

Gluten Intolerance/Sensitivity Questionnaire

Let's explore the condition known as gluten intolerance, which may be either obvious or subclinical, also called "hidden. There are often no obvious symptoms that would direct a doctor or patient to suspect gluten intolerance. As a result, this condition often goes undiagnosed or misdiagnosed. Many people suffer from health issues related to subclinical gluten intolerance without understanding the true cause of their problems.

If you have at least 3 of the following symptoms, chances are you are gluten intolerant and/or suffer from food sensitivities. You may also benefit from a gluten free diet, and/or testing for gluten or food sensitivities:

1. Recurrent mouth ulcerations, canker sores or red, swollen, painful tongue.
2. Abdominal pain or cramping.
3. Pain around the navel, intensified by eating.
4. Abdominal distention or bloating.
5. Diarrhea of an unexplained cause.
6. Constipation or hard stools due to an unexplained cause.
7. Stools which are pale in color, soft, bulky, floating, or difficult to flush.
8. Intestinal gas or flatulence.

9. Foul smelling, frothy stools, often with excess fat droplets or globules.
10. Bloody or black, tarry stools of unknown cause.
11. Nausea and vomiting of unknown cause.
12. Unintentional progressive weight loss or gain.
13. Depressed mood, often with irritability for no apparent reason.
14. Bone pain or tenderness.
15. Joint pain or tenderness.
16. Migraine like headaches.
17. Itchy, blistering skin rash.
18. Internal hemorrhaging or easy bruising for no apparent reason.
19. Bone loss or osteoporosis.
20. Family history of degenerative disease.

For further information on gluten intolerance or food sensitivities, visit our web site at www.drstevenross.com or contact our office for a free 15 minute consultation with Dr. Ross by calling 1-481-1131.

Additional resources are available at www.glutenfreemall.com.