



IT'S ALIMENTARY!

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Symptom Checklist for Failsafe and Feingold Diets

Symptoms that may be caused by additives, salicylates, or amines

Please circle appropriate descriptors.

Digestive System

Stomachache

Nausea

Bad breath

Diarrhea

Constipation

Bloating

Flatulence

Acid reflux

Soiling

Incomplete evacuation

Weakness or faintness after or between meals

Mood

Anxiety, agitation

Depression

Panic attacks

Self-injury

Suicidal thoughts

Mood swings

Unhappiness

Cries easily

Annoyed easily, irritable

Tantrums or outbursts

Overreacts to small incidents

Nervousness; panics easily

Low self-esteem

Bladder

Bed-wetting
Day wetting
Urinary urgency
Pain upon urination
Cystitis in bladder

Mind and Memory

Vague, "spacey"
Poor auditory memory
Poor visual memory
Poor short-term memory
Poor spatial orientation (up/down, right/left)
Difficulty reading
Difficulty understanding
Easily Bored

Nervous System

Headaches
Migraines
Tinnitus (ringing or other noises in ear)
Dizziness or a sense of spinning
Temporary deafness
Unexplained tiredness
Hypersensitivity to sound, light, touch, pain
Pins and needles sensation
Seizures

Attention Span

Easily distracted
Easily frustrated
Impatient; unable to wait
Difficulty completing tasks or projects
Inability to follow directions
Forgetful
Difficulty concentrating
Lack of motivation
Disorganized

Impulsive Behavior

Throws, breaks things
Excessive talking (empty chatter)
Little recognition of danger to self or others
Interrupts
Unpredictable behavior

Compulsive behavior

Persists; can't stop activities easily (workaholism in adults)
Chews on clothes, objects
Compulsive touching of people, clothes, objects
Picks at skin, scratches
Head banging
Hand flapping
Rocking, spinning, or other calming/stimulating behaviors

Overactive Behavior

Can't sit still; wriggles hands, feet, legs
Runs instead of walking
Falls out of chairs

Oppositional Behavior

Argumentative
Uncooperative; constantly says "no"
Breaks rules
Blames others
Deliberately annoys or jabs at others
Destructive behavior
Demanding

Muscular-skeletal System

Low muscle tone
Muscle pain (myalgia)
Tremors, tics (involuntary movements)
Joint pain
Joint swelling
Gout

Neural-Muscular Coordination

Poor handwriting
Poor fine motor coordination: poor drawing, crafts
Poor gross motor coordination
Accident-prone

Speech Patterns

Loud voice (no volume control)
Poor articulation--hard to understand
Speech delay
Stuttering
Vocal tics
Silly noises
Hums constantly

Skin

Eczema, hives, or other rashes
Cradle cap
Swelling of lips, eyelids
Itching
Anal ring
Flushing of face, ears
Thrush
Excessive sweating or body odor
Dark circles
Pale face

Respiratory

Asthma
Asthmatic cough
Blocked or runny nose or sinuses
Throat clearing
Snoring
Nose bleeds
Sinus headache
Frequent tonsillitis, colds, flu

Eyes

Weak visual acuity
Involuntary movements
Squint (strabismus)

Ears

Frequent ear infections or earaches
Glue ear

Heart

Rapid heart beat
Heart palpitations
Arrhythmias

Sleep

Resists going to bed
Difficulty falling asleep
Restless sleep
Nightmares, bad dreams

Social behaviors

Difficulty making friends
Unaware of social cues