

## Assessing Your Risk of Food Sensitivity

You can use the table below to initially assess your food sensitivity risks. If symptoms persist long term, please seek medical help before treating your symptoms.

\* This assessment is not a substitute for proper medical testing. It is for reference only by qualified medical professionals and does not apply to the treatment, diagnosis or alleviation of any disease or physical condition.

**Are you often troubled by the following symptoms? (more than three times a week)**

### Part I: Digestive symptoms

Symptoms	no	yes
1. Abdominal bloating	0	2
2. Abdominal pain / stomach pain / abdominal cramps	0	2
3. Snoring after eating specific foods	0	1
4. Difficult to gain weight / lose weight	0	1
5. Acid reflux / nausea	0	2
6. Aeronautical otitis media (air pressure damage caused by rapid changes in air pressure)	0	2
7. Problem with the gall bladder (difficult to digest the fat)	0	1
8. Hemorrhoids / anal itching	0	2
9. Constipation / diarrhea	0	2
10. Enteropathy	0	2
11. Ear itching / redness	0	2
12. Metallic taste in the mouth.	0	2
13. Thrush / AIDS (oral Candida infection)	0	2
14. Sinusitis / runny nose / often sneeze	0	2
15. Edema	0	1
Part I Score	<b>/ 26</b>	

**Part II: Mind, mood and nervous system symptoms**

<b>Symptom</b>	<b>no</b>	<b>yes</b>
1. Problems with addiction	0	1
2. Attention Deficit Hyperactivity Disorder (ADHD)	0	2
3. Behavioral problems	0	2
4. Mind goes blank/ cannot think of correct word, rambling	0	2
5. Blurred vision	0	2
6. Dizzy / clumsy	0	2
7. Dark circles	0	2
8. Frustrated / emotional	0	1
9. Migraine / dizziness	0	2
10. Dyslexia / handwriting changes	0	2
11. Irritability / restlessness	0	1
12. Heavy and swollen head	0	1
13. Always want to eat	0	2
14. Insomnia	0	1
15. Irritability	0	1
16. No goals / no motivation	0	1
17. Anxiety/panic disorder	0	1
18. Day dreaming / difficulty in concentration	0	2
19. Palpitations / pulse is too fast	0	1
20. Restless Leg Syndrome	0	2
21. Stress	0	1
22. Ringing or buzzing in the ear	0	2
23. Thoughts are confused / abnormally unable to make decisions	0	2
24. Forgetfulness	0	1
<b>Part II Score</b>	<b>/ 37</b>	

### Part III: Obvious physiological symptoms

Symptom	no	yes
1. Feeling weak and fatigue often	0	1
2. Muscles and joints feel sore without cause	0	2
3. Panting or shortness of breath	0	1
4. Chronic infection	0	1
5. Eczema	0	2
6. Unexplained rash / skin itching	0	2
7. Fibromyositis (diagnosis results by doctor or therapist)	0	2
8. Joint pain/rheumatoid arthritis	0	2
9. Acne (not caused by hormones)	0	1
10. Psoriasis	0	2
11. Rough and dry skin	0	1
<b>Part III Score</b>	<b>/17</b>	

#### Data analysis

Your total score is: \_\_\_\_ points

The higher the score, the higher the risk of food sensitivity. You may need to be more careful about your diet and be aware of chronic food reactions.

Score	0-7	8-12	13-22	23-30	31-43	>44
Risk Level	Very low	Low	Moderate	Slightly higher	High	Extremely high
Advice	You should pay attention to your diet and avoid repetitive diet.			It is recommended to seek medical professionals to review the possibility of food sensitivity and improve symptoms.		

\*Reference source: Anthony Haynes, Annette Seville (original), Lai Mengyi (translation) (2013). The Food Intolerance Bible, first edition, Taipei: Capital Publishing House. Kwong., HY, Lau., KM, Chan., CH. (2018). The Food Sensitivity Handbook, first edition, Hong Kong: Hong Kong Preventive Medicine Association.

\*\* This questionnaire is for educational purposes only and is not intended to diagnose, treat or cure any diseased use, nor does it replace any doctor's diagnosis. If you have any health problems, please consult your family doctor.