

## How food intolerances can hinder weight loss



BEFORE



AFTER

Siodine Price suffered with typical IBS symptoms, as well as the inability to lose weight. Despite changing her diet, focusing on five small meals a day including lean proteins, salads and vegetables, Siodine was still frustrated with her lack of progress.

“ I noticed that some of the weight fell off, but it just seemed really slow and I wasn't seeing the results I was expecting considering how healthy I was eating and how much effort I was putting in at the gym.

I was also constantly bloated every time I ate which was causing me a lot of pain and discomfort, not to mention that I felt embarrassed. Months of healthy eating and exercise were proving to have little effect, especially on my stomach area which remained stubbornly bloated.”

On the recommendation of a colleague, Siodine decided to take a food intolerance test through Lorisian's parent company YorkTest.

“ When the results came back they revealed that I had intolerances to a number of the 'healthy' foods I'd been munching for the past few months - including carrots! Cutting these from my diet had an almost instantaneous effect and within days my stomach was noticeably flatter and my IBS symptoms had greatly reduced.

In the months that followed I was able to shed those stubborn excess pounds I'd been trying so hard to get rid of. As well as carrots, I also found out that I am intolerant to cow's milk and yeast. I have cut these completely from my diet. Three months later and I'm still sticking to my new diet.”

Weight Loss | Lost over 4 stone, from 14 stone to 9 stone 7lbs

Dress Size | Went from a size 16 to a size 12

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