

Common Symptoms of Hidden Food Allergies

CHRONIC AILMENTS

The following chronic ailments are some of the more common reactions to cytotoxic exposures. This list is compiled from detailed medical records covering thousands of patients since 1930. These reactions are often removed by avoiding the offending items, and can be returned by re-exposing yourself.

There are some other causes for the following symptoms; however, cytotoxic reactions and related hidden food and chemical allergies are the most common and should be the first area tested. It is possible to have some food allergies and not have recognizable symptoms.

If you have had or are having one or more of the following symptoms, it may get worse during the first week on the Q.L. Program as you go through withdrawal. Some symptoms leave slowly, some fluctuate, some leave rapidly.

Examples of Chronic Physical Symptoms

Head

Headache, Sinus headache, Migraine headache, Faintness, Dizziness, Feeling of fullness in the head, etc.

Eyes, Ears, Nose & Throat

Dark circles under the eyes, Swelling around eyes, Pain in eyes, Watery eyes, Red bloodshot eyes, Dilated pupils, Blurring of vision, Runny nose, Stuffy nose, Bloody nose, Excessive mucous formation, Hay fever, Sneezing, Ringing in the ears, Ear ache, Fullness in the ears, Fluid in the middle ear, Hearing loss, Recurrent ear infections, Itching ear, Ear drainage, Sore throats, Swollen tonsils, Frequent "colds", Chronic cough, Gagging, Canker sores, Itching of the roof of the mouth, Recurrent sinusitis, etc.

Heart & Lungs

Palpitations, Decreased heart rate, Low blood pressure, Rapid heart rate (tachycardia), Asthma, Congestion in the chest, Yawning, Hoarseness, etc.

Blood

Damaged and killed white blood cells, Low white blood cell count, Damaged or killed red blood cells, Blood sludging (rouleaux formation), Low red blood cell count, Enlarged red blood cells, Platelet clumping, Low percentage of segmented neutrophils (one type of white blood cell), Increased eosinophils and basophils (types of white blood cells), Low blood sugar (hypoglycemia), High blood sugar, Diabetes, Increased blood enzyme levels (LDH, SGOT, and SGPT), High acid level of the blood (causing loss of bone calcium and mineral loss from organs and tissues), etc.

Glands

Low thyroid levels, Low testosterone levels, Depressed pancreatic activity (thus low alkaline production and low digestive enzyme production), Depressed or excessive sexual drive, Depressed adrenal function, etc.

Mouth

Bleeding gums, Sore tongue, Coated tongue, Bad breath, Cracked lips, Swollen lips, Ulcerations, Loose teeth, etc.

Gastrointestinal

Stomach ache, Acid indigestion, Continually swollen stomach, Cramps, Ulcers, Nausea, Vomiting, Bloating after meals, Heartburn, Belching, Spastic colitis, Ulcerative colitis, Celiac disease, Flatulence (passing gas), Feeling of fullness in the stomach long after finishing a meal, Diarrhea, Constipation, Rectal mucous, Abdominal pains or cramps, Appendicitis, Malabsorption, etc.

Skin

Hives, Rashes, Dandruff, Hair loss, Eczema, Psoriasis, Dermatitis, Pallor, Pimples, Acne, Dark circles under eyes, Bags under eyes, Swelling, etc.

Other Symptoms

Chronic fatigue, Chronic muscle fatigue, Sleepy after meals, Insomnia, Compulsive eating, Overweight, Fear of eating, Malabsorption, Underweight, Weakness, Muscle aches and pains, Muscle spasms, Multiple sclerosis, Twitching, Stiffness, Joint aches and pains, Arthritis, Swelling of the hands, feet, or ankles, Phlebitis, Cold hands and feet, Restless leg syndrome (continuous movement), Urinary tract symptoms (Pain, Frequency, Night urination, Bed wetting), Cystitis, Kidney failure (nephrosis), Rectal itching, Vaginal inflammation, Sea sickness, Motion sickness, Chills, Sweats, Thirsty after meals, Back pain, etc.

Examples of Chronic Mental Symptoms

Anxiety, Excessive talking, Fear, Depression, Crying, Aggressive behavior, Delusions, Hallucinations, Schizophrenia, Irritability, Mental dullness, Poor concentration, Poor self control, Poor memory, Mental lethargy, Confusion, Excessive daydreaming, Juvenile and adult hyperactivity, Juvenile and adult delinquency, Seizures, Epilepsy, Restlessness, Learning disabilities, Poor work habits, Slurred speech, Stuttering, Inability to concentrate, Indifference, Poor coordination, Compulsive behavior, Anorexia nervosa, Continuing desire for tobacco or alcohol, Drug addiction, Being highly stressed, Sluggish in the morning, etc.

Winer Wellness Center
2419 Baldwin Road
Pittsburgh, Pa 15205

www.drjameswiner.com
www.painreleaseclinic.com

SOME SYMPTOMS OR CONDITIONS CAUSED BY ALLERGY SENSITIVITIES

I. SKIN

1. Acne
2. canker sores
3. dark circles under eyes
4. dermatitis
5. eczema
6. hives
7. itching
8. pale color not due to anemia
9. psoriasis
10. skin reddening

II. HEADACHE

11. various kinds including migraine

III. EYE CONDITIONS

12. conjunctivitis
13. eye pain
14. periods of blurred vision
15. sensitivity to light
16. tearing
17. temporary refractive changes

IV. EAR CONDITIONS

18. hearing loss
19. infections
20. inflammation
21. Meniere's syndrome
22. noises in ear
23. repeated ear trouble

V. CARDIOVASCULAR

24. angina
25. high blood pressure
26. irregular heartbeat
27. low blood pressure
28. rapid pulse

VI. GASTROINTESTINAL

29. constipation
30. diarrhea
31. gall bladder pains
32. gas
33. gastric ulcer
34. gastro-intestinal bleeding
35. heartburn
36. hemorrhoids
37. indigestion
38. mucous colitis
39. nausea
40. pains or cramps
41. nervous stomach
42. spastic colon
43. vomiting

VII. RESPIRATORY

44. asthma
45. chronic rhinitis
46. coughing
47. frequent "colds"
48. hay fever
49. mouth breathing
50. nosebleeds

51. post nasal discharge

52. sinusities

53. stuffy nose

54. wheezing

VIII. UROLOGICAL

55. bed wetting

56. frequent night urination

57. frequent urination

58. painful or difficult urination

59. difficult or painful urination

IX. MUSCULAR - SKELETAL

60. arthritis

61. joint pains

62. muscle cramps

63. muscle spasms

64. muscle weakness

X. MENTAL - BEHAVIORAL

65. anxiety

66. delusions

67. depression (including psychotic)

68. dizzy spells

69. drowsiness

70. epilepsy

71. floating sensations

72. general fatigue

73. hallucinations

74. hyperactivity

75. insomnia

76. irritability

77. learning disorders

78. minimal brain dysfunction

79. nervousness

80. periods of confusion

81. phobias

82. poor concentration

83. poor memory

84. poor muscle coordination

85. restlessness

86. schizophrenia

87. sleeps at inappropriate times

88. sleeps too little

89. sleeps too much

90. tension-fatigue syndrome

91. unsteadiness

XI. OTHER

92. abnormal body odor

93. diabetes

94. excessive sweating

95. general weakness

96. hypoglycemia

97. night-sweating

98. overweight

99. underweight

100. virus infections