

Gluten Sensitivity Self-Test (Level 2)

Check the conditions that you are experiencing:

- | | |
|---|--|
| <input type="checkbox"/> Addison's disease | <input type="checkbox"/> IBS - irritable bowel syndrome (chronic diarrhea or constipation) |
| <input type="checkbox"/> Bipolar or schizophrenia | <input type="checkbox"/> Idiopathic pulmonary fibrosis (IPF) |
| <input type="checkbox"/> Candida | <input type="checkbox"/> Intestinal cancers |
| <input type="checkbox"/> Celiac disease | <input type="checkbox"/> Intestinal permeability (leaky gut) |
| <input type="checkbox"/> Dementia | <input type="checkbox"/> Kidney failure |
| <input type="checkbox"/> Acid reflux - GERD (aka heartburn) | <input type="checkbox"/> Lupus |
| <input type="checkbox"/> Asperger's Syndrome | <input type="checkbox"/> Lymphoma |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Migraine headaches |
| <input type="checkbox"/> Autism | <input type="checkbox"/> Multiple sclerosis |
| <input type="checkbox"/> Autoimmune arthritis (rheumatoid arthritis, lupus, psoriatic arthritis, reactive arthritis, ankylosing spondylitis, Sjogren's) | <input type="checkbox"/> Osteoporosis or osteopenia |
| <input type="checkbox"/> Autoimmune hepatitis | <input type="checkbox"/> Parkinson's |
| <input type="checkbox"/> Cancers | <input type="checkbox"/> PCOS (polycystic ovary disease) |
| <input type="checkbox"/> Cerebellar ataxia | <input type="checkbox"/> Peripheral neuropathy |
| <input type="checkbox"/> Chronic fatigue syndrome | <input type="checkbox"/> Prostate cancer |
| <input type="checkbox"/> Cirrhosis of the liver | <input type="checkbox"/> Psoriasis |
| <input type="checkbox"/> Crohn's disease or ulcerative colitis | <input type="checkbox"/> Raynaud's syndrome |
| <input type="checkbox"/> Dental enamel defects | <input type="checkbox"/> Scleroderma |
| <input type="checkbox"/> Dermatitis herpetiformis* | <input type="checkbox"/> Suffer with frequent vertigo (dizziness) |
| <input type="checkbox"/> Diabetes (type 1 or type 2) | <input type="checkbox"/> Throat cancers |
| <input type="checkbox"/> Down's syndrome | <input type="checkbox"/> Thyroid disease |
| <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Trigeminal neuritis |
| <input type="checkbox"/> Fibromyalgia | <input type="checkbox"/> Turner's syndrome |
| <input type="checkbox"/> Hashimoto's thyroiditis | <input type="checkbox"/> Vitamin deficiencies (calcium, magnesium, zinc, A, D, K) |
| <input type="checkbox"/> Heart disease | <input type="checkbox"/> Vitiligo (depigmentation of skin) |
| | <input type="checkbox"/> White matter brain lesions |

If you checked any items on this page, then you should be tested for gluten sensitivity immediately!

*Dermatitis herpetiformis is a skin condition known to be caused by gluten.

If you have been diagnosed with this disease, you are gluten sensitive!

You should immediately follow the *Grain-Free & Dairy/Casein-Free Lifestyle Path*.

Note: If you don't see major improvements in the next 30 to 90 days, then add the "Chronic Inflammation" Exclude & Include Foods of the *Discovery Diet*.