

*"Your success with consistently reliable lab tests since 1978...guaranteed!"*

## If you have one or more of these symptoms, there's a 95% probability you'll benefit from a food sensitivity test.

Please place a checkmark at each of your symptoms and return the completed checklist to your physician. Be sure to include symptoms that you've 'learned to live with'.

### **Digestive Tract**

- Belching
- Bloating feeling
- Constipation
- Diarrhea
- Nausea
- Passing gas
- Stomach pains
- Vomiting

### **Ears**

- Drainage from ear
- Ear aches
- Ear infections
- Hearing loss
- Itchy ears
- Ringing in ears

### **Emotions**

- Aggressiveness
- Anxiety/fear
- Depression
- Irritability/anger
- Mood swings
- Nervousness

### **Energy & Activity**

- Apathy
- Fatigue
- Hyperactivity
- Lethargy
- Restlessness
- Sluggishness

### **Eyes**

- Blurred vision
- Dark circles

- Itchy eyes
- Sticky eyelids
- Swollen eyelids
- Watery eyes

### **Head**

- Dizziness
- Faintness
- Headaches
- Insomnia
- Lightheadedness

### **Joint & Muscles**

- Aches in muscles
- Arthritis
- Feeling of weakness
- Limited movement
- Pain in joints
- Stiffness

### **Lungs**

- Asthma/bronchitis
- Chest congestion
- Difficulty breathing
- Shortness of breath
- Wheezing

### **Mind**

- Confusion
- Learning disabilities
- Poor concentration
- Poor memory
- Stuttering/stammering

### **Mouth & Throat**

- Canker sores
- Chronic coughing
- Gagging

- Often clear throat
- Sore throat
- Swollen tongue/lips/gums

### **Nose**

- Excessive mucous
- Hay fever
- Sinus problems
- Sneezing attacks
- Stuffy nose

### **Skin**

- Acne
- Dermatitis
- Eczema
- Excessive sweating
- Flushing/hot flashes
- Hair loss
- Hives/rashes
- Itching

### **Weight**

- Binge eating
- Compulsive eating
- Cravings
- Excessive weight
- Underweight
- Water retention

### **Other**

- Anaphylactic reactions
- Chest pains
- Frequent illness
- Genital itch
- Irregular heartbeat
- Rapid heartbeat
- Urgent urination

Patient's Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_