



The Big 8 food sensitivities

1. Wheat (or all gluten products including barley, rye, kamut and spelt)
2. Soy
3. Fish
4. Shellfish
5. Eggs
6. Dairy
7. Peanuts
8. Tree Nuts



Potential Symptoms

1. Joint pain
2. Rashes/Skin Issues
3. Indigestion
4. Depression/Mood Swings
5. Dark Undereye Circles
6. Fatigue
7. Autoimmune Issues
8. Headaches
9. Nasal Congestion
10. Water Retention