

GLUTEN INTOLERANCE QUESTIONNAIRE

Gluten intolerance has been found to be most common among people of Irish, English, Scottish, Scandinavian, and Eastern European. Often times it is assumed that gluten intolerance 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 intolerance.

Test Interpretation Guide (combine both sections)

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

Do any of the following apply to you?

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

Have you 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 |