

# Brooke Randolph



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## Nutrition: Health & Behavior

Symptoms...	Consider cutting...	Symptoms...	Consider cutting...
<b>Irritability</b> "Brain fog" Autism spectrum Fatigue <b>Hyperactivity</b> <b>Rash/eczema</b> Constipation Diarrhea <b>Runny nose</b> or eyes	Wheat/gluten	<b>Irritability</b> Refusing food <b>Rash</b> Asthma Congestion <b>Runny nose</b>	Dairy
Neurological problems <b>Learning difficulties</b> Developmental disorders ADHD Thyroid issues	Soy	<b>Irritability</b> Tantrums <b>Aggression</b> Anxiety Insomnia	Food Dyes
<b>Hyperactivity</b> Mood swings <b>Aggression</b> <b>Learning difficulties</b>	High Fructose Corn Syrup	Autoimmune problems Headaches <b>Hyperactivity</b> <b>Anxiety</b> <b>Irritability</b> Depression	Aspartame
<b>Aggression</b>	Trans fats		

\*bolded symptoms are repeated somewhere else in the chart

Licensed Mental Health Counselor