

Reactions Few Hours Post Eating

	<ul style="list-style-type: none">• After eating, note if any of these reactions occur. They can start a few seconds to hours after eating.• Repeat the meal eliminating suspected food and/or consume foods alone to see if the symptom is repeated.• Eliminate / reduce any suspected foods for a few days to weeks to see the effect on your body.• Most low level sensitivities are transient and disappear after elimination for a period of time
Runny or blocked nose, sneezing	
Itchy, watery or red eyes	
Itching skin, throat or inside ears	
Bloated	
Indigestion / heartburn etc	
Feel Tired / Want to sleep	
Cannot concentrate	
Feel down / negative	
Become hyper, unable to be calm	
Change in breathing	
Change in swallowing	

Health Issues Food Sensitivities May Affect

Skin Rashes, Eczema, Dry Skin	<ul style="list-style-type: none">• To identify food sensitivities in slow changing health symptoms you will need to eliminate a food for 3-4 weeks+ and then note symptom change.• Choose the most likely aggravating foods. Use your personal intuition & common food list below.• Experiment with different food/food groups over a period of a few months.
Runny nose, watery eyes, blocked nose	
Sneezing / Secondary allergies	
Digestive issues, IBS	
Autoimmune conditions, e.g. MS, MND, RA	
Chronic fatigue syndrome	
Depression	
Behavioural issues/ADHD (esp in children)	
Asthma / Wheezing	
Libido & Fertility Issues	

Most Common Food Sensitivities	Severity Of Food Sensitivity (excl Type 1)
Milk (esp in children)	Milk
Eggs	Cheese
Peanuts	Wheat
Tree nuts (walnuts, almonds, pine nuts)	Peanuts
Soy	Nightshades
Gluten – wheat, barley, rye, oats	Beans
Fish & shellfish	Eggs
<ul style="list-style-type: none">• Any food can be sensitive to your body including healthy foods / vegetables.• The more regularly you eat something the wiser it is to investigate it.	Grains
	Fruit
	Animal proteins
	Nuts

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