

AM I GLUTEN SENSITIVE?

The following is a quick self test that you can use to help determine whether or not you are gluten sensitive. The best way to get the black and white answer however, is to have genetic testing performed. **If you circle four or more** of the symptoms below, ask your doctor if DNA testing is right for you.

Hormonal Symptoms

- Fatigue
- Inability to lose weight
- Difficulty falling asleep or staying asleep
- Infertility
- History of miscarriage or spontaneous abortion
- Menstrual problems - PMS
- Thyroid disease
- Diagnosis of hyperprolactinemia

Head & Nervous System

- Frequent headaches
- Sinus congestion
- Migraine Headaches
- Vertigo
- Ataxia
- Poor memory
- Difficulty recalling words
- Brain fog
- Poor concentration
- ADD or ADHD
- Depression
- Anxiety
- Neuropathy
- Irrational irritability
- Mood swings
- Restless leg syndrome
- Chronic Fatigue Syndrome
- Multiple Sclerosis
- Parkinson's

Skin Problems

- Fever blisters or mouth ulcers
- Skin rash
- Eczema
- Psoriasis
- Dermatitis Herpetiformis
- Vitiligo

Immune Symptoms

- Chronic urinary tract infections
- Chronic respiratory infections
- Asthma
- Vaginal, oral, or nail bed yeast infections

Muscle & Joint

- Frequent joint pains with or without activity
- Chronic muscle aches
- Migrating joint pain (without injury)
- Frequent muscle spasms (especially in the legs)
- Diagnosed with Fibromyalgia
- Diagnosed with autoimmune arthritis (RA, lupus, psoriatic arthritis, reactive arthritis, ankylosing spondylitis, Sjogren's)
- Bone pain
- Growing pains
- Osteoporosis or osteopenia

Gut Symptoms

- Craving baked goods (cake, cookies, brownies)
- Craving high sugar foods
- Frequent intestinal bloating or gas especially after eating
- IBS - irritable bowel syndrome
- Acid reflux - GERD (aka heartburn)box
- Indigestion
- Constipation
- Diarrhea
- Frequent nausea and or vomiting
- Difficulty gaining weight (children under the growth curve)
- Iron deficiency anemia

Other Internal Diseases

- Gall bladder problems
- Elevated liver enzymes
- Non alcoholic fatty liver
- Autoimmune hepatitis
- Lymphoma
- Platelet disorders



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Gluten Free Diet is Not a Trend

Because going on a gluten free takes a great deal of education and commitment, it is recommended that proper testing be performed to identify whether the diet is right for you. Remember going gluten free is not a trendy diet; it is a permanent lifestyle that should be taken very seriously as even small amounts of gluten exposure can cause problems. To accurately diagnose gluten sensitivity, the right lab test must be used.