

“Knowing the cause of my IBS-type symptoms has changed my life and I feel amazing”

35-year-old Amy Harding had been suffering from IBS-type symptoms for over 10 years, including bloating, abdominal pain, wind and irregular bowels.

“I had been diagnosed with IBS for around 10 years. My mood could really be affected. Sometimes I couldn't go the gym or exercise because I felt too uncomfortable or embarrassed.” Amy says.

As a result of her symptoms, the 35-year-old wasn't able to live life to the full. “I sometimes missed going out with friends because my stomach was sore. To prevent this, I would try and eat very little during the day which left me feeling moody and down. I could never go for a meal with my friends in case I bloated or got wind” she explains.

Amy, who works as a mental health nurse, sought advice from her GP and tried various IBS-type medications to try to relieve her symptoms. “I had tried eating little and often, even just eating soups. I had tried colonics, pro/prebiotics, charcoal tablets. My GP just felt there was nothing that I or they could do. I gave up talking to my GP after a few years,” Amy says.

Wondering if her symptoms could be due to her diet, Amy tried to cut out gluten and milk but her symptoms continued. “I decided to go vegan in January, something I had thought about for a while. I thought I would feel great by the third month but if anything, my stomach felt worse,” Amy recalls.

It was at this point where Amy decided to research the link between her symptoms and her diet. After searching food intolerances on the Internet and discovering Lorisia, she decided to order a Lorisia Gold programme.



Lorisia offers a **fast track elimination diet** by analysing IgG reactions to up to **208** food and drink ingredients. Their

Gold programme which involves sending a finger prick sample to the company's laboratories, revealed that Amy was intolerant to various nuts, lentils, wheat and chickpeas, along with soy and yeast.

Here at Lorisian, we understand that eliminating foods can be a daunting task, which is why we provide up to two 30-minute calls with one of our qualified registered nutritional therapists. They work with you to optimise your diet with nutritious alternatives to help you avoid restrictive dieting.

"The nutritional therapist was great and gave me lots of useful sites to find further information. She helped me look at alternative vegan protein sources. Obviously eating out is a bit more difficult - I'm the awkward diner who is avoiding wheat as well as being vegan- but there are lots of foods I can have," Amy explains.

Within just a few short days, Amy noticed improvements in her symptoms. "I can honestly say I feel pretty amazing now. I have cut out my reaction foods and limit my borderline foods as much as I can. I don't get anywhere near as much wind and bloating. I can eat out and I feel happier in my mood," Amy says.

The 35-year-old says "as a vegan, being intolerant to lentils and chickpeas is quite unfortunate but with the advice from Lorisian, I'm managing to still build muscle and keep fit. Everyone who I have spoken to has been really helpful".

Amy is now able to socialise and has also noticed a difference to her body fat. "I

feel I can wear fitted clothes in the evening- without starving myself all day. I feel more confident in front of my boyfriend. I have been having my body fat measured in the gym and have been able to lose fat and gain muscle. I'm currently a healthy BMI with a body fat of 16.5%," she says.



The mental health nurse has taken a regimented approach to her elimination diet but decided to try to eat one of her trigger foods. "I slipped up and risked some vegan sausages- containing wheat. The next morning my stomach just didn't feel right," Amy explains.

Amy is thrilled to finally get some answers to her IBS-type symptoms and feels she is able to live life more comfortably. "I feel so much better. I was unsure if I could afford the test and if it was worth it, but now I have done it I'm

so pleased. Knowing the cause of my IBS type symptoms has changed my life and I feel amazing!"

Lorisia define Food Intolerance as a food-specific IgG reaction. Our information is intended to provide nutritional advice for dietary optimisation. Lorisia do not claim to treat or cure symptoms.

Please note: Our 200 plus programme is now called Lorisia Gold

Taking the Test

Taking the test is straight forward, with no need to visit Lorisia's laboratory. The results will be within 7-10 days. The Lorisia 150 plus test is a full diet analysis covering a wide variety of food and drink ingredients including:



- | Wheat, gluten, yeast, egg whites and egg yolk
- | Animal milks including cow, goat and sheep
- | 12 different grape varieties
- | Herbal teas including green tea and rooibos (red bush tea)
- | 25 different herbs and spices
- | A wide variety of meat and fish
- | And more than 100 other ingredients

Contact your Approved Lorisia Practitioner today for more details about the Lorisia 150 plus test!