



8952 E. Desert Cove Drive, Suite. 114 ~ Scottsdale, AZ 85260  
Clinic 480-634-2985 Fax 480-634-2987  
www.allergyenvironmental.com

---

**“Did you know that the following list of symptoms can be caused by allergies?”**

**Vision:**

Blurring  
Acuity Decreased  
Spots – Flashes  
Darker – Vision Loss  
Photophobia – Brighter  
Diplopia – Double Vision  
Dyslexia – Difficulty reading-transposition of similar letter, letters or words becoming small or large words moving around.

**Lungs, Heart:**

Coughing  
Sneezing  
Reduced Air Flow  
Retracting – SOB  
Heavy – Tight  
Not Enough Air  
Hyperventilation – Rapid Breathing  
Chest Pain  
Tachycardia – Rapid Pulse  
Palpitations – Rapid, violent or throbbing pulses

---

**G-U:**

Voided – Mild Urge  
Frequency  
Urgency – Pressure  
Painful or Difficult urination  
Genital Itch  
Vaginal Discharge  
Yeast infections

**Throat, Mouth:**

Itching  
Sore – Tight – Swollen  
Dysphagia, Difficulty in swallowing  
Choking  
Weak Voice – Hoarse  
Salivation – Mucous  
Bad Metallic Taste

**Nasal:**

Sneezing – Urge to  
Itching – Rubbing  
Obstruction  
Discharge  
Post – Nasal Drip  
Sinus Discomfort  
Stuffy Feeling

---

**Eyes:**

Itch – Burn – Pain  
Lacrimation – Tearing  
Allergic Shiners  
Feel Heavy

**Ears:**

Itching  
Full – Blocked  
Erythema of Pinna (reddening)  
Tinnitus – Ringing in Ears  
Ear Ache  
Hearing Loss  
Hyperacusis – Abnormal  
Sensitivity to Sound

**Joints:**

Ache – Pain  
Stiff  
Swelling  
Erythema – Warmth - Redness

---

**Skin:**

Itching Local, General  
Scratching  
Moist – Sweating  
Flushing – Hives  
Pallor – White or Ghostly

**Head Pain: Cerebral**

Headache, Mild-Moderate: Migraine  
Ache-Pressure; Tight-Explode  
Throbbing-Stabbing  
Fainting  
Depression  
Mood Swings  
Hallucinations  
Hyperactivity  
Irritability  
Fatigue  
Apathy  
Confusion  
Lethargy  
Blackouts  
Insomnia  
Somnolence

**G-I, Abdomen:**

Nausea  
Belching  
Full – Bloating  
Vomiting  
Pressure – Pain – Cramps  
Flatus – Rumbling  
BM – Diarrhea  
Gall Bladder Symptoms  
Hunger – Thirst  
Hyperacidity

---

**Muscles:**

Tight – Stiff  
Ache – Sore – Pain  
Neck – Trapezius  
Upper, Lower Back  
Upper, Lower  
Extremities