

Food and Outdoor Intolerances Questionnaire

Below are common signs and symptoms of food or outdoor intolerances. These intolerances affect your body's ability to function and contribute to Adrenal Fatigue. They may or may not show up on allergy tests, but if you have many of these signs and symptoms, your body is likely reacting to one or more substances you are eating, drinking or have been exposed to. Once you determine which substance(s) is bothering you and remove it, you should see improvement, provided that your adrenal glands have the capacity to respond and recover.

Note that the signs and symptoms listed below have more than one cause and any single sign or symptom is not a direct indication of a food or outdoor intolerance. Taken as a group, however, they are very useful indicators of hidden problems affecting your metabolism.

Physical Symptoms:

Head

- headaches
- faintness
- dizziness
- feeling of fullness in the head
- excessive drowsiness or sleepiness soon after eating
- insomnia

Eyes, Ears, Nose and Throat

- runny nose
- stuffy nose
- excessive mucous formation
- watery eyes
- blurring of vision
- darkness under eyes
- ringing in ears
- earaches
- fullness in ears
- fluid in middle ear
- hearing loss
- recurrent ear infections
- itching ear
- ear drainage
- sore throat
- chronic cough
- gagging
- canker sores
- itching on roof of mouth
- recurrent sinusitis

Heart and Lungs

- palpitations
- increased heart rate (85-100 beats per minute at rest)
- asthma
- chest congestion
- frequent or unexplained hoarseness

Gastrointestinal

- nausea
- vomiting
- diarrhea
- constipation
- malabsorption
- bloating after meals
- belching
- colitis
- flatulence
- feeling of fullness in the stomach long after finishing a meal
- abdominal pains or cramps

Skin

- hives
- rashes
- eczema
- dermatitis
- pallor
- repeated itching without apparent reason
- mental lethargy
- confusion
- excessive daydreaming
- hyperactivity
- restlessness
- learning disabilities
- poor work habits
- slurred speech
- stuttering
- inability to concentrate
- indifference
- cloudy or foggy thinking

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Physical Symptoms:

Other physical symptoms

- chronically fatigued
- muscle weakness
- muscle aches and pains
- joint aches and pains
- swelling of the hands, feet or ankles
- urinary tract symptoms (frequency, urgency)
- vaginal itching
- vaginal discharge
- excessive hunger (and its close ally, binge or spree eating)

Psychological Symptoms:

- anxiety attacks
- depression
- cravings
- aggressive behavior
- aggressive behavior
- irritability
- mental dullness
- mental lethargy
- confusion
- excessive daydreaming
- hyperactivity
- restlessness
- learning disabilities
- poor work habits
- slurred speech
- stuttering
- inability to concentrate
- indifference
- cloudy or foggy thinking

_____ **Your score**

If you have more than 8 of the items checked, you likely have intolerances to some substance(s) in your diet or environment that is interfering with your metabolism. There are lab tests that can help you determine exactly which substances you are reacting to. This questionnaire was written by Dr. James Wilson.

Take these results and consult with me, click on "reach me" for an appointment. You may also consult *Adrenal Fatigue: The 21st Century Stress Syndrome*, Dr. James Wilson, chapters 13, 14 and 19.