

## GLUTEN SENSITIVITY EVALUATION

Client's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_

### SIGNS & SYMPTOMS – Complete by circling: 0, 1, 2, 3, or 4

KEY: 0 = never  
 1 = occasional but mild in intensity  
 2 = frequent but mild in intensity  
 3 = occasional but moderate-to-severe  
 4 = frequent and moderate-to-severe

#### IN THE LAST 90 DAYS, HAVE YOU SUFFERED FROM:

- |   |           |
|---|-----------|
| 01) Recurrent mouth ulceration, canker sores?                                 | 0 1 2 3 4 |
| 02) Reddened, swollen, painful tongue?  | 0 1 2 3 4 |
| 03) Abdominal pain or cramping?   | 0 1 2 3 4 |
| 04) Pain around your navel, made worse by eating?                             | 0 1 2 3 4 |
| 05) Abdominal distention or bloating?   | 0 1 2 3 4 |
| 06) Intestinal gas, flatulence?   | 0 1 2 3 4 |
| 07) Diarrhea of an unexplained cause?   | 0 1 2 3 4 |
| 08) Constipation of an unexplained cause?                                     | 0 1 2 3 4 |
| 09) Stools that are pale, soft, bulky, floating or difficult to flush?        | 0 1 2 3 4 |
| 10) Foul smelling, frothy stools, often with excess fat droplets or globules? | 0 1 2 3 4 |
| 11) Blood or black, tarry stools of unknown cause?                            | 0 1 2 3 4 |
| 12) Nausea and vomiting of an unexplained cause?                              | 0 1 2 3 4 |
| 13) Unintentional progressive weight loss?                                    | 0 1 2 3 4 |
| 14) Unintentional weight gain?  | 0 1 2 3 4 |
| 15) Depressed mood, often with irritability for no apparent reason?           | 0 1 2 3 4 |
| 16) Bone pain or tenderness?  | 0 1 2 3 4 |
| 17) Joint pain or tenderness?   | 0 1 2 3 4 |
| 18) Muscle aches and pain?  | 0 1 2 3 4 |
| 19) Migraine-like headaches?  | 0 1 2 3 4 |
| 20) Fatigue or lack of energy?  | 0 1 2 3 4 |
| 21) Intensely itchy, blistering skin rash?                                    | 0 1 2 3 4 |
| 22) Internal hemorrhaging or easy bruising for no apparent reason?            | 0 1 2 3 4 |

TOTAL SCORE: \_\_\_\_\_

A full 30% of people with Celiac disease are never diagnosed! Of those who are diagnosed, the problem is recognized later in life. It is one of the most common errors in diagnosis.

*(A score in excess of 20 indicates you may have a gluten sensitivity. To confirm this diagnosis, new blood tests are available. Ask us for information about [Gluten and Food Allergy tests](#).)*

**Celiac disease** is an autoimmune disorder of the small intestine that occurs in genetically predisposed people of all ages from middle infancy on up. Symptoms include chronic diarrhea, failure to thrive (in children), and fatigue, but these may be absent, and symptoms in other organ systems have been described. A growing portion of diagnoses are being made in asymptomatic persons as a result of increased screening.

Celiac disease is caused by a reaction to gliadin, a gluten protein found in wheat (and similar proteins of the tribe Triticeae, which includes other cultivars such as barley and rye). Upon exposure to gliadin, the enzyme tissue transglutaminase modifies the protein, and the immune system cross-reacts with the small-bowel tissue, causing an inflammatory reaction. That leads to a truncating of the villi lining the small intestine (called villous atrophy). This interferes with the absorption of nutrients, because the intestinal villi are responsible for absorption. The only known effective treatment is a lifelong gluten-free diet. While the disease is caused by a reaction to wheat proteins, it is not the same as wheat allergy.

This condition has several other names, including: sprue, non-tropical sprue, endemic sprue, gluten enteropathy or gluten-sensitive enteropathy, and gluten intolerance.