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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
- heartburn
- weight gain
- skin rashes, eczema, hives
- tired after eating
- swelling of body features
- headache
- insomnia
- poor memory
- irritability, nervousness, depression
- hyperactivity
- sneezing, runny nose, nasal congestion
- upper respiratory congestion
- frequent clearing of throat
- canker sores
- ringing in ears
- ear infections
- hay fever
- excessive mucous
- recurrent 'colds'
- hot flashes
- chronic infections
- aches and pains for no reason
- binge eating
- if you have severe cravings for any type of food, you may be addicted to the food contributing to your condition