Special Diet Self- Assessments

Please place a checkmark next to the symptoms below IF it applies to your/your child and take a picture/fax/scan this back to me. I will use this in our discussion about diets.

* Hyperactivity
* Irritability
* Aggression
* Inappropriate laughter
* Foggy Thinking
* Headbanging/Self-injury
* Depression
* Socialbility
* Defiant behavior
* Hunger regulation
* Obesity
* Addiction to foods
* Language impairments
* Red cheeks and ears
* Dark circles under the eyes
* Urinary accidents/incontinence/Bedwetting
* Hives
* Skin rashes or itchy skin
* Eczema or psoriasis
* Asthma
* Tics
* Stimming
* Diarrhea
* Constipation
* Gas
* Digestive Pain
* Stimming
* Black specs in stool
* Sandy stools
* Headaches
* Asthma
* Pain/Inflammation
* Oxidative Stress
* Fatigue
* Sleeping Disturbances
* Self-injury
* Obsessive Compulsive
* Gut inflammation
* Eye Poking
* Pain behind Eyes
* Frequent Urination
* Pain when urinating
* Low muscle tone
* Sandy stools
* History of kidney stones
* Blood sugar imbalance
* Black specs in stool
* Burning feet
* Itchy skin (nose, eyes, ears)
* Tissue swelling
* Heart racing
* Symptoms resembling panic attack
* Chest pain
* Nasal congestion
* Runny nose
* Seasonal allergies
* Irritated, watery, reddened eyes
* Fatigue, confusion, irritability
* Loss of consciousness lasting for 1-2 seconds
* Digestive upset, heartburn, indigestion, reflux