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a12. TWENTY WAYS to Check for Food Reactions

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You may have one, two, or more of these symptoms if you have a food problem.

1. Low Back hurts when lying flat on back or on stomach and there has been no injury. (You blame it on back strain.)
2. You wake up with low back pain even though you are relaxed and there has been no injury. (You blame it on arthritis.)
3. You wake up with neck pain even though you are relaxed and there has been no injury. (Arthritis is blamed.)
4. Some nights in bed, the pain is worse, some nights it is better for no known reason.
5. A painful joint, that has pain, come and go, is painful now. (Someone may have said it is arthritis.)
6. A joint that is not normally painful, or rarely painful, now aches, but only a little bit.
7. Sharp fast pains (3-10 second) come and go in unusual locations for no apparent reason.
8. Your abdomen is tender in places when pressing on it.
9. The nose is plugged up, runny, or stuffy, more than the day before but you have no cold or flue.
10. You don't feel alert but feel like you are in a fog with cloudy thinking and inability to concentrate.
11. The intestines ache a little, off and on, and it travels from one side of the abdomen to the other.
12. You have loose bowel movements but do not have the flue.
13. You have constipated bowel movements. (Firm too hard, and difficult to pass without straining.)
14. You have haemorrhoids or other blood in the stools or on toilet tissue.

15. Fingers feel swollen or tight when making a fist in the morning upon awakening.
16. There is increased itching of the skin in many unusual locations.
17. Skin comes up into wide red areas when scratching an itch.
18. You have many tender points on your body that hurt when pressed on.
19. More tiredness or fatigue in the morning upon awakening than usual, but for no reason. (There has been no late-night loss of sleep, alcohol intake, or medications.)
20. Tiredness or fatigue, comes on in the day even though you slept a lot the night before.

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