



Naturally Chiropractic

Dr. Stephanie West

## **COMMON SYMPTOMS OF FOOD SENSITIVITIES**

### **PHSICAL SYMPTOMS:**

#### **Head**

Headaches, faintness, dizziness, feeling of fullness in the head, excessive drowsiness or sleepiness soon after eating, insomnia.

#### **Eyes, ears, nose and throat**

Running nose, stuffy nose, excessive mucous formations, watery eyes, blurring of vision, ringing of ears, fluid in the middle ear, hearing loss, recurrent ear infections, itching ear, ear drainage, sore throats, chronic cough, gagging, canker sores, itching of the roof of the mouth, recurrent sinusitis.

#### **Heart and Lungs**

Palpitations, increased heart rate, asthma, congestion of the chest, 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.

### **OTHER SYMPTOMS**

Chronic fatigue, weakness, muscle aches and pains, joint aches and pains, swelling of the hands, feet or ankles, urinary tract symptoms (frequency or urgency), vaginal itching, vaginal discharge, hunger.

### **PSYCHOLOGICAL SYMPTOMS**

Anxiety panic attacks, depression, crying jags, aggressive behavior, irritability, mental dullness, mental lethargy, confusion, excessive daydreaming, hyperactivity, restlessness, learning disabilities, poor work habits, slurred speech, stuttering, inability to concentrate, indifference.

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