



## Gluten Questionnaire

Gluten intolerance has been found to be most common among people of Irish, English, Scottish, Scandinavian and Eastern European. Often times it is assumed that gluten intolerance is a food allergy, but it is not. It is actually an autoimmune process, which affects an alarming percentage of the population. The most significant symptoms are weight gain, fatigue and depression.

The following test is a diagnostic tool to help you to understand the symptoms and signs that are likely to go along with gluten intolerance.

### Do any of the following apply to you?

Yes	No	
_____	_____	Weight gain
_____	_____	Unexplained fatigue
_____	_____	Difficulty relaxing, feel tense frequently
_____	_____	Unexplained digestive problems
_____	_____	Female hormone imbalances,(PMS, menopausal symptoms)
_____	_____	Muscle and joint pain or stiffness of unknown cause
_____	_____	Migraine like headaches
_____	_____	Food allergies/sensitivities
_____	_____	Difficulty digesting dairy products
_____	_____	Tendency to over consume alcohol
_____	_____	Overly sensitive to physical and emotional pain, cry easily
_____	_____	Cravings for sweets, bread, carbohydrates
_____	_____	Tendency to overeat sweets, bread, carbohydrates
_____	_____	Abdominal pain or cramping
_____	_____	Abdominal bloating or distention
_____	_____	Intestinal gas
_____	_____	“Love” specific foods
_____	_____	Eat when upset, eat to relax
_____	_____	Constipation or diarrhea of no known cause
_____	_____	Unexplained skin problems/rashes
_____	_____	Difficulty gaining weight

**Have you suffered from any of the following conditions?**

<b>Yes</b>	<b>No</b>	
_____	_____	Allergies
_____	_____	Depression
_____	_____	Anorexia
_____	_____	Bulimia
_____	_____	Diabetes
_____	_____	Osteoporosis/bone loss
_____	_____	Iron deficiency/anemia
_____	_____	Chronic fatigue
_____	_____	Irritable bowel syndrome
_____	_____	Crohn's disease
_____	_____	Ulcerative colitis
_____	_____	Candida
_____	_____	Hypoglycemia
_____	_____	Lactose intolerance
_____	_____	Alcoholism

**Test Interpretation Guide (combine both sections)**

<u>Number of "Yes" Responses</u>		<u>Potential for Gluten Intolerance</u>
4 or less	=	Not likely
5 – 8	=	Suspected
9 or more	=	Very likely