



## Food Intolerance Quiz - Could Food Intolerances

### Be Making You Sick?

By Joyce O'Brien

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# Welcome!



Thank you for downloading your Quiz – *Could Food Intolerances be Making You Sick?*

Did you know that some 75% of people suffer from food intolerances? Many don't even know it! All they know is that they feel out of sorts, tired, lousy. They experience headaches, depression, joint pain, bloating, fatigue, etc., and no one can tell them why.

Is this happening to you? Are you feeling like you're just not at the "top of your game" and are wondering why?

Perhaps you are suffering from a chronic health issue? Are you resigned to thinking that this is just how it has to be from now on, so you might as well get used to it?

I am here to tell you that you just might be suffering from a food intolerance. That's what happened with me. I am passionate about sharing information on this because for many years, I was intolerant to certain foods, and I just didn't know it! I had horrific headaches, sinus issues, nausea, migraines, chronic fatigue, depression and more. When I changed my lifestyle, I improved my quality of life tenfold! I addressed not only food intolerances but other issues as well and within just weeks I felt better than I had ever felt in my life.

I want to raise awareness so that others don't experience the same lifelong misery that I did, even better than that, so that others might be able to feel great. This is why I am pleased to offer you this quiz, *Could Food Intolerances Be Making You Sick?* and the accompanying report, *7 Ways to Reclaim Your Energy and Vitality and Stop Feeling Tired and Lousy*.

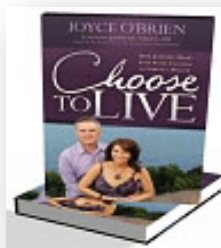
Too often we experience aches and pains or we feel exhausted, and we just shrug it off, ignoring our bodies' whispers. It is my hope that in providing you this material, you will stop for a few moments and focus on your greatest asset, YOU!

Take a moment now to read through the material and see what might hold true for you and what actions you are prepared to take to improve your quality of life. Please don't let these documents simply sit on your computer's hard drive or in a pile on your desk!

What if your symptoms are due to food intolerances? Wouldn't you want to know that eliminating something for which you have an intolerance is so simple yet the effects can be so powerful? Aren't you worth it? I believe that you are!

## Joyce

Joyce O'Brien  
Author of *Choose to Live*, Speaker and Vitality Coach



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## Food Intolerance Quiz – Could Food Intolerances Be Making You Sick?

### What is Food Intolerance?

According to Wikipedia.com, “food intolerance is a negative reaction, often delayed, to a food, beverage, food additive or compound found in foods that produces symptoms in one or more body organs and systems, but it is not a true food allergy. A true food allergy requires the presence of IGE antibodies against the food, and food intolerance does not.”

Although not life threatening, food intolerance can make you feel extremely unwell, really lousy in fact, actually horrible, and have a major impact on your quality of life.

### What Causes Food Intolerance?

Several different factors can cause food intolerance. From the type of food you eat, to the speed at which you eat – in this day and age, when we are all operating at warped speed, we often eat in a hurry without allowing our stomachs to properly digest foods.

Other factors causing food intolerance may include reactions to chemicals, like caffeine, in certain foods or your inability to break down foods due to a lack of the proper enzymes (i.e.: lactose intolerance). They can also be caused by antibiotic, prescription drugs, over the counter medicine use and eating the same foods repeatedly.



### Might I Have Food Intolerance?



Food intolerances are so often missed, because symptoms are vague and do not always appear immediately, unlike a food allergy. It is quite common to be intolerant to several different foods at the same time, so it may be hard to determine which foods are responsible for your feeling the way you do.

To say that symptoms are varied is an understatement! Symptoms of food intolerance include everything from feeling tired, lethargic, bloating, abdominal pain, bowel disorders, constipation, indigestion, headaches, sinus issues, inability to lose weight, menstrual disorders and bone density loss!

On the next page, you will find a list of some of the most common known symptoms caused by food intolerance. Take a moment now to review this list of symptoms and identify those you may be experiencing.

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## Food Intolerance Quiz – Could Food Intolerances Be Making You Sick?

Review the symptoms below, place an "X" next to those that may apply to you, and then go to page 5 for what's next.

Symptom	Which am I experiencing?
Abdominal Pain	
Acne/Blemishes/Skin Issues	
ADD/ADHD	
Anxiety/Irritability	
Arthritis/Muscle/Joint Pain	
Autoimmune Disease	
Bloating	
Bone Density Loss	
Bowel Disorders	
Colitis	
Constipation	
Depression	
Diarrhea	
Eczema	
Fatigue and Exhaustion	
Flatulence (Gas)	

Symptom	Which am I experiencing?
Food Cravings	
Headaches/Migraines	
Hemorrhoids	
Infection Susceptibility	
Indigestion	
Iron Deficiency	
Irritable Bowel Syndrome	
Lethargy	
Menstrual Disorders	
Mineral Deficiency	
Nausea	
Stomach Cramping	
Thyroid Disease	
Urinary Tract Infection	
Weight Fluctuation/ Gain	
Yeast Infection	

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## My Next Steps

So now that I've identified symptoms that I'm experiencing, what are my next steps?

### 1. Food Intolerance Quiz

Have you completed the *Food Intolerance Quiz – Could Food Intolerances Be Making You Sick* on page 4? If not, I urge you to do that now.

After you have completed the Quiz, and determined you have one or more of these symptoms, read the accompanying report, *7 Ways to Reclaim Your Energy and Vitality and Stop Feeling Tired and Lousy*.

Food Intolerance is very real and difficult to detect. We will be covering food intolerances in greater depth in one of my upcoming Tele-Classes! Be sure to join us!

### 2. Feel Great Now – FREE Tele-Class!



This is just a cursory review of some of the symptoms of food intolerance. Keep in mind that many of these symptoms could be due to other issues that need to be addressed as well.

Are you **wondering if you might have food intolerance**? Are you experiencing **sinus issues or ear infections**? Are you **having difficulty concentrating or are plain tired all the time**? Do you experience the **afternoon slump**? Do you know that **you are not feeling quite right, but have no idea why**?

Are you **looking for a way to take control of your health and your life** and want to find out how you can feel better than ever? I can tell you first-hand that **it is possible!** I did it and you can too!

And I'm going to tell you all about it! The best news is you don't even have to leave your home. I'll be coming to you.

**I'll be showing you how you can feel better than ever** in my recorded FREE Tele-Class. During this one-hour complimentary Tele-Class, I will be sharing tips and strategies on **how you can feel better than you have felt in years!**

*You won't want to miss this! Click on this link now: [Yes Joyce, I'm ready to feel better!](#)*

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## My Next Steps (Cont'd)

### Parting Thoughts

This is your health, your greatest gift. Without your health, little else matters. I know it personally, and I hear it time and time again from my clients who say, *"If only I had paid more attention and done something sooner..."*

My mission is to share what I have learned so that others don't have to experience the devastating and destructive health issues that my husband, Kevin, and I did. Knowing how we felt "before" and how fantastic we feel now, there is nothing I want more than for others to experience feeling great too. It is so hard for me to see so many people suffering and to know that so much of it is unnecessary.

I sincerely hope that you'll enjoy my free Tele-Class, so that you and your family can also experience the blessing of vibrant health. Here is the link again for the [Tele-Class](#).

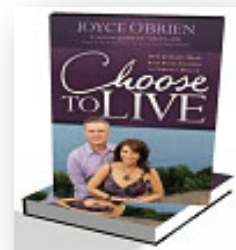
With warmest admiration for you and the power within you,

*Joyce*

Joyce O'Brien  
Author of Choose to Live, Speaker and Vitality Coach

*P.S. Are you interested in getting your hands on a copy of Choose to Live? [Simply press the Ctrl key and click here or on the image of the book!](#)*

P.S.S.: For daily inspiration and tips to a vibrant and healthy life, let's connect via Facebook: <http://www.facebook.com/KevinAndJoyceO'Brien> and Twitter: <http://twitter.com/joyceobrien>



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