DELAYED FOOD SENSITIVITY PROGRESS WORKSHEET

Indicate a numeric value from 1-10 for all the symptoms experienced. 1- Seldom occurring or barely existing and 10 - daily or unbearable.

Patient Name: _____ **Date:** _____ **Date:** _____ **Date:** _____

Initial	2wks	6wks	3mos	**Musculoskeletal**
				Rheumatoid arthritis
				Osteoarthritis, degenerative arthritis
				Degenerative joint disease-many sites
				Arthritis
				Muscle or bone pain, migratory
				Tendonitis, NOS, migratory
				Fibromyalgia, Myalgia
				Other auto-immune disease - Lupus, etc.
				Ear, Nose & Throat
				Chronic serous otitis media
				Chronic tubotympanic catarrh
				Chronic mucoid otitis media glue ear
				Dysfunction of eustachian tube, fluid in ear
				Frequently clear throat
				Acid Reflux - frequent sore throat
				Bad breath
				Metallic taste in mouth
				Hoarseness - intermittent
				Sinus and nasal polyps
				Chronic sinusitis
				Allergic rhinitis thick mucus
				Canker sores in mouth
				Gastrointestinal
				Acid reflux
				Gastritis - ulcers
				Heartburn - hyperacidity
				Nausea or vomiting, allergic
				Crohn's Disease
				Colitis
				Constipation
				Heartburn

Initial	2wks	6wks	3mos	
				Irritable bowel syndrome
				Diarrhea
				Ulcerative Colitis
				Bloating, flatulence and gas pain
				Colic in Infants
				Genitourinary
				Cystitis - interstitial cystitis
				Enuresis (bed wetting) in children
				Vaginal itching or discharge
				Yeast infections, chronic
				PMS, fluid retention
				Dermatologic
				Eczema intrinsic atopic
				Dermatitis, teenage and adult acne
				Acne Rosacia, red nose and cheeks
				Psoriasis - non-genetic
				Rash or hives urticaria
				Neurologic
				Migraine headaches classic or common
				Cluster headaches
				Tension or sinus headaches
				Insomnia or sleep apnea
				Depression
				Fatigue or sluggishness after meals
				Anxiety or irritability
				ADD, hyperactivity
				Behavior problems in children
				Quick temper or impatient, forgetful
				Inability to focus - mental confusion
				Autism - ASD Asperger's