

FOOD ALLERGY QUESTIONNAIRE

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TYPE 1 - IgE REACTIONS

AERO ALLERGIES TO:

- Pollen, grass, ragweed, trees
 Dust, mites, mold, animals

CARDIOVASCULAR

- Blood vessel swelling
 Chest pain
 Feeling of faintness
 Irregular heart beat
 Low blood pressure

DIGESTIVE

- Abdominal distention, gas
 Cramping pain
 Diarrhea or loose stools
 Gastroenteritis
 Gallbladder disease or stones
 Inflammatory bowel diseases
 Nausea or vomiting

EARS & EYES

- Ears: itching, red flushing
 Ears: Otitis Media - infections
 Eyes: puffy lids, dark circles
 Eyes: black floaters
 Eyes: flashing white lights
 Eyes: tearing or itching

FOOD REACTIONS TO:

- Peanut, nuts, seeds, beans
 Shellfish, fish
 Dairy products, eggs
 Dyes, Sulfites, BHA, BHT

MUSCULO-SKELETAL

- Rheumatoid Arthritis
 Muscle aches or spasms

NEUROLOGIC

- Child: aggression or hysteria
 Epilepsy, seizures
 Hemiplegia (1/2 body paralyzed)
 Migraine & cluster headaches
 Mood swings, behavior changes
 Vertigo, Meniere's Syndrome

RESPIRATORY

- Asthma, cough, wheezing
 Laryngeal edema = laryngitis
 Rhinitis, sneezing, mucus
 Swollen mouth, lips, tongue

SKIN

- Eczema, Hives, Rashes
 Red flushing cheeks or ears

SYSTEMIC REACTIONS

- Anaphylaxis (shock)
 Graves Disease - Thyroid
 Swelling & water retention

URINARY & REPRODUCTIVE

- Bedwetting
 Urinary frequency
 Female: Uterine contractions
 Female: Vaginitis ?

TYPE 2: LECTINS

- Blood type A: A1, A2
 Blood type B
 Blood type O
 Blood type AB
 Abdominal Swelling
 Anemia
 Maldigestion

TYPE 3: IgG REACTIONS

AUTOIMMUNE DISORDERS

- Ankylosing Spondylitis
 Fibromyalgia
 Lupus
 Multiple Sclerosis
 Rheumatoid Arthritis
 Sjorgren's Syndrome

DIGESTIVE

- Allergic Gastroenteritis
 Abdominal bloating
 Celiac Disease
 Chronic ulcerative colitis
 Colic - Infants
 Constipation, cramps
 Diarrhea or loose stools
 Gallbladder disease
 Gas, Heartburn
 Irritable Bowel Syndrome ?
 Nausea, vomiting

EARS & EYES

- Ears: Ringing ears & fluid in ears
 Eyes: puffy lids, dark circles
 Eyes: black floaters
 Sensitivity to light or sound

FOOD REACTIONS TO:

- React to dairy products
- React to eggs
- React to gluten grains
- React to beans, chocolate

MUSCULO-SKELETAL

- Low back ache
- Muscle aches, spasms, cramps
- Rheumatoid Arthritis, joint pains

NEUROLOGICAL

- Altered alertness
- Behavioral changes
- Depression, crying
- Developmental delays
- Hyperactivity, mania
- Impaired concentration
- Irritability, anxiety
- Migraines, headaches
- Mood swings

RESPIRATORY

- Rhinitis, sinusitis

SKIN

- Allergic acne (fatty foods)
- Dermatitis Herpetiformis
- Eczema, hives, rashes
- Rosacea ?
- Vasculitis (swollen Blood vessels)

SYSTEMIC REACTIONS

- Hypoglycemia
- Swelling & Water retention
- Tension Fatigue Syndrome

URINARY & REPRODUCTIVE

- Bladder: Bedwetting
- Bladder: Urinary Frequency
- Kidneys: Glomerulonephritis
- Female: Vaginitis
- Male: Prostatitis

TYPE 4: T-CELL REACTIONS**AUTOIMMUNE DISEASES**

- Fibromyalgia
- Hashimoto's thyroiditis

FOOD REACTIONS

- Nightshades: tomato, potato, eggplant, bell pepper, cayenne pepper.
- Sugars: cane, corn, beet, maple syrup, molasses, honey.

CONTACT ALLERGENS

- Foods touched: shrimp, crab, cashew, nuts, beans, shellfish.
- Cosmetics: make-up, lotions, shampoos, conditioners, hair sprays.
- Plants: Poison ivy, poison oak, poison sumac.
- Plastics: vinyl, latex, silicone.
- Swelling or rash at the site of contact with any of the above.

TYPE 5: IgD REACTIONS**DO YOU REACT TO:**

- Additives: sulfites, MSG
- Alcohol
- Food dyes: red, yellow, blue
- Gluten grains
- Iodine, kelp
- Preservatives: BHT, BHA

DO YOU REACT WITH:

- Fevers**
- Excess saliva
- Hives, eczema, rashes

MULTIPLE ALLERGY TYPES**Check reactions to any of the following:****INGESTED ADDITIVES or DRUGS**

- Artificial sweeteners: Splenda, aspartame, saccharin, acesulfame.
- Food additives: sulfites, MSG
- Food dyes: red, yellow, blue
- Herbs or spices
- Medications, drugs, hormones
- Preservatives: BHT, BHA
- Tummy aches or headaches after ingesting any of the above.

CHEMICAL FUMES

- Cleaners: soaps, detergents, ammonia, bleach.
- Formaldehydes: new carpets, fabrics, buildings.
- Fragrances: perfume, cosmetics, shampoo, conditioners, hair spray, lotions, soaps, cleaners.
- Insecticides, herbicides.
- Petrochemicals: gasoline, paints, thinner, stains, varnish.
- Tobacco smoke
- Feel poisoned: nausea, headaches
- Difficulty breathing after exposure