

Possible Symptoms Associated with Food Allergies and Intolerances

Diseases and disorders that may be exacerbated by consuming food allergens or food sensitivities: alveolitis (lung disease), anorexia nervosa, bronchial asthma, Celiac disease, Cerebral palsy, chronic fatigue, Crohn's disease, diabetes, epilepsy, gallbladder disease, gout, hypoglycemic syndrome, irritable bowel syndrome (spastic colitis), Meniere's disease, Mononucleosis, multiple sclerosis, psoriasis, psychosis, restless leg syndrome, Rheumatoid arthritis, schizophrenia, ulcerative colitis.

Mental, emotional and behavioral symptoms that may be exacerbated by consuming food allergens or food sensitivities: ADD/ADHD, aggressive behavior, agitation, alcohol addiction, anorexia nervosa, anxiety, compulsive behavior, compulsive eating, confusion, cruelty, crying easily, defensive, delirium, delusions, depression, difficult to please, disorientation, distraction, drowsiness, drug addiction, easily hurt, erratic behavior, excessive daydreaming, excessive talking (loquacity), excitably, fear of eating, fearful, hallucinations, highly stressed, hysteria, impatience, inability to concentrate, indifference, insomnia, irresponsibility, irritability, jumpiness, lack of focus, learning disabilities, lethargy, mania, mental dullness, morbidness, nervousness, neuroses, nightmares, panic, paranoia, poor coordination, poor memory, poor self-control, poor work habits, quarrelsome, rage, restlessness, screaming, sensitiveness, slurred speech, stuttering, suicidal tendencies, temper, tobacco use, uncooperative, unhappiness, unreasonable, whining, worry.

Chronic and recurrent physical symptoms that may be exacerbated by consuming food allergens or food sensitivities: abdominal cramps, abdominal pain, acid indigestion, acne, anemia, appendicitis, arthritis, back pain, bad breath, bags under eyes, bedwetting, belching, bleeding gums, bloating, bloody nose, blurred vision, bursitis, canker sores, chills, coated tongue, cold hands and feet, colic, colitis, compulsive eating, congestion in the chest, constipation, cough, cracked lips, cramps, croup, cystitis, dandruff, dark circles under eyes, decreased heart rate (bradycardia), dermatitis, diarrhea, difficulty losing weight, difficulty swallowing, dilated pupils, dizziness, dysmenorrhea, ear drainage, eczema, edema (water retention), enlarged red blood cells, excessive mucous formation, excessive sweating, excessive yawning, facial swelling, fainting, fatigue, feeling of fullness in the head, feeling of fullness in the stomach long after finishing a meal, flatulence (passing gas), frequent "colds," gagging, hair loss, hay fever, headaches, hearing loss, heartburn, high blood pressure, high blood sugar, hives (urticaria), hoarseness, hyperactivity, insomnia, itching on any part of face or body, joint aches and pains, juvenile and adult delinquency, kidney failure (nephrosis), lack of coordination, learning problems, loose teeth, low blood pressure, low blood sugar (hypoglycemia), low grade fever, low hormone levels, low libido, low red blood cell count, low thyroid levels, low white blood cell count, malabsorption, menopausal symptoms, menstrual irregularities, menstrual cramps, menstrual pain, middle ear infection (otitis media), migraine, motion sickness, mouth ulcers, muscle aches and pains, muscle fatigue, muscle spasms, nasal congestion, nasal polyps, nausea, obesity, palpitations, phlebitis, poor digestion, post nasal drip, rapid heart rate (tachycardia), rashes, rectal mucous, red bloodshot eyes, rhinitis, ringing in the ears (tinnitus), runny nose, seizures, sensory overreactivity, shortness of breath, sinusitis, sleepy after meals, sluggish in the morning, sore throats, sore tongue, stiffness, stomach ache, stomach cramps, stomach ulcers, stuffy nose, stuttering, swollen tonsils, teeth grinding, thirst after meals, twitching, ulcers, underweight, upper respiratory tract infections, urinary tract infections, vaginal discharge, vaginal inflammation, vertigo, vomiting, watery eyes, weakness, wheezing.