

## Possible Allergy Symptoms

Acid alkaline imbalance

Acne, especially pimples on chin or  
mouth

Anemia

Arthritis

Asthma

Bed wetting

Chest and shoulder pains

Colitis

Conjunctivitis

Cough

Dark circles under eyes or puffy eyes

Depression

Diarrhea

Digestive disorders

Dizzy spells and floating sensations

Fatigue

Fluid retention

## Possible Allergy Symptoms

Food cravings

Headaches

Hearing loss

Hemorrhoids

Hyperactivity

Insomnia

Intestinal problems

Itching

Learning disabilities

Muscle disorders

Nasal congestion or chronic runny nose

Noises in ear

Obesity

Phobias

Poor memory and concentration

Rash or hives

Rectal itching

## Possible Allergy Symptoms

Red circles on cheeks as if wearing  
rouge

Repeated colds or ear infections;  
especially in kids

Recurrence of any illness despite  
treatment

Sensitivity to light

Severe menstrual symptoms

Sinus problems

Sneezing (multiple)

Swollen fingers and cold hands

Tickle in throat or "catchy" throat

Ulcers

Unexplained dramatic weight gain or  
loss

Unusual body odour

Varicose veins

Watery itchy red eyes