

Biomarker screening

SCORE using the following:

- 0 = never / almost never
- 1 = Sometimes, minor symptoms
- 2 = Sometimes, severe symptoms
- 3 = often, minor symptoms
- 4 = Often, severe symptoms

Transfer Total score from each section (16 sections) to document "summary" save this in your computer, you will fill in again and compare scores.

1.Stomach	Before quitting Sugar/flour Date;	After 10 days Date;	After 3 weeks Date:	After 3 months Date;
Nausea/ vomiting				
Diarrhea				
Constipation				
Bloated/ swollen stomach				
Belching, passing gas				
Acid reflux, gastritis, heartburn				
Stomach/ intestinal pain				
Other				
Total				
2.Ears				
Itching ears				



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Ear infections				
Fluid in the ears				
Ringing, tinnitus				
Hearing impaired, non age-related				
Other				
Total				
3. Emotional				
Mood swings				
Anxiety, fears, nervousness				
Anger, irritability, aggressive				
Depression, feeling low				
Apathy				
Other				
Total				
4. Energy, Activity				
Fatigue, sluggishness				
Lethargic				
Hyperactive				
Restless				
Other				
Total				
5. Eyes				
Watery, itchy eyes				



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Swollen red sticky eyelids				
Bags or dark circles around the eyes				
Periods of unexplained poor vision				
Other				
Total				
6. Head				
Headache				
Dizziness				
Fainting				
Other				
Total				
7. Sleep				
Difficulty falling asleep				
Restless sleep				
Wake up during the night				
Wake up early				
Hard to wake up in the morning				
Other				
Total				
8. Heart				
Irregular pulse				
Skipped heartbeats				



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Quick heavy pulse				
Chest pains				
Other				
Total				
9. Joints, Muscles				
Aches, pains in the joints				
Arthritis, joint inflammation				
Stiffness, limited movement in joints				
Aches, pains in muscles				
A feeling of tiredness, weakness in muscles				
Lactic acid in the muscles without effort				
Other				
Total				
10. Lungs				
Congestion in the chest (heavy in the chest)				
Asthma, bronchitis				
Shortness of breath, wheezing				
Breathing difficulties				
Other				
Total				
11. Mind				
Poor memory				



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Confused, poor comprehension ability				
Concentration problems				
Coordination				
Difficulty to make decisions				
Strains, stumble on words				
Worse learning ability				
Slurs, stutterings				
Other				
Total				
12. Mouth, Throat				
Chronic Cough				
Retching, throat clearing				
Sore throat, hoarseness				
Swollen discolored tongue				
Sensitive teeth, sore gums				
Dry cracked lips, cracked corners of the mouth				
Cold sores (herpes and or afte)				
Other				
Total				
13. Nose				
Congested nose				
Rhinitis				



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Sneezing attacks				
Sinusitis				
Lot,s of pleghm				
Other				
Total				
14. Skin				
Acne				
Dry skin, spots, rashes, hives				
Itchy skin				
Losing hair				
Freezes and sweat on each other				
Flushes, flushing				
Other				
Total				
15. Weight, Food				
Overeating				
Craving on certain foods				
Overweight				
Obesity				
Binge				
Compulsive eating				
Starving				
Underweight				



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Edema, swelling				
Other				
Total				
16. Other symptoms				
Sick a lot, recurrent symptoms				
Need to urinate often				
Discharge, vaginal, crotch itch				
Total				
Total of all sections				
Grand Total				



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