



## 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 or 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		

<b>Have you suffered from any of the following conditions?</b>	<b>Yes</b>	<b>No</b>
Allergies		
Depression		
Anorexia		
Bulimia		
Rosacea		
Diabetes		
Osteoporosis/bone loss		
Iron deficiency/anemia		
Chronic fatigue		
Irritable bowel syndrome		
Crohn's disease		
Ulcerative colitis		
Candida		
Hypoglycemia		
Lactose intolerance		
Alcoholism		

<b>Test Interpretation Guide (combine both sections) Number of "Yes" Responses</b>	<b>Potential for Gluten Intolerance</b>	
4 or less	=	Not likely
5 - 8	=	Suspected
9 or more	=	Very likely