

# Food sensitivity Symptoms

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Professional evaluation is necessary to determine whether the following symptoms which can be caused by many health conditions, are in fact due to food and/or environmental sensitivities:

- Head-chronic headaches, difficulty sleeping, dizziness, migraines
- Mouth and throat-coughing, frequent need to clear throat, gagging, hoarseness, pain, sores on gums/lips/tongue, sore throat, swelling
- Eyes, ears, nose-blurred vision, dark under eye circles, ear infections, excessive mucus, hay fever, hearing loss, postnasal drip, ringing in ears, runny/stuffy nose, sinus problems, sneezing attacks, swollen/red/sticky eyelids, watery and itchy eyes
- Heart and lungs-asthma, bronchitis, chest pain and congestion, difficulty breathing, irregular heartbeat (palpitations, arrhythmia), rapid heartbeat, shortness of breath
- Gastrointestinal tract-bloating, constipation, cramping, diarrhea, heartburn, indigestion, irritable bowel syndrome, nausea and vomiting, passing gas, stomach pain
- Skin-acne, dryness, eczema, excessive sweating, hair loss, hives, irritation around eyes, psoriasis, rashes
- Muscles and joints-aches/pains, arthritis, general weakness, stiffness, swelling
- Energy and activity-apathy, depression, difficulty getting work done, fatigue, hyperactivity, memory lapses, mental dullness, restlessness
- Emotions and mind-aggressive behavior, anger, anxiety, binge eating or drinking, confusion, depression, difficulty learning, fear, food cravings, irritability, mood swings, nervousness, poor comprehension, poor concentration, tension
- Other-dizziness, fluid retention, frequent urination, genital itch, insomnia, overweight, underweight

In addition to the symptoms listed above, children with food and/or environmental sensitivities may have:

- Attention deficit disorder
- Behavior problems
- Learning problems
- Recurring ear infections

Children with these problems will often benefit from a dietary evaluation and environmental sensitivity testing.