

## Gluten Sensitivity Assessment

---

Gluten sensitivity has been found to be most common among people of Irish, English, Scottish, Scandinavian, and Eastern European. Often times it is assumed that gluten sensitivity is a food allergy, but it is not. It is actually an autoimmune process, which affects an alarming percentage of the population. The most significant symptoms are **weight gain, fatigue** and **depression**.

The following test is a diagnostic tool to help you to understand the symptoms and signs that are likely to go along with gluten sensitivity.

### Do any of the following currently apply to you?

---

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Weight gain
<input type="checkbox"/>	<input type="checkbox"/>	Unexplained fatigue
<input type="checkbox"/>	<input type="checkbox"/>	Difficulty relaxing, feel tense frequently
<input type="checkbox"/>	<input type="checkbox"/>	Unexplained digestive problems
<input type="checkbox"/>	<input type="checkbox"/>	Female hormone imbalances, (PMS, menopausal symptoms)
<input type="checkbox"/>	<input type="checkbox"/>	Muscle or joint pain or stiffness of unknown cause
<input type="checkbox"/>	<input type="checkbox"/>	Migraine like headaches
<input type="checkbox"/>	<input type="checkbox"/>	Food allergies/sensitivities
<input type="checkbox"/>	<input type="checkbox"/>	Difficulty digesting dairy products
<input type="checkbox"/>	<input type="checkbox"/>	Tendency to over consume alcohol
<input type="checkbox"/>	<input type="checkbox"/>	Overly sensitive to physical and emotional pain, cry easily
<input type="checkbox"/>	<input type="checkbox"/>	Cravings for sweets, bread, carbohydrates
<input type="checkbox"/>	<input type="checkbox"/>	Tendency to overeat sweets, bread, carbohydrates
<input type="checkbox"/>	<input type="checkbox"/>	Abdominal pain or cramping
<input type="checkbox"/>	<input type="checkbox"/>	Abdominal bloating or distention
<input type="checkbox"/>	<input type="checkbox"/>	Intestinal gas
<input type="checkbox"/>	<input type="checkbox"/>	"Love" specific foods
<input type="checkbox"/>	<input type="checkbox"/>	Eat when upset, eat to relax
<input type="checkbox"/>	<input type="checkbox"/>	Constipation or diarrhea of no known cause
<input type="checkbox"/>	<input type="checkbox"/>	Unexplained skin problems/rashes
<input type="checkbox"/>	<input type="checkbox"/>	Difficulty gaining weight

**Have you ever suffered from any of the following conditions?**

---

Yes	No	
		Allergies
		Depression
		Anorexia
		Bulimia
		Rosacea
		Diabetes
		Osteoporosis/bone loss
		Iron deficiency/anemia
		Chronic fatigue
		Irritable bowel syndrome
		Crohn's disease
		Ulcerative colitis
		Candida
		Hypoglycemia
		Lactose intolerance
		Alcoholism

**Test Interpretation Guide (combine both sections)**

<b>Number of "Yes" Responses</b>		<b>Potential for Gluten Intolerance</b>
4 or less	=	Not likely
5 - 8	=	Suspected
9 or more	=	Very likely

*\*If you scored a 5 or more, I would recommend that you focus on eliminating gluten from your diet. We will provide additional information for you to assist in the process.*