

# Review of: "Food Intolerance and Sensitivity Are Associated With Chronic Musculoskeletal Pain in a Self-Selected Community Population"

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**Potential competing interests:** No potential competing interests to declare.

In a well-designed and analyzed community study to provide evidence for a direct association between features of fibromyalgia and reported food intolerance and sensitivity, the authors suggest that gluten and lactose consumption may be associated with higher levels of musculoskeletal pain.

**Methods.** The study assessed the exact population and online self-report using questionnaires well accepted in the literature (fibromyalgia symptoms -ACR criteria; autistic traits-RAADS score and hypermobility -Beighton's test) in a primarily female young population.

The results come from a well-processed statistical analysis.

Although assessing food sensitivities, allergies, or intolerances is challenging, this methodology is regularly applied in community studies by self-report.

**Discussion.** Effectively contrast the results with the relevant literature.

These findings align with what is popularly practiced by the general population regarding the association of food and clinical symptoms, mainly linked to the avoidance of gluten and lactose-containing foods. Are we evaluating popular concepts, or did the population quickly learn our scientific results?