

COMMON SYMPTONS OF FOOD ALLERGIES

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, post-nasal drip, watery eyes, blurring of vision, ringing of the ears, earache, fullness in the ears, fluid in the middle, hearing loss, recurrent ear infections, itching ear, ear drainage, sore throat hoarseness, chronic cough, gagging, canker sores, itching of the roof of the mouth, recurrent sinusitis.

Heart and Lungs:

Palpitations, arrhythmias, increased heart rate, rapid heart rate (tachycardia), asthma, congestion in the chest.

Gastrointestinal:

Nausea, vomiting, diarrhea, constipation, bloating after meals, belching, colitis, flatulence (passing gas), 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, arthritis, swelling of the hands, feet or ankles, urinary tract symptoms (frequency, urgency), vaginal itching, vaginal discharge, hunger and its close ally "binge" or "spree" eating.

Psychological Symptoms:

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