



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

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

#### Digestive Tract

- Diarrhea
- Constipation
- Bloating Feeling
- Belching
- Passing gas
- Stomach pains

#### Ears

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

#### Emotions

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

#### Energy and Activity

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

#### Eyes

- Watery eyes
- Itchy eyes
- Swollen eyelids
- Sticky eyelids
- Dark circles
- Blurred vision

#### Weight

- Bing eating
- Craving
- Excessive weight
- Compulsive eating
- Water retention
- Underweight

#### HEAD

- Headaches
- Faintness
- Dizziness
- Insomnia

#### Skin

- Acne
- Hives, rashes
- Hair loss
- Flushing/hot flashes
- Excessive sweating

#### Lungs

- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing

#### Mind

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

#### Other

- Irregular heartbeat
- Rapid heartbeat
- Chest pain
- Frequent illness
- Urgent urination
- Genital itch

#### Join & Muscles

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

#### Mouth & Throat

- Chronic coughing
- Gagging
- Often clear throat
- Sore throat
- Swollen tongue/lips
- Canker sores

#### Nose

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

Patient Name: \_\_\_\_\_

Phone: \_\_\_\_\_

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

