



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. Please be brutally honest!

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

Have you suffered from any of the following conditions?

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

Test Interpretation Guide (combine both sections)

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