



## **Possible Symptoms of Food Allergies/Intolerances**

Adverse reactions to foods or beverages can be as subtle as a runny nose or as dramatic as severe depression. If you experience any of the following symptoms, you may have a food allergy/intolerance.

- rapid pulse after eating
- gas and bloating
- abdominal discomfort
- constipation
- diarrhea
- skin rashes, eczema, hives
- tired after eating
- mood swings
- swelling of body features
- headaches
- irritability, nervousness, depression
- sneezing, runny nose, nasal congestion
- upper respiratory congestion
- recurrent 'colds'
- hot flashes
- miscellaneous aches and pains for no apparent reason
- if you have severe cravings for any type of food, you may be addicted to the food contributing to your condition

If you are experiencing any of the above signs or symptoms be sure to bring this to your Health Coach's™ attention so that he/she may explain to you the steps involved in identifying and rectifying these challenges.

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