



Food Filters Symptom Tracker

INSTRUCTIONS:

For each food filter (Histamines, Oxalates, Lectins), track symptoms daily. Use checkboxes or rating scales next to each symptom to log how often you experience it and note any patterns when consuming the listed foods.

Also keep in mind, food filters are not meant to last forever! It's a way to give your body support as you're healing your root causes, like parasites, mold, heavy metals, liver stagnation, Lyme disease, and more.

Detox Nation

ROOT CAUSES, RAPID RESULTS.™

Histamine Tracker

TOP 8 HIGHEST HISTAMINE FOODS:
(Track if you consumed any of these)

- 1 Fermented foods (sauerkraut, kombucha)
- 2 ~~Aged cheeses (Parmesan, blue cheese)~~
- 3 ~~Processed meats (salami, pepperoni)~~
- 4 ~~Shellfish~~
- 5 ~~Alcohol (red wine, beer)~~
- 6 ~~Vinegar-containing foods (pickles, ketchup)~~
- 7 ~~Canned fish (tuna, sardines)~~
- 8 Spinach and tomatoes



Symptoms Tracker

SYMPTOM	MON	TUES	WED	THURS	FRI	SAT	SUN
RASHES							
ITCHING							
IRRITATED EYES							
FLUSHING							
ANXIETY							
PANIC ATTACKS							
DEPRESSION							
FATIGUE							
TINNITUS (RINGING IN EARS)							
DIZZINESS							
HEART PALPITATIONS							
DIGESTIVE ISSUES (BLOATING, GAS)							
ABDOMINAL PAIN							
NAUSEA							
DIARRHEA							
MOUTH BURNING							
HEADACHES							
LIGHT SENSITIVITY							
SWOLLEN SINUSES /NASAL CONGESTION							
POST-NASAL DRIP							
TROUBLE BREATHING (WHEEZING, APNEA)							

Oxalate Tracker

TOP 8 HIGHEST OXALATE FOODS: (Track if you consumed any of these)

- 1 Almonds
- 2 Beets
- 3 Chocolate
- 4 Plantains
- 5 Rhubarb
- 6 Spinach
- 7 Sweet potatoes
- 8 Swiss chard



Symptoms Tracker

Symptom	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Joint Pain (Stiffness, Soreness)							
Kidney Pain							
Urinary Burning or Urgency							
Frequent Urination							
Fatigue							
Gastro Issues (Constipation, IBS)							
Inflammation							
Skin Rashes							
Fibromyalgia-like Pain							
Joint Stiffness							
Kidney Stones							
Bone Pain (Osteoporosis, Osteopenia)							
Hair Loss							
Diverticulitis Flare-ups							
Painful Periods (Endometriosis)							
Eye Issues (Cataracts, Vision Changes)							
Difficulty Breathing							
Breast Tenderness							
Prostatitis (Men)							

Lectin Tracker

TOP 7 HIGHEST LECTIN FOODS: (Track if you consumed any of these)

- 1 Nightshades (tomatoes, potatoes, eggplant)
- 2 Certain nuts and seeds (cashews, peanuts)
- 3 ~~Grain-fed and farm-raised animal proteins~~
- 4 Beans and legumes (unless pressure cooked)
- 5 ~~All dairy products~~
- 6 Grains (especially wheat, barley)
- 7 ~~Soy and soy products~~



Symptoms Tracker

Symptom	MON	TUES	WED	THURS	FRI	SAT	SUN
BLOATING							
GAS							
ABDOMINAL CRAMPS							
DIARRHEA							
CONSTIPATION							
BRAIN FOG							
WEIGHT GAIN							
JOINT PAIN (AUTOIMMUNE RESPONSE)							
SWELLING (ESPECIALLY IN HANDS/FEET)							
SKIN RASHES							
FOOD CRAVINGS							
ECZEMA FLARE-UPS							
MUSCLE SORENESS							
INFLAMMATION							
AUTOIMMUNE FLARE-UPS							
HEADACHES							
FATIGUE							
JOINT SWELLING (ARTHRITIS-LIKE)							
ACID REFLUX							

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