



## Are food intolerances sabotaging your health?

**Up to 50% of people suffer with hidden food intolerances** that leave them feeling bloated and uncomfortable, lacking in energy and unable to lose weight despite a generally healthy diet.

**Could this be what is happening for you?** In just a couple of minutes you will find out how likely it is that your symptoms are linked to food intolerance, then discover how you can take the first steps to finding a solution.

Unlike allergic reactions, these immune responses can be delayed up to 72 hours and vary in severity, **effecting digestion, skin, joints, respiration, energy levels** and even **psychological health**.

When you experience a food-specific IgG reaction or 'intolerance' to a particular food or drink, **the body can produce a variety of inflammatory responses** as it incorrectly identifies the ingredient as a threat.

You may be experiencing symptoms that you have never before connected to a possible food reaction!



Understanding your own personal food and drink intolerances, and the effects they could have on your health and wellbeing, is important to ensure you make the best possible choices for your diet and your first step to food freedom!

# Food Reactions QUIZ

Please consider each of the following symptoms carefully.

If you experience at least **ONE** of the symptoms, it is **POSSIBLE** that food intolerance is a factor.

If you experience **TWO** of the symptoms, it is **LIKELY** that food intolerance is a factor

If you experience **THREE** or more symptoms it is **VERY LIKELY** that food intolerance is a factor.

<b>Weight</b>	Difficulty losing weight	<input type="checkbox"/>	<b>Neurological</b>	Itchy or overly waxy ears	<input type="checkbox"/>
<b>Low Energy</b>	Fatigue	<input type="checkbox"/>		Ear Infections	<input type="checkbox"/>
	Lethargy	<input type="checkbox"/>		Frequent coughs and colds	<input type="checkbox"/>
<b>Digestive</b>	Bloating	<input type="checkbox"/>		Asthma	<input type="checkbox"/>
	Stomach Ache	<input type="checkbox"/>		Sinus Congestion	<input type="checkbox"/>
	IBS	<input type="checkbox"/>		Rhinitis	<input type="checkbox"/>
	Colitis	<input type="checkbox"/>		Hives	<input type="checkbox"/>
<b>Neurological</b>	Migraines	<input type="checkbox"/>		Eczema	<input type="checkbox"/>
	Headaches	<input type="checkbox"/>		Urticaria	<input type="checkbox"/>
	Anxiety	<input type="checkbox"/>	<b>Skin</b>	Psoriasis	<input type="checkbox"/>
	Depression	<input type="checkbox"/>		Acne	<input type="checkbox"/>
	Runny Nose	<input type="checkbox"/>	<b>Joints</b>	Aches and Pains	<input type="checkbox"/>
	Blocked Nose	<input type="checkbox"/>		Arthritis	<input type="checkbox"/>

## TAKE ACTION TODAY

Book your complementary 20-minute introductory food freedom consultation with Helen at [www.feelamazing.co.uk](http://www.feelamazing.co.uk) to discuss your best options for testing.