



## Symptom Checklist

Assess your symptoms before and after your Six-Week Elimination Program.

0. Never have the symptom
1. Rarely have the symptom
2. Occasionally have the symptom, effect not severe
3. Occasionally have symptom, effect is severe
4. Frequently have it, effect is not severe
5. Frequently have symptom, effect is severe

### Head

- headaches
- faintness
- dizziness
- insomnia
- drowsiness
- other

### Ears

- itchy ears
- ear aches, ear infections
- drainage from ear
- ringing in ears
- fullness in ears
- other

### Eyes

- watery or itchy
- swollen, or sticky eyelids
- dark circles under eyes
- blurred vision
- spots before eyes
- other

### Nose

- stuffy nose, smell altered
- sinus problems
- hay fever
- sneezing attacks
- excessive mucous
- other

### Mouth & Throat

- chronic coughing
- frequently clearing throat
- frequent sore throat
- hoarseness
- metallic taste
- canker sores
- dry or itching mouth
- other

### Digestive Tract

- nausea or vomiting
- diarrhea
- constipation
- bloated feeling
- belching or passing gas
- stomach pains or cramps
- heartburn
- other

## Joints & Muscles

- pains or aches in joints
- arthritis
- stiffness
- pains or aches in muscles
- weakness
- numbness
- swelling in hands or feet
- other

## Heart

- irregular heartbeat
- rapid or pounding heart
- chest pain
- other

## Energy & Activity

- restlessness
- fatigue, sluggishness
- apathy, lethargy
- hyperactivity

## Mind

- poor memory
- poor comprehension
- poor concentration
- poor physical coordination
- difficulty making decisions
- stuttering
- Learning disabilities
- other

## Other

- frequent illness
- frequent/urgent urination
- genital itch or discharge

## Skin

- acne
- hives, rash or dry skin
- hair loss
- flushing or hot flashes
- excessive sweating
- change in color
- dandruff
- other

## Lungs

- chest congestion
- asthma, bronchitis
- shortness of breath
- difficulty breathing

## Weight

- present weight  pounds
- binge eating/drinking
- water retention
- crave certain foods - which ones

## Emotions

- mood swings
- anxiety, fears
- nervousness
- anger, irritability
- aggressiveness
- depression
- other

- anything else?
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