

SYMPTOMS ASSOCIATED WITH FOOD ALLERGIES

The following symptoms can be associated with Delayed Food Allergies (IGg antibody)

Musculoskeletal

- Arthritis, degenerative
- Rheumatoid arthritis
- Rheumatoid factor negative
- Muscle or bone pain, migratory
- “Growing pains”
- Fibromyalgia
- Tendonitis
- Stiffness or limitation of movement

Ear, Nose & Throat

- Sinus trouble
- Thick post nasal drip
- Sinus polyps
- Nasal polyps
- Chronic stuffy nose
- Fluid in ear
- Dizziness
- Frequency clear throat
- Frequent sore throat
- Canker sores in mouth
- Bad breath
- Metallic taste in mouth
- Hoarseness, intermittent

Gastrointestinal

- Heartburn
- Frequent gas or belching
- Bloating
- Diarrhea
- Constipation
- Vomiting
- Irritable bowel syndrome
- Colitis
- Ulcerative colitis
- Colic in infants
- Crohn’s Disease

Cardiovascular

- Rapid or irregular heart-beat
- Prolapsed mitral valve
syndrome in healthy people
- Edema of extremities
- High blood pressure
especially in the young

Chest

- Asthma
- Bronchitis, chronic
- Chronic cough
- Tightness in chest

Endocrine

- Hypoglycemia, low blood sugar
- Hyperglycemia, high blood sugar
- Thyroid, low (cold feet)
- Weight gain – no diet works

Genitourinary

- Bed wetting in children
- Vaginal itching or discharge
- Yeast infections, chronic
- PMS, fluid retention, irritability,
severe cramps

Dermatologic

- Eczema
- Rash or hives
- Dry or itchy skin
- Acne, teenage and adult
- Acne Rosacea, red nose

Neurologic

- Migraine headaches – common
- Tension headaches
- Cluster headaches
- Sinus headaches
- Depression
- Fatigue after meals or sluggishness
- Anxiety or irritability
- ADHD, hyperactivity, restlessness
- ADD, leaning difficulty
- Behavior problems in children
- Quick temper or impatient
- Poor memory or comprehension
- Mental confusion – inability to focus
- Short attention span