

Dairy Sensitivity Self-Test

The Dairy Sensitivity Self-Test is important because it helps identify symptoms and conditions related to eating dairy-containing foods.

Check the conditions that you are experiencing:

<input type="checkbox"/> Acid Reflux (GERD)*	<input type="checkbox"/> Hyperthyroidism *
<input type="checkbox"/> Acne	<input type="checkbox"/> Hypothyroidism *
<input type="checkbox"/> Allergies	<input type="checkbox"/> Kidney failure *
<input type="checkbox"/> Asthma *	<input type="checkbox"/> Lupus *
<input type="checkbox"/> Autism *	<input type="checkbox"/> Migraine headaches *
<input type="checkbox"/> Breast cancer	<input type="checkbox"/> Multiple sclerosis *
<input type="checkbox"/> Crohn's disease *	<input type="checkbox"/> Obesity *
<input type="checkbox"/> Diabetes (type 1) *	<input type="checkbox"/> Ovarian cancer
<input type="checkbox"/> Diabetes (type 2) *	<input type="checkbox"/> Prostate cancer *
<input type="checkbox"/> Eczema and skin problems *	<input type="checkbox"/> Respiratory congestion *
<input type="checkbox"/> Heart disease *	<input type="checkbox"/> Restless sleep *
<input type="checkbox"/> Hemorrhoids	<input type="checkbox"/> Rheumatoid arthritis (RA) *

Check the symptoms that you are experiencing:

<input type="checkbox"/> Bloating & gas *	<input type="checkbox"/> Raspy or "watery" voice
<input type="checkbox"/> Brain fog *	<input type="checkbox"/> Restless sleep *
<input type="checkbox"/> Chronic constipation *	<input type="checkbox"/> Runny nose *
<input type="checkbox"/> Chronic ear infections	<input type="checkbox"/> Sinus headaches *
<input type="checkbox"/> Clogged ears	<input type="checkbox"/> Sneezing attacks
<input type="checkbox"/> Colic infants	<input type="checkbox"/> Snoring
<input type="checkbox"/> Excess mucus/phlegm	<input type="checkbox"/> Sore throat
<input type="checkbox"/> Indigestion *	<input type="checkbox"/> Stomach cramps *
<input type="checkbox"/> Itchiness	<input type="checkbox"/> Stuffy head *
<input type="checkbox"/> Itching in ears	<input type="checkbox"/> Stuffy head upon waking
<input type="checkbox"/> Perianal sores	<input type="checkbox"/> Susceptibility to colds *
<input type="checkbox"/> Puffy face and puffy eyes	<input type="checkbox"/> Watery eyes

If you checked 1 condition or 2 or more symptoms, you should get tested for dairy / casein sensitivity.

Note: Symptoms and conditions with the * are related to gluten sensitivity as well, so it would be wise for you to also go gluten-free! Compare the * items with your checked boxes of the Gluten-Sensitivity Self-Test to see whether you need to follow the *Gluten-Free & Dairy/Casein-Free Lifestyle Path* or the *Grain-Free & Dairy/Casein-Free Lifestyle Path*.