

**5 SIGNS**

**YOU HAVE**

**A FOOD**



**FOOD  
SENSITIVITY  
SOLUTIONS™**

**SENSITIVITY**

# 5 SIGNS YOU HAVE A FOOD SENSITIVITY

*"One man's food is another man's poison"* is a familiar and centuries old saying which simply states that different people can have very different reactions to exactly the same food. Did you know that at least 30% of us will experience one or more episodes of some kind of food sensitivity during our lifetime? And 9 times out of 10, those with food sensitivities don't realize that their symptoms are related to the foods they're eating on a daily basis.

**Watch out for these 5 warning signs of food sensitivities and get on the right tract to good health!**

## 1. You Suffer from Migraines and Recurrent Headaches

A study reported in *The Lancet* found that when sensitive foods were eliminated from the diets of migraine sufferers as many as 93 percent of them found relief (1). Foods that triggered migraines varied greatly and included wheat, oranges, eggs, tea, coffee, chocolate, beef, corn and sugar.

And in a study published in 2010, a six-week long diet restriction produced a statistically significant reduction in migraines (2).

## 2. You Get a Stomach Ache after Everything You Eat

Irritable Bowel Syndrome (IBS) is a diagnosis for a group of symptoms including stomach cramps, bloating, nausea, diarrhea and/or constipation and flatulence. About 10-15 percent of Americans suffer from IBS, experiencing a range of mild to severe symptoms that can be physically and emotionally debilitating (3). A recent clinical study from the UK found evidence that food sensitivity testing is vital to assessing and reducing painful symptoms for sufferers of IBS (4).

## 3. You Experience Joint Pain and Arthritis

The association with various food sensitivities, joint pain and arthritic conditions have been known for some time (5, 6). In some individuals, the elimination of nightshade plants from the diet can help control the symptoms of arthritis (7). These plants include potato, tomato, eggplant, tobacco, and all kinds of peppers except black peppers.

#### 4. [Seasonal Hay Fever Seems to Last All Year Long](#)

Runny nose, itchy eyes and sinus congestion are all signs of seasonal hay fever, but if you find that you have these symptoms most of the year, you could be dealing with a hidden food sensitivity (8).

#### 5. [Your Health Isn't What It Used to Be](#)

Despite your best efforts, you still deal with some annoying health issues. Symptoms like acne, eczema, bags under your eyes, low energy, irritable bowel, constipation, anxiety, and insomnia. You tell yourself that these are just signs of getting older, but you have a feeling there is something else going on. General inflammation resulting from undiagnosed food sensitivities may be the culprit.

#### **Looking for Relief?**

**With testing and the right nutrition prescription, you can get relief from these symptoms in as little as 2-weeks! Our team of licensed, board certified Registered Dietitian Nutritionists (RDNs) can help.**

Learn more at [www.foodsensitivitysolutions.com](http://www.foodsensitivitysolutions.com)



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