

# Symptom/Diet Checklist

## Behavior, Cognition, and Mood

- Hyperactivity
- Inattention
- Irritability
- Aggression
- Inappropriate laughter
- Foggy thinking
- Language/speech impairments
- Headbanging/self-injury
- Defiant behavior
- Depression
- Poor sociability
- Anxiety
- Emotional sensitivity/crying
- Impulsivity
- Visual and/or auditory processing
- Hallucinations
- OCD

## Physical

- Red cheeks and ears
- Dark circles under eyes
- Urinary accidents/ incontinence/Bedwetting
- Tics
- Stimming
- Poor coordination/gross motor skills
- Congestion
- Runny nose
- Sleep apnea
- Environmental allergies/Hayfever
- Seizures

## Digestive

- Diarrhea
- Constipation
- Gas/Bloating
- Digestive pain
- Remaining digestive issues on gluten-free/dairy-free diet
- Sandy Stools
- Black specs in stool
- Candida overgrowth (yeast infections, nail fungus, athlete's foot)
- SIBO

## Pain/Inflammation

- Headache
- Migraine headaches
- Hives

- Skin rashes, itchy skin, eczema or psoriasis
- Asthma
- Burning eyes/Eye poking
- Burning feet
- Pain with urination
- Pain/inflammation
- Insensitive to Pain

## Cellular/Metabolic

- Oxidative stress/Inflammatory markers
- Sleeping disturbances - wakes at night
- Difficulty falling asleep
- Hunger regulation imbalance/Obesity
- Fatigue
- Cloudy urine
- Crystals in dried urine
- Low muscle tone
- Decreased mitochondrial function
- Low thyroid function
- Blood sugar imbalance
- Family or person history of kidney stones
- Vulvodynia
- Interstitial cystitis

## Food

### Addition/craving or a diet particularly high in:

- Gluten:Wheat, rye, barley, etc.
- Dairy/Casein
- Grains & starches
- FODMAPS: onion, cabbage, beans
- Salicylates: Berries, grapes, apples, herbs
- Amines: Chocolate, bone broths, sauerkraut, red wine, bananas
- Glutamates: MSG, soy sauce, parmesan
- Oxalate: Spinach, nuts, beans, swiss chard, chia seeds

### A suspected reaction to:

- Gluten: Wheat, rye, barley, etc.
- Dairy/Casein
- Grains & starches
- FODMAPS: onion, cabbage, beans
- Salicylates: Berries, grapes, apples, herbs
- Amines: Chocolate, bone broths, sauerkraut, wine
- Histamine intolerance
- Glutamates: MSG, soy sauce, parmesan
- Oxalate: Spinach, nuts, beans, swiss chard, chia seeds

Name \_\_\_\_\_