



Sensible-Alternative

Naturopathic Clinic

Wheat or gluten sensitivity may affect as many as 1 in 10 Australians. See [Sensible News 22](#) for more information. www.sensible-alternative.com.au

Wheat Sensitivity Quiz

Family history of coeliac disease	20	
Cravings for bread/pasta & other flour products	10	
Depression and anxiety	5	
Panic attacks	5	
Autoimmune disorder	15	
Family history of schizophrenia	20	
Insulin resistance or family history of adult-onset diabetes	20	
Regular digestive bloating or wind	15	
Chronic diarrhoea	10	
Headaches	5	
Fluid retention	5	
Chronic or recurring sinusitis	5	
Chronic runny nose	10	
History of night terrors as a child	20	
Arthritis	5	
Rosacea	10	
Eczema	5	
Acne	5	
Miscarriage	5	
Blood type O	10	
Fast Oxidizer (see Metabolic Type Quiz)	10	

Total		
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Score: 0-50 - Normal

Score: 50-100 - Wheat Sensitivity likely

Score: 100+ - Wheat Sensitivity VERY likely

Further tests: pathology for gliadin sensitivity and elimination diet.

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