



DR. TAZ ^M_D

DO YOU HAVE A FOOD ALLERGY OR INTOLERANCE?

YOU MIGHT HAVE A THYROID ISSUE IF:	YES	NO
Do you bloat after eating?		
Do you have constipation or diarrhea?		
Do you suffer from asthma, eczema or allergies (even seasonal)?		
Do you have unexplained episodes of abdominal pain?		
Do you suffer from brain fog or attention issues?		
Do you have unexplained mood disorders, including anxiety and depression?		
Have you battled unexplained infertility?		
Do you have joint pain or joint swelling?		
Do you have more than 3 illnesses per year?		
Do you have a persistent "yellow" coated tongue?		
SCORE:		

SCORING GUIDE

6 to 10 Yes Please get checked for food allergies and intolerances

3 to 5 Yes May have a food allergy or intolerance

0 to 2 Yes It's not as likely that you have a food allergy or intolerance.

* This quiz is for informational purposes only and is not a substitute for medical advice, diagnosis or treatment.