

Food Reactions QUIZ



When you experience a food-specific IgG reaction or 'intolerance' to a particular food or drink, **the body can produce a variety of inflammatory responses** as it incorrectly identifies the ingredient as a threat.

Unlike allergic reactions, these immune responses can be delayed up to 72 hours and vary in severity, **affecting digestion, skin, joints, breathing, energy levels** and even **psychological health**.

You may be experiencing symptoms that you have never before connected to a possible food reaction!



Understanding your own personal food and drink intolerances, and the effects they could have on your health and wellbeing, is important to ensure you make the best possible choices for your diet and your first step to food freedom!

Food Reactions QUIZ

Please consider each of the following symptoms carefully.

If you experience at least **ONE** of the symptoms, it is **POSSIBLE** that food intolerance is a factor.

If you experience **TWO** of the symptoms, it is **LIKELY** that food intolerance is a factor

If you experience **THREE** or more symptoms it is **VERY LIKELY** that food intolerance is a factor.

Weight	Difficulty losing weight	<input type="checkbox"/>	Skin	Itchy or overly waxy ears	<input type="checkbox"/>
Low Energy	Fatigue	<input type="checkbox"/>		Ear Infections	<input type="checkbox"/>
	Lethargy	<input type="checkbox"/>		Frequent Coughs and Colds	<input type="checkbox"/>
Digestive	Bloating	<input type="checkbox"/>		Asthma	<input type="checkbox"/>
	Stomach Ache	<input type="checkbox"/>		Sinus Congestion	<input type="checkbox"/>
	IBS	<input type="checkbox"/>		Rhinitis	<input type="checkbox"/>
	Colitis	<input type="checkbox"/>		Hives	<input type="checkbox"/>
Neurological	Migraines	<input type="checkbox"/>		Eczema	<input type="checkbox"/>
	Headaches	<input type="checkbox"/>		Urticaria	<input type="checkbox"/>
	Anxiety	<input type="checkbox"/>		Psoriasis	<input type="checkbox"/>
	Depression	<input type="checkbox"/>		Acne	<input type="checkbox"/>
	Runny Nose	<input type="checkbox"/>	Joints	Aches and Pains	<input type="checkbox"/>
	Blocked Nose	<input type="checkbox"/>		Arthritis	<input type="checkbox"/>

3 Steps to Food Freedom

Step 1. **Complete the Food Reaction Quiz** and identify any likely symptoms related to possible food intolerances.

Step 2. **Book in for your complimentary 20 minute introductory food freedom consultation with me.** We will book a time to speak on the phone, I will review your symptoms and recommend the most suitable test for you.

Step 3. **Complete a Food Intolerance Test and receive results.** We will then discuss the range of support services I provide to help you understand the significance of the test results, implement a new eating plan and consider the best ways to support your journey to food freedom. With the right support, it is very possible that you will be able to re-introduce the 'problem' foods over time.
So identifying the foods you react to doesn't necessarily mean that you can never eat them again!