

Genitourinary Symptoms

Bed wetting in children

Vaginal itching or discharge

Cardiovascular

Rapid or irregular heartbeat

Prolapsed mitral valve syndrome in healthy people

Endocrine

Hypoglycemia, low blood sugar

Hyperglycemia, high blood sugar

Canker sores in mouth

Chronic sinusitis

Metallic taste in mouth

Halitosis- bad breath

Hoarseness, intermittent

Sneezing attaches

Meniere's disease

Fibromyalgia

Tendonitis, migratory

Osteoarthritis, generalized

Degenerative joint disease

Yeast infections, chronic

PMS, fluid retention, irritability, severe cramps

Edema of extremities

High blood pressure, especially in the young

Thyroid, low (cold feet)

Weight gain – no diet works