

## Gluten Sensitivity Self-Test

The Gluten Sensitivity Self-Test identifies how your body responds to gluten. There are two parts to this test:

- Level One includes the less serious health conditions as well as the common gluten-related symptoms you may be experiencing.
- Level Two includes the more serious health conditions.

### Gluten Sensitivity Self-Test (Level 1) Check the conditions that you are experiencing:

<input type="checkbox"/> ADD or ADHD	<input type="checkbox"/> Hypoglycemia
<input type="checkbox"/> Alopecia areata (round patches of hair loss)	<input type="checkbox"/> Infertility
<input type="checkbox"/> Aphthous stomatitis (canker sores)	<input type="checkbox"/> Iron-deficiency anemia
<input type="checkbox"/> Depression	<input type="checkbox"/> Kidney stones
<input type="checkbox"/> Dyslexia	<input type="checkbox"/> Lactose intolerance
<input type="checkbox"/> Eczema	<input type="checkbox"/> Non-alcoholic fatty liver
<input type="checkbox"/> Endometriosis	<input type="checkbox"/> Obesity
<input type="checkbox"/> Gall bladder dysfunction or gallstones	<input type="checkbox"/> Premenstrual Syndrome (PMS)
<input type="checkbox"/> Hyperprolactinemia	<input type="checkbox"/> Restless Leg Syndrome (RLS)

### Check the symptoms that you are experiencing:

<input type="checkbox"/> Anxiety	<input type="checkbox"/> Frequent nausea and or vomiting
<input type="checkbox"/> Bone pain (Growing pains in children)	<input type="checkbox"/> Headaches (frequent)
<input type="checkbox"/> Brain fog	<input type="checkbox"/> Inability to lose weight or overweight
<input type="checkbox"/> Bruise easily	<input type="checkbox"/> Indigestion
<input type="checkbox"/> Chronic constipation	<input type="checkbox"/> Irrational irritability
<input type="checkbox"/> Chronic fatigue	<input type="checkbox"/> Loss of appetite
<input type="checkbox"/> Chronic muscle aches	<input type="checkbox"/> Low birth-weight babies
<input type="checkbox"/> Chronic respiratory infections	<input type="checkbox"/> Miscarriages (spontaneous abortion)
<input type="checkbox"/> Chronic urinary tract infections	<input type="checkbox"/> Missed periods
<input type="checkbox"/> Crave high-sugar foods or baked goods	<input type="checkbox"/> Migrating or frequent joint pain
<input type="checkbox"/> Difficulty falling asleep or staying asleep	<input type="checkbox"/> Mood swings
<input type="checkbox"/> Difficulty recalling words	<input type="checkbox"/> Poor concentration
<input type="checkbox"/> Skin rash or hives	<input type="checkbox"/> Poor memory
<input type="checkbox"/> Elevated liver enzymes	<input type="checkbox"/> Premature hair graying
<input type="checkbox"/> Failure to thrive: in children	<input type="checkbox"/> Recurrent, painful mouth ulcers
<input type="checkbox"/> Fever blisters or mouth ulcers	<input type="checkbox"/> Sinus congestion
<input type="checkbox"/> Fluid retention (especially in ankles & feet)	<input type="checkbox"/> Sinus headaches
<input type="checkbox"/> Fractures or thin bones	<input type="checkbox"/> Susceptibility to colds
<input type="checkbox"/> Frequent intestinal bloating or gas	<input type="checkbox"/> Tingling or numbness in hands & feet
<input type="checkbox"/> Frequent muscle spasms (especially in legs)	<input type="checkbox"/> Vaginal, oral, or nail bed yeast infections

If you checked 1 condition **or** 2 or more symptoms, then you should be tested for gluten sensitivity. You should immediately follow the *Gluten-Free & Dairy/Casein-Free Lifestyle Path*.

**Note:** If you don't see major improvements in the next 30 to 90 days, then move to the *Grain-Free & Dairy/Casein-Free Lifestyle Path*.