

Gluten intolerance 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. Most chronic diseases have an autoimmune component inherent in the disease process.

The following questionnaire is an assessment tool to help you to understand the symptoms and signs that are likely to go along with gluten intolerance.

Do any of the following currently apply to you? Not necessarily in the moment, but **during this time of your life. Check the ones pertain to you:**

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

Check any of the following conditions if you have at any point in your life:

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Iron deficiency/anemia |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Candida |
| <input type="checkbox"/> Anorexia | <input type="checkbox"/> Hypoglycemia |
| <input type="checkbox"/> Bulimia | <input type="checkbox"/> Lactose intolerance |
| <input type="checkbox"/> Rosacea | <input type="checkbox"/> Alcoholism |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Osteoporosis/bone loss |

Test Interpretation Guide (combine both sections) for total number of checked Responses: _____

Potential for Gluten Intolerance

4 or less = Not likely

5 – 8 = Suspected

9 or more = Very likely