

## 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

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**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.

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**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

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**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