

Symptoms I experience regularly		Unsure / or unsure if this symptom caused by these issues in my case		Symptoms caused by all issues shown here				
Symptom			Gluten Intolerance	Fibromyalgia	Menopause	PMDD	PCOS	MVP
Acanthosis nigricans (dark skin patches, often found on the nape of the neck, groin, under breasts)								
Aching, sore joints, muscles and tendons / bone, joint, muscle pain			√	√	√	√		
Acne								
Addison's disease			√				√	
Alopecia (thinning hair or male pattern baldness)								
Amenorrhea/delayed menarche (menstrual cycles)			√				√	
Anxiety / tension / edginess / feeling ill at ease				√	√	√		√
Bloating								
Body odor changes					√			
Breast tenderness					√	√		
Burning tongue, burning roof of mouth, bad taste in mouth, change in breath odor								
Changes in fingernails: softer, crack or break easier					√			
Chest Symptoms								
Cold hands and feet								√
Cold sweats								√
Cold Symptoms								
Decreased sex drive / loss of libido					√		√	
Dental enamel hypoplasia			√					
Depression			√	√	√	√	√	√
Difficulty or inability concentrating / disorientation / mental confusion / memory lapses / difficulty staying focused / "brain fog"			√	√	√	√	√	√
Dizziness, light-headedness, episodes of loss of balance, spacy feeling				√	√			√
Dysmenorrhea								
Electric shock sensation under the skin and in the head					√			
Exacerbation of existing conditions					√			
Fatigue			√	√	√	√	√	√
Feeling out of control or overwhelmed						√		
Feelings of dread, apprehension, doom					√			
Gastrointestinal distress (gas, bloating, diarrhea, constipation, vomiting, reflux, indigestion, flatulence, gas pain, nausea)			√	√	√			√
Gum problems, increased bleeding					√			
Hair loss or thinning, head, pubic, or whole body; increase in facial hair					√			
Headache change: increase or decrease					√			
High blood pressure							√	
High cholesterol levels							√	
Hirsutism (hair on face, stomach, thighs, arms, breasts, etc.)							√	
Hot flashes, flushes, night sweats and/or cold flashes, clammy feeling					√			
Hypersensitive startle reflex								√
Hyperventilation; shortness of breath								√

Symptom			Gluten Intolerance	Fibromyalgia	Menopause	PMDD	PCOS	MVP
Incontinence, especially upon sneezing, laughing; urge incontinence					√			
Increase in allergies					√			
Increased tension in muscles					√			
Infertility			√				√	
Insulin resistance or hypoglycemia							√	
Irregular or no periods; shorter cycles, longer cycles					√		√	
Painful or unusually heavy or light periods							√	
Irregular or absent ovulation							√	
Itchy, crawly skin					√			
Loss of interest in usual activities (work, school, socializing, etc.)						√		
Marked appetite change, overeating, food cravings						√		
Migraine / chronic headaches			√	√		√		√
Moodiness / Mood Swings / Irritability / feelings of anger or aggression / Sudden mood shifts (crying easily, extreme sensitivity) / Persistent, marked irritability, anger, increased conflicts			√		√	√	√	
Morning Stiffness				√				
Mouth sores			√					
Multiple Chemical Sensitivity Syndromes / Sensitivity to drugs, including alcohol, caffeine, medications				√				√
Muscle Twitches and Weakness				√				
Myofascial Pain Syndrome				√				
Osteoporosis					√			
Ovarian cysts					√		√	
Palpitations of the heart; skipped or irregular heart beat / Panic attacks, with pounding heart beat / Phantom chest pain with no apparent physiological cause / Rapid heart beat (bouts)					√			√
Seizures			√					
Short stature			√					
Skin Complaints				√				
Skin tags							√	
Sleep Disorders / Insomnia / Sleeping Too Much / Trouble Sleeping Through Night				√	√	√		√
Temperomandibular Joint Dysfunction Syndrome (TMJ)				√				
Tingling / numbness in the legs, fingers, or toes			√		√			√
Tinnitus: ringing in ears, bells, 'whooshing' buzzing etc.					√			
Urinary and Pelvic Problems				√				
Vision Problems				√				
Weight loss/gain			√					
Weight Gain / Obesity (especially around the stomach) / Difficulty losing weight			√	√	√	√	√	
Widespread Pain				√				