

Symptoms Checklist



Symptoms Checklist

Does your child have symptoms of a food sensitivity? Circle or highlight the symptoms below that you feel your child exhibits. If there are symptoms that your child has that are not on the list, write them on the lines below.

Behavior- ADD/ADHD behavior (inattentiveness, hyperactive, lack of focus, restless), OCD behaviors (obsessive and repetitive behavior), irritability, poor eye contact, food cravings, poor comprehension, anger, brain fog, aggression, lack of interest, disorganized thinking and disorientation, anxiety, depression, moodiness, over emotional, inappropriate laughter

Circulatory System- elevated blood pressure, racing heart, irregular pulse

Digestive System- upset stomach, IBS, constipation, diarrhea, mucus in stool, nausea, vomiting, gas, cramping, heartburn, bloating, abdominal pain

General- fatigue, delayed growth, delayed puberty, lethargy, speech disorders, vision problems, cravings

Neurological System- headaches, migraines, dizziness, ears ringing, tics, insomnia, night terrors, sleep disruptions

Respiratory System- coughing, sore throat, clearing throat constantly, canker sores in the mouth, bleeding or swollen gums, tooth discoloration, excess mucus, runny nose, congestion, watery or itchy eyes, sinus problems, ear infections, nasal polyps

Skeletal and Muscular System- aches and pains, swelling, stiffness

Skin- dark circles under the eyes, rosy red cheeks and ears, acne, hair loss, skin disruptions and disorders, rashes, elbow rash, eczema, hives

Urinary System- edema, bladder infections

Others:

Common Offenders

THAT CAUSE SYMPTOMS

Any Sensitivity

Aches and Pains
Bloating
Coughing
Dark Circles Under Eyes
Elevated Blood Pressure
Fatigue
Food Cravings
Heartburn
Irregular Pulse
Irritability
Racing Heart
Skin Rash and Hives
Swelling and Stiffness
Throat Clearing
Watery Itchy Eyes

Corn

ADD/ADHD Behavior
Aggression
Anger
Anxiety
Behavior Problems
Brain Fog
Headaches
Hyperactivity
Lack of Concentration
Lack of Focus
Moodiness
Night Terrors
OCD Behavior
Skin Disruption and Disorders
Sleep Disruptions
Tics

Dairy

Acne
Anxiety
Behavioral Issues
Brain Fog
Congestion
Depression
Eczema
Excess Mucus
Frequent Ear Infections
Frequent Sinus Infections
IBS Constipation/Diarrhea
Inappropriate Laughter
Lack of Interest
Mucus in Stools
Poor Comprehension
Poor Eye Contact
Repetitive Behavior
Rosy Red Cheeks or Ears
Runny Nose
Sore Throat

Gluten

ADD/ADHD Behavior
Anxiety
Bleeding or Swollen Gums
Brain Fog
Canker Sores
Constipation
Cramping
Delayed Growth
Delayed Puberty
Diarrhea
Eczema
Elbow Rash
Frequent Bladder Infections
Headaches
Inappropriate Laughter
Lack of Interest
Nausea
Over Emotional/Moodiness
Poor Comprehension
Poor Eye Contact
Repetitive Behavior
Tooth Discoloration
Vomiting

Additives

Abdominal Pain
Acne
Aggression
Behavior Problems
Congestion
Disorganized Thinking
Disorientation
Dizziness
Ear Infection
Eczema
Edema
Gas
Headaches
Heartburn
Hives

Hyperactivity
Insomnia
Lack of Concentration
Lack of Focus
Lethargy
Migraines
Mood Swings
Nasal Polyps
Nausea
Ringing in Ears
Skin Rash
Speech Disorder
Tics
Upset Stomach
Vision Problems