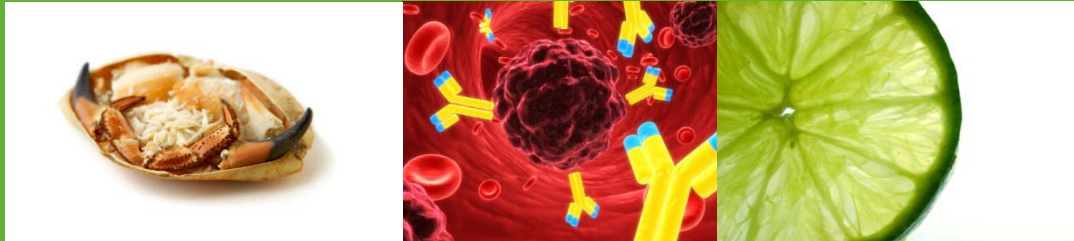




Cambridge Nutritional Sciences

# IgG Food Intolerance Case Studies



# Case Study No1

Gus Chichon  
Abdominal pain

Going to family gatherings had become a difficult experience for building firm Manager Gus Chichon. 'I would be walking around holding my stomach in agony. It was embarrassing, excruciatingly painful and worrying for everyone'. Gus was experiencing intermittent bouts of debilitating pain accompanied by bloating and constipation. This sometimes caused him to miss work and was worrying for him and his family.

Gus used his private healthcare to try to establish the cause of his symptoms but after many investigations was told that 'Some people just get tummy aches' and he was diagnosed with IBS (Irritable Bowel Syndrome). He was prescribed antispasmodics which didn't help him and this left him feeling misunderstood and angry. He put up with his condition for over 7 years.

Gus had tried food avoidance on several occasions over the years but found it difficult to pin down which food would be the cause of the attacks because sometimes it could take a couple of days before he would react.

'I caught the BBC Look East News feature about your service and thought I would give it a go. The test was simple and easy to complete and the simple colour coding system on the results meant you can quickly identify the foods to avoid'

On receipt of the food intolerance report, Gus eliminated wheat, barley, rye, corn, oats, dairy (cow & goat), eggs, crab, cola nut, yeast, pineapple and pear. 'The results were immediate, I'd not felt so good in such a long-time. It has changed my life, I feel much happier now that I have worked out the cause of my problems and family gatherings are no longer a worry !

Gus has also noticed that he has lost weight as a result of avoiding the problem foods 'I used to eat a lot of cheese and had quite a large stomach but now I have eliminated it my waist size has dropped 2 inches!'.

## Case Study No2

Lesley Fox  
Aching joints and muscles

Lesley, a retired PA from Ashford, Kent and mother of 5 children had already been avoiding dairy products when she decided to take a food intolerance test. 'The doctors had tested me for food allergies but they all came back clear, but I know that if I drink milk my nose runs, I have a sore throat and my lips as well as my eyes are very itchy'

Lesley often noticed her symptoms were worse after she had eaten wheat (especially bread) and dairy together. 'It had been difficult to explain my symptoms to my GP, I had aching joints and muscles and flu-like symptoms, so they didn't seem like the classical food intolerance symptoms and it was difficult to be taken seriously'

So in August 2005 after reading a nutrition book Lesley decided to do a food intolerance test with Cambridge Nutritional Sciences. Lesley tested positive for wheat, yeast, cola nut and pineapple. 'I found the Nutritionist at CNS very helpful, she explained that whilst the test didn't show positive for dairy that I should still avoid it because if you have avoided a certain food or food type for some time prior to taking a test, the blood sample may not react to it'.

Lesley saw an improvement in her symptoms immediately and quickly settled in to finding alternatives to replace the wheat and yeast in particular. Lesley has tried reintroducing some foods but finds that she reacts on each occasion. 'My husband knows when I have cheated, I'm sat there snuffling away!'

Lesley says that she would definitely recommend Cambridge Nutritional Sciences Food Intolerance test to others '...in fact I think this test should be available on the NHS!'



## Case Study No3

Jayne Roe  
Headaches

Mum Jayne, a part-time hairdresser from Bury had been told that her persistent headaches were due to hormonal changes after having her daughter. 'I have had headaches all my life but they were becoming more frequent and I would suffer one nearly every day. I would be waking up with a headache, all over the front of my head and I even had my eyes tested to check it wasn't failing vision'. Painkillers didn't help and the headaches only got worse just before her period.

A chance conversation with a friend with M.E. who had tried and benefited from a food intolerance test with Cambridge Nutritional Sciences gave Jayne the idea that it might benefit her too. Jayne hadn't thought of this but thought it would be worth a try.

'The test was easy to do and results were returned within a few days' Jayne was advised to avoid wheat, cow's milk and soya milk which was a little difficult to contemplate as she ate a lot of dairy foods. '...but I just got used to it, I have rice milk now and have salads and rice salads for lunch instead of a sandwich'.

'I did the test 5 months ago and noticed the results immediately. I haven't had any headaches at all since'. Jayne also feels much healthier and has already recommended the test to a friend. 'From start to finish I found your company to be very efficient and helpful'.

## Case Study No4

### James Davies Eczema

James Davies, 31, has suffered from eczema for as long as he can remember. The New Zealander, who has lived in Cambridge for the last seven years, has tried various steroid creams and emollients over the years with limited success, but within days of changing his diet he has had relief from his symptoms.

James suffers from atopic eczema, one of the commonest forms of eczema and is closely linked with asthma and hay fever. This is distinct from allergic contact dermatitis that develops when the skin comes into contact with an irritant such as nickel or washing powder.

"My eczema seems to go in stages; I would have a period where it wasn't too bad and then weeks when it would be almost unbearable" explains James. "Sometimes it got so bad that I would be awake during the night scratching. It was frustrating and made it difficult to function normally at work.

Over the years I have been prescribed various steroid creams and emollients but nothing seemed to address the cause of the eczema. This left me feeling quite disillusioned, especially when it flared up, so I started doing a bit of research myself, reading various books on eczema and searching the Internet.

This proved very confusing. Some of the books I read suggested that eczema could be made worse by certain foods whilst other books said there was no link at all.

Although my doctor advised me that some work in this area was pseudo-scientific, I thought the link between food and eczema seemed logical and decided to try the food intolerance test from Cambridge Nutritional Sciences.

The test results showed a reaction to cows' milk, egg white and also grains and yeast.

My diet was varied, but sometimes I would eat a lot of dairy products, especially milk with cereal for breakfast.

I heavily reduced all the foods that I was intolerant to almost immediately and the difference in my eczema was awesome! Literally within a couple of days it had completely cleared up. I was sleeping through the night and feeling much better for it.

Sometimes I might go out for dinner and have a meal containing dairy foods or enjoy a couple of beers and the next day my eczema flares up again. But because I know what's causing it I feel I am in control and simply avoid having those foods for the next week.

I wish there was more research into the link between food intolerance and eczema; it seems that the medical profession is very sceptical and there is a lot of conflicting information. Eliminating a major cause of my eczema after nearly three decades of suffering has been fantastic."

## Case Study No5

### Janet Chronic stomach pains

Going out for the day wasn't an option for 45 year old Janet from Ely, Cambridgeshire, in fact even the five minute drive from her house to work was a hurdle that she managed with an effort.

Janet had suffered for years with chronic stomach pains and acute diarrhoea which was so bad that she could never be too far from the safety of a toilet.

As if that wasn't bad enough, she was also afflicted with hands and feet that were so badly cracked open – almost like dermatitis, that writing, opening a tin and walking, even short distances, was excruciatingly painful.

On top of these health problems, Janet woke up every morning with flu-like symptoms and migraines.

She explains, "I had no quality of life. I was in pain constantly and having to be near to a toilet meant I was too scared to go out; I had no social life. Every day, I would wake up feeling so ill I literally had to drag myself out of bed to work. I am self-employed so taking time off sick was never an option."

Despite spending years going backwards and forwards to the doctors to try and get answers and solutions to her wide range of health problems she just kept getting fobbed off.

"Over the years I must have seen at least 7 different GPs and whilst some were sympathetic to my problems, not one was able to establish why I was suffering with such a mixture of symptoms or provide any viable treatment."

Janet and her husband own a garage in Littleport and it was literally by chance that Janet got talking to one of her regular customers about some of her health problems. She explains; "He suggested that I took a food intolerance test as he thought the symptoms that I had could be my body reacting to intolerance. It was something I had never thought of and it had never been considered by any of the doctors I had seen".

Janet went to a nutritionist who used Cambridge Nutritional Science's 'Food Detective', a food intolerance test. Food Detective is an easy-to-use and accurate IgG food intolerance kit that identifies antibodies to 59 common foods, giving results in less than 40 minutes. The test is carried out on fresh blood collected from a finger-prick.

"I was amazed with the results I tested positive for so many foods and my reactions were severe.

I tested positive for milk, eggs, wheat, cod and pineapple. I immediately took all those foods out of my diet and couldn't believe how much better I started feeling in just a few days. My hands and feet improved, I had no stomach pains and I stopped waking up every day with a splitting headache.

It seemed incredible to think of all the years I had suffered and simply endured the pain. It does make me cross that all the doctors I went to see didn't even consider that my symptoms could be as a result of severe food intolerances.

I recently went out shopping for the day with my daughter and I felt so liberated! It sounds silly, but when you've had such poor health for as long as I had, even simple things like buying clothes was virtually impossible. I feel like I can start living again!"

## Case Study No6

### Sean Tiredness and lethargy

Second year business studies undergraduate, Sean was becoming increasingly concerned about his complete lack of energy; he felt constantly drained, was always tired even after a good night's sleep and was finding it virtually impossible to stay motivated at university.

His parents, believing there might be something more sinister wrong with their son took him to see their local GP. Sean was sent for an array of different tests including biochemistry, immunology and haematology but each test came back negative or normal.

Sean's father, Andrew explains, "Although we were pleased the tests hadn't showed up anything serious we just knew there was something not quite right. Our local GP wasn't interested in pursuing the problem further and, to be honest, we felt he just thought it was down to 'teenage boy lethargy'.

"We then came across food intolerance and wondered whether this might explain some of his symptoms. We also had at the back of our mind the memory that Sean, even as a young boy, was unable to drink coke without getting a severe migraine and when he was older was always sick after drinking beer – even after half a pint!

We went to a company called Cambridge Nutritional Sciences who carried out a food intolerance test. It was very easy to do and we got the results of the blood test quickly.

"The results were astounding!" Andrew said, Sean was intolerant to a wide range of foods, and many came out with a very strong reaction. They included cola nut, soya bean, barley, corn, rye, maize, yeast, wheat, pineapple and grape.

"The list was so extensive that it was difficult trying to find substitutes for Sean to eat. 19 year old men have very large appetites and it was hard trying to find alternatives to bread and pasta. We had to become very savvy about what we ate as a family; previously Sean had eaten a lot of sandwiches and pasta but we all had to adjust our diet."

Sean's food intolerance test was carried out on 30 November 2006 and immediately he excluded the foods that were identified, finding suitable substitutes where possible. Within just a few days, he noticed a significant change.

His father recalls, "The change in Sean was virtually instantaneous. He suddenly had lots of energy, he had spark and just seemed so much more alert. Although it has been hard for him to change his diet so drastically, the results have been life changing."

In addition to avoiding the foods identified by the test, Sean is also taking a range of supplements to allow his gut to absorb certain foods more easily.

## Case Study No7

John Morris  
IBS

"I'd have put money on my symptoms being food-related, but none of the medics would entertain that idea until I took the Food Detective™ test," John Morris, West London

Married to a food writer, John Morris has been lucky enough to sample an eclectic mix of cuisines in many of the world's top restaurants. But around 2000, the 65-year-old business consultant from West London began to suspect that some foods may have been the cause of his health problems.

For six years John lived with the fluctuating diarrhoea and constipation of Irritable Bowel Syndrome (IBS) - and an itchy rash on his back and arms. "I wasn't in pain or really ill and it didn't stop me from doing anything, but the symptoms did make me feel uncomfortable at times," he says.

Numerous visits to see private bowel and skin specialists failed to find the root cause of his problems. John says: "I strongly suspected that particular foods were causing my problems, but the specialists dismissed this and said, if anything, I had an allergy to my environment.

"Then I realised that whenever I spent time away working in the Far East, I would come back feeling better. My symptoms always cleared up while I was away," explains John. "Over in Thailand and China, dairy and wheat were not part of my diet and I started to think that I was probably intolerant to one of these things," he says. While meeting colleagues in the Far East, John would replace his favourite drink - beer - with Chinese tea.

John put his suspicions to his GP, who referred John to a second private gastroenterologist who specialises in digestive problems. He suggested that John take a food intolerance test.

John researched different tests on the internet and decided to buy Food Detective™, from Cambridge Nutritional Sciences.

The test confirmed that John did indeed react to dairy, wheat and a whole host of other common ingredients and foods. Milk was the main culprit, but yeast, egg white, cola nut, wheat, pineapple and barley were also on his to-ban list.

"It would have been virtually impossible for me to find out all of the foods I was reacting to without the test. Firstly I assumed that only one food was causing the problem and therefore tried to eliminate one at a time. Also sometimes a food can take over a day to give a reaction. All this makes it difficult to pinpoint the exact culprits through an elimination process," says John.

John immediately cut out these foods from his diet and after just a few days, John's digestive problems settled down. Although he still gets the odd milder flare up of rashes, he no longer has to use steroid cream to control them. And, since taking the test, he has lost a stone in weight, bringing him down to a healthy 12 stone. "I do feel a lot better," he says.

John now sticks to a largely Oriental-style diet, with plenty of fish, vegetables and salad. By a happy coincidence, his wife, Sallie Morris, is the author of the Easy Thai Cookbook, which she had published in 2007 – around the time that John took the Food Detective™ test.

"I'm very lucky that I have a wife who is such a good cook. Her cookbook contains dishes like Green Mango Salad and Red Chicken Curry, so it's perfect for my new regime," says John. "There is no cow's milk in a Thai diet."

## Case Study No7

John Morris  
IBS

He is also grateful for the free back-up support he received from the nutritionist at Cambridge Nutritional Sciences. She advised on how he should fine-tune his diet after taking the test. “I got a lot of good help on the phone,” says John. “For instance, I didn’t know that most crisps have milk whey added to them.”

He adds: “People who suspect an intolerance to some foods should take a test like Food Detective™; carefully read ingredients lists on pre-packaged foods – and get a good cookbook!”



## Case Study No8

Tansy Edgerton  
ME

Tansy Edgerton, a 36-year-old psychotherapist from Horncastle in Lincolnshire, has spent the past four years off work with M.E, the debilitating illness which causes chronic fatigue. But taking a food intolerance test from Cambridge Nutritional Sciences last year marked the start of a recovery which should see her back on the job market this summer.

Tansy Edgerton's life had been put on hold for four years before she took the Food Detective™ food intolerance test from Cambridge Nutritional Sciences last year.

Unable to work, Tansy has been struggling with the debilitating disease of the nervous system, M.E since October 2003, when initially she began to feel exhausted for no good reason and then developed flu-like symptoms two weeks later. The illness continued almost continuously for the next three years.

At her worst, Tansy would be bedridden for up to ten days a month – and she would have to contend with “brain fogs”, fatigue, muscle pain, and a racing pulse. “It was like having a continuous terrible hangover or a bad bout of flu and I really couldn't see any way out.”

In desperation, Tansy decided to experiment with her diet after a friend advised her to try excluding certain foods. “I'd always assumed when I felt particularly bad that I had overdone it physically, but somebody suggested that I should try taking nuts and eggs out of my diet. I did feel slightly better after doing this and the process got me thinking,” she says.

Next she tried excluding wheat and replacing it with rye – a move which made her feel worse. But as well as being ineffective, the procedure of trying to find out every possible food intolerance by trial and error was time consuming and an almost impossible feat, decided Tansy. That is when she opted to take the Food Detective™ test from Cambridge Nutritional Sciences.

In around a week Tansy had the results of the test. This showed that she was reacting to no fewer than 20 foods, including wheat, dairy, soya, nuts, egg white, rye, barley and crab. Ironically, she reacted more to rye than wheat, the ingredient she had replaced wheat with before taking the test.

Tansy set about trying to take these offending foods out of her diet and within the first week began to feel slightly better. “As I became more and more strict with it, I saw the benefits and there was a greater improvement. There was a clearing of the fog, I had more energy and the overall feeling of being seriously unwell increasingly reduced,” she says.

Feeling better gave Tansy the impetus to explore how else she might go about speeding up her recovery. Her investigations led her to a Dr Sarah Myhill, whose work is prominent in fatigue related illness, and who showed Tansy how other parts of her lifestyle were impacting her. A blood test discovered that Tansy had a high level of insecticide in her body – undoubtedly caused by the pest control treatments she had been using on her menagerie of animals over the past 20 years. The blood test also showed that she was reacting to mould spores in her partner's home and gas fumes from her cooker.

“I would say that 50% of the cause of my illness came from the food sensitivity. But the intolerance test gave me the impetus which enabled me to explore other possible sources,” says Tansy.

Armed with so much more information about how she could help her body recover from M.E., Tansy says she is now in the rehabilitation stage of her illness. She is back to walking her dogs, beginning to ride her two horses and she does not have to take to her bed at all. “Now I am well on the way to being totally cured, I am recovering, and just have to work on overcoming the muscle de-conditioning caused by years of almost no activity,” she says.

## Case Study No8

Tansy Edgerton  
ME

“The food intolerance test was the first part of the jigsaw puzzle for me, it allowed me to start piecing together exactly what was causing my illness,” she says. “It gave me a good starting point from which to work from, and a belief that I really could get better,” she says.

Tansy’s partner, 44-year-old Rob Torkington, has been ill for the past 10 years also with ME, and had to take a year off work because of a severe relapse in 2006. He took the food intolerance test at the same time as Tansy, in May 2007, and has since returned to his career in electrical engineering after adapting his diet and lifestyle. He was also treated by Dr Myhill and had three months of antibiotics to treat an underling infection. Tansy says that as in her case, taking the intolerance food test played a 50% part in helping to get him back to work full-time.

“Before, he just came home from work and collapsed in bed exhausted. Now he wants to go riding or take the dogs around the woods. It’s really good... amazing in fact!” says Tansy. “I can always tell when he has cheated on his exclusion diet, because he starts sneezing, or just looks droopy and sick again.”

The couple are now excited about their future. “In our darkest moments, I think we were both aware that we might never be able to do the things we loved again. Now I have to keep pinching myself. When I am fully recovered we hope to go on a week’s trek across Bulgaria on horseback... stunning!”, says Tansy.

“The medical profession had told us over and over again that this illness is incurable and that we just had to learn to live with it. But I refused to accept that and refused to face the possibility that I may be ill for the rest of my life,” she adds.



## Case Study No9

Doreen Holton  
Diarrhoea

“I wasted £50,000 trying to find a magic bullet for my health problems - I found it in a test that cost a few pounds”

Doreen Holton, 58, from Llanelli, had to stop working, became housebound and deeply depressed as the results of her health problems. But Doreen is now 60-70% better after taking The Food Detective test from Cambridge Nutritional Sciences last spring. She says the results were “immediate”.

Feeling sick, having uncontrollable diarrhoea, and waking up in the night because we're not well, is a state most of us have experienced – but probably not very often.

The times we have suffered the misery of a stomach bug or food poisoning tends to stick in our minds as being a particularly horrible few days – which you just have to endure.

Now imagine feeling like this day after day – for years on end.

This is what happened to Doreen Hotton, a retired probation officer and grandmother-of-six from Llanelli.

Doreen didn't have a bug, and though she'd been diagnosed with Irritable Bowel Syndrome and reflux, her GP couldn't explain why she had these extreme tummy problems.

All her doctor could do was send her off for tests and treat the symptoms by giving her a proton pump inhibitor to deal with the stomach acid and Loperamide (Imodium) to stop the diarrhoea. Doreen says she had X tests in X time period – all were negative.

Doreen had already been dealing with extreme tiredness – diagnosed as ME in 2005 – insomnia, muscle pains and a frozen shoulder.

“I began not to feel just like an old crock anymore; I began to stop seeing the point in going on living. I became deeply depressed,” says Doreen.

“The diarrhoea was the worst thing – I had no control over my bowels and it severely limited what I could do. I could only go out of the house in a short time period in between loo breaks. It was horrible”.

“I'd always been so healthy and well. I love camping and sailing and being outdoors. I couldn't spend time with my grandchildren or do anything I enjoyed anymore. I felt dirty and miserable – and although my husband is lovely, I wondered how long he could put up with me being like this.”

As a result, Doreen spent an estimated £5,000 a year for 10 years trying to get answers. “I had every test going; I had Chinese herbalism, normal herbalism, acupuncture; I tried every diet: Atkins, blood type diet, you name it. Nothing worked”.

“In the end, I did go on anti-depressants just to please the doctor who was convinced my symptoms were psychological. I knew they weren't – I have a psychology degree. Of course, the pills didn't help.

“Eventually, I went to see a nutritionist who recommended the Food Detective test from Cambridge Nutritional Sciences.”

The test, is a self-test kit that analyses a patient's reactions to 59 of the most commonly eaten foods.

Doreen's results showed a reaction to egg, dairy, wheat, gluten, yeast and some fruits. This has limited her diet to meat, fish and vegetables cooked in olive oil – quite a tough challenge.

Was it worth it? “Oh my God yes,” laughs Doreen. “It took one day for the diarrhoea to stop; the sickness and insomnia stopped pretty quickly too. Even the frozen shoulder has got much better. The ME will take longer – it's been a few months now and it's really starting to lift, but I am sure I will get 100% better given time.

## Case Study No10

Pat Williams  
IBS

"I looked so sickly and weak that my nephew's children asked me if I was going to die" Pat Williams, St Thomas, Exeter.

To say that taking the Food Detective™ test may have saved Pat Williams's life may sound extreme. But the 68-year-old is convinced that had she not found out this time last year, what foods she was reacting to, she may not have been here today.

"I suffered from the fluctuating diarrhoea and constipation of Irritable Bowel Syndrome - and I looked and felt terrible. So much so, that I didn't leave the house for the best part of a year. I became so physically weak and emotionally low that I spent most of 2006 imprisoned inside the four walls of my own home - as I was on and off the toilet so much. Luckily, I live with my sister and brother-in-law and they were happy to do the shopping and fetch me everything I needed from the shops.

Before I took the™ test, I weighed just seven stone four, which is underweight for my height of five foot five with a body mass index of only 17, putting me at risk of the brittle bone condition osteoporosis. I had really awful diarrhoea which would pour out every time I ate or drank anything and I was getting thinner and thinner," explains Pat, who lives in St Thomas, Exeter. "The whole thing put me off eating and I was exhausted".

My GP hadn't been able to help me; and I realised that I had take action myself; otherwise I would not be able to cope for much longer. My sister had taken a test the year before and I suspected that what I had was to do with food," she adds. "I'd always felt sick after having milk as a child and avoided drinking it because of this".

After taking the Food Detective™ test, it became clear why she'd felt so unwell. She reacted strongly to cow's milk, wheat, rye, corn, buckwheat, cheese, yeast, barley, cola nut, eggs and pineapple. She had a borderline response to goat's milk, kidney beans, soya beans, crab, chilli pepper, peppercorn and rice. As part of the cost of the test, CNS offers a nutritional consultation. The nutritionist advised that Pat immediately cut out all the foods that she'd reacted strongly to; and to cut down on the foods to which she had a borderline reaction.

Pat immediately set about withdrawing all of the offending foods from her diet and instantly felt better. "By the end of the first day my tummy felt more settled and within a month I had improved so much that I started to go out again," she says.

Within a few weeks Pat began putting on weight. She now weighs eight stone seven – a healthy weight for a woman of 5'5" in height. It's the heaviest she has been since her early 20s.

Pat has suffered from bouts of diarrhoea throughout her life, particularly since her 20s, although the problem significantly worsened in the year before she took the test. She has also had to contend with having an under-active thyroid, which made her so tired that she was forced to take early retirement at the age of 52 from an office-based job in a finance company.

Since taking the test, Pat's got her confidence back. "I've always been an outgoing person, Food Detective™ has given me a new lease of life; I am so much more energetic and confident."

Pat now goes out most days visiting friends, shopping and enjoying trips to the theatre and restaurants. "I'm a vegetarian and am very careful about what I eat when I am out, sticking to very plain meals such as baked potatoes and salads, because then I know exactly what is in them. It is a bore to keep asking what the ingredients are for everyone concerned, so I try to avoid this," she says.

She has even begun to slowly re-introduce some of the foods she was reacting to. "It is a case of trial and error, but now that I'm working from a clean slate it is easier to do."

# Case Study No11

## Yvonne Page Migraine

"Everyone in the country should take the Food Detective™ test – it would save the NHS millions in wasted trips to the GP," Yvonne Page, Poringland, Norfolk

Yvonne Page, a 58-year-old mum from Poringland in Norfolk, says she feels like a new woman after taking the Food Detective™ food intolerance test last April. The mother of three grown-up children had suffered for 12 years from fortnightly migraines, unsightly spots on her neck and stomach, blisters on the roof of her mouth, trapped wind and aching joints.

"I was in a vicious circle of feeling unwell. Just as one symptom disappeared, another began," Yvonne says. Having a physically demanding job as a farm worker made life doubly difficult. "Working in a hot greenhouse and bending down to pick strawberries was not pleasant when I was feeling so unwell." Her mystery illness also prevented her from having a social life outside her immediate family: husband Robin; sons Craig (39) and Andrew (36) and her 31-year-old daughter Michelle.

"It was awful. I never liked to book things up in advance in case I would let people down by getting one of my migraines, which would typically last three to four days and come every couple of weeks," says Yvonne.

While Yvonne's GP was helpful in providing medication to manage her migraines, he never got to the root of what was actually causing them. "I'd visit the doctor every six months, but although I was given pain management nothing was done to get rid of the source of the migraines."

The Food Detective™ test showed Yvonne was reacting to soya bean, wheat, barley, corn, rye, cow's milk, egg white and yolk, cola nut, pineapple, grapefruit, almonds and cashew nuts. Yvonne, desperate to feel normal again, immediately avoided these foods and was better within a week.

In the year since she took the test, Yvonne has had three migraines, milder versions than those of the past – and she says they came after she had experimented with the foods she reacts to. Also, all of her other symptoms are 80% better than before. She also lost two stone with her new regime and is now five pounds off her target of 11 stone 12 pounds, having lost six stone in the past two-and-a-half years.

"I feel like a different person. I feel more alive with so much energy and I have started to enjoy life again, meeting up with friends and going swimming twice every week," she says.

Adapting her new diet to avoid her problem foods has also been relatively easy for Yvonne. Stir fries and baked potatoes and exotic vegetables have replaced stews, roasts and shepherd's pie as regular meals. Oat cakes and porridge, with the odd bag of crisps or sweets, have replaced sandwiches and cakes. "It just involves a little more planning and the changes are not so drastic to mean that I have to cook something different every night for my husband," she says.

Yvonne has already recommended the Food Detective™ test to several friends and her 35-year-old son who also suffers from migraines. "I think everyone should have this test; it would save the NHS millions," she says.

## Case Study No12

Ellie Lawrence  
Severe stomach pain and nausea

When Ellie Lawrence, 9, complained of severe stomach pains and nausea but nothing physically could be found to be wrong – an army of child psychiatrists, paediatricians', GPs, and teachers tried to get Ellie to admit there was nothing wrong with her. The trouble was, there really was something physically wrong with Ellie. When she refused to deny this, Ellie's nightmare began....

Jane Lawrence, 50, an operating theatre nurse from Effingham, Surrey, starts to cry as she recalls the events of the past two years that led to her daughter Ellie, now nine, being diagnosed with milk intolerance, eggs and soya.

"It began one Sunday when Ellie started complaining of severe tummy pains. They were so bad that she rolled around the floor with her knees drawn up to her chest, screaming in pain." Jane took Ellie to the on-call GP who did a urine test and ruled out appendicitis. By this stage, Ellie had not eaten anything for several hours and began to feel better. "The GP suggested that the fluctuating nature of the symptoms suggested abdominal migraine," says Jane.

"Ellie had never had anything seriously wrong with her before. She has always been robustly healthy – and never even taken prescription medication or antibiotics. She's had the usual colds, coughs and fevers, but nothing that Calpol and a cuddle couldn't cure".

"She's a happy, confident kid who loves sleepovers and being a Brownie. A little cheeky at times, but a good girl, and academically slightly above average."

The tummy pains continued, on a daily basis, for several weeks afterwards. After around two months of daily tummy pains, Ellie began to feel sick too. The symptoms seemed worse in the morning after Ellie's breakfast of cereal with milk.

Jane says that, prior to having these tummy problems, Ellie was very happy to go to school. "She wanted to stay off at first, understandably, because she felt so poorly. But she had them every day. I was beginning to start feeling anxious about taking so much time off work.

I would tend to take her to school late, as she started to feel better, and go into work at 10am, instead of 8am when my shift should start.

Ellie loved milky drinks at bedtime and would wake up at night feeling sick. She began to sleep in our bed and my husband Al would go to sleep in her bed.

"We muddled through like this for a while, until a boy at school vomited in front of Ellie's class. The sick went onto his hands, and onto books and desks in the classroom. Ellie saw this and afterwards began to believe she would vomit – and, in her mind, be humiliated – in the same way.

"For the first time in her life, Ellie started not to want to go to school at all," says Jane who, as a nurse, believed she would eventually get to the bottom of Ellie's mysterious illness. "She began to have panic attacks as soon as we arrived at the school gates. She clung to me for dear life – and this is the same child who'd been happy to be left with a child minder from the age of one. Now when I left her at the classroom door, and walked away; she'd run after me, crying my name.

"I took her to my usual GP, then another and another; in all I saw four different doctors – all said it was psychological and that I should not make a fuss and it would go away. At my insistence, the fourth GP referred Ellie to a paediatric gastroenterologist specialising in children's allergies that she saw for the first time in November 2007. This doctor advised an x-ray and abdominal ultrasound which were both clear. At this point, the paediatrician suggested that Ellie's condition had a "strong psychological element".

## Case Study No12

Ellie Lawrence  
Severe stomach pain and nausea

By November 2007, Ellie's paediatrician had prescribed a drug called Pizotifen for suspected abdominal migraine, though the drug, as a serotonin agonist, has been used to treat depression and social phobia. Side effects include drowsiness, and in rare cases, increased anxiety and nausea.

The drug helped at first, but soon became ineffective. The paediatrician doubled the dose. After this, Jane believes Ellie became even more anxious, and began to wake up every night with disturbing nightmares – and worst of all, the original symptoms of nausea and stomach pains began to intensify. After researching the side effects on the net herself, Jane decided to wean Ellie off the drug entirely.

At this point, Ellie was too frightened to go to school at all. "It was then that even I began to doubt what my own daughter was telling me. That's why I decided to accept the paediatrician's advice and take her to see a child psychologist who would visit us at home."

The psychologist tried cognitive behavioral therapy which involved encouraging Ellie to say: "I do not feel sick" repeatedly. When Ellie refused to do this, the psychologist changed tack and tried aversion therapy. "She told Ellie a story in which everyone in school was vomiting; the sick was running down the corridors and into all the classrooms. Ellie began to get very upset so she ran out of the house – I didn't think it was helping," says Jane.

At around the same time, Ellie's school began to put pressure on Jane to modify Ellie's behavior. "I received a letter from the headmaster telling me that my daughter was upsetting the other children.

After weeks of trying to get Ellie to go to school, and returning home every day, a learning support assistant came to the rescue and suggested a gradual program to encourage Ellie gently but firmly to go back to school. During this time, an educational psychologist got involved and began cognitive behavioral therapy sessions with Ellie at school. During one of these sessions, Ellie was told "You are breaking the law by not coming to school full time".

Jane and her husband Al, also attended a family therapy session in which the counsellor asked Jane, in front of Ellie, whether she'd ever considered suicide. On the way home from the session, Al broke down in tears. "I did feel we were on trial, and that other parents, the school and the authorities in general believed something we were doing was causing Ellie's anxiety."

By spring 2008, Jane was at her wit's end and spent hours on the internet researching Ellie's symptoms and possible causes. In this way, she learnt that Ellie's pain and nausea could be linked to food intolerance. She bought a Food Detective test online from Cambridge Nutritional Sciences. The test is done at home with results in 40 minutes.

The results showed that Ellie was reacting to cow's milk, soya and eggs. "The effects of eliminating these foods from Ellie's diet were almost immediate," says Jane. "The nausea passed within hours, and the pains had completely gone after a week.

I now explain to everyone who will listen to me that all that was wrong with Ellie was that no one believed that she had food intolerance. I am just so grateful that I found out what was wrong before it was too late. I truly believe she would have been left with psychological scars for life. It's a lonely world when you're still at primary school and no one – not even your mum – believes you."

## Case Study No13

Kristina Shelton  
IBS

“The Food Detective test was one of the best presents I have ever received,” Kristina Shelton, Turves, Cambridgeshire

After a year of having diarrhoea nearly every day, Kristina Shelton was relieved to discover that her exhausting condition was nothing more than a reaction to certain foods.

“My GP was at a loss to know what was wrong with me. I was tested for thyroid problems and to see if I was a diabetic or had coeliac disease, which causes intense abdominal pain, but everything, thankfully, came back negative. I didn’t have any pain, but I was worried that it might be something more serious like a tumour,” says the 38-year-old office administrator. “As a last resort I started to read up about food intolerance on the internet and found Cambridge Nutritional Science’s test,” she says.

Kristina’s mother offered to buy her an intolerance test as an early Christmas present and when her results came back four days later, it was immediately apparent why she had been feeling so run down. For Kristina was found to be reacting to more than 20 food ingredients – with dairy and wheat showing a strong reaction.

Immediately, Kristina eliminated all of the offending foods: cow’s milk, egg white, oyster, apple, grapefruit, lime, pineapple, barley, corn, durum wheat, oat, rice, rye flour, wheat, mustard seed, peppercorns, red chilli, red kidney beans, soya beans and yeast found in food and alcohol.

Little wonder that Kristina had been feeling so out of sorts when every day she used to eat a fair proportion of these offending foods. Being a vegetarian, she relied on dairy for much of her protein, with milk, chunks of cheese and yogurt all part of her everyday diet.

Within three days of cutting out the foods she was reacting to, Kristina started to feel better and within a couple of weeks her diarrhoea had stopped; she had more energy and no longer suffered from bouts of cramp in her feet, or bloodshot eyes. Added to this, in three months, Kristina, who is 5’8”, had lost four pounds in weight, bringing her down to eleven stone and two pounds.

“Being intolerant to so many foods it would have been difficult for me to have identified exactly which I should avoid without having had the test, with some food reactions taking days to show themselves,” says Kristina.

As she clocks up more than 42 hours of work a week it has been difficult for Kristina to add the variety back into her diet that she used to enjoy. She tends to stick to meals which she knew her body is happy with: fruit for breakfast, a salad with tinned mackerel for lunch; a salmon steak with mashed potato for tea and peanut butter on wheat-free crackers and fruit for snacks. “Getting home from work at 6pm I just don’t have the time to spend much time creating new recipes and because I am single and live alone I am less inclined to anyway,” she says.

But three months after taking the test, Kristina did start to try to slowly re-introduce the foods that she was told to avoid and within days started to have problems with diarrhoea again. “This reinforces to me that food intolerance is my problem and I have since started from scratch again taking out the foods which I have been advised to avoid.”

## Case Study No13

Kristina Shelton  
IBS

She admits that it has been a difficult process, but worth it every step. “I do have cravings for pizza and Chinese and although before the test I could do everything I do now, I feel so much better and have greater confidence, not having to worry about getting diarrhoea or what might be causing it.”



## Case Study No14

Billy Harvey  
Diarrhoea

Ten-year-old Billy Harvey from Worthing, West Sussex, was bullied at school for being fat. That was before he took the food intolerance test from Cambridge Nutritional Sciences which his mother says showed that his distended stomach was in fact caused by his body's reaction to certain foods.

When ten-year-old Billy Harvey was taken to the doctor last summer, complaining of an uncomfortable bloated tummy, the GP dismissed his problem as the result of overeating.

But his mother Carla, who has two other children and has always been careful about Billy's diet, suspected that something else was to blame for his distended stomach, lack of energy, regular need to pass motions as much as four times a day and bouts of monthly diarrhoea.

"It was awful. Billy had been bullied at school for being on the heavy side and then I had to deal with the fall-out of him hearing his doctor saying that he was overweight too," says Carla. "The rest of us in the family are all quite slim and Billy ate no more than my elder son did at his age and did the same amount of exercise. He does not gorge himself on food, only eats crisps twice a week, never has fizzy drinks and only the occasional chocolate bar, and so I suspected that the problem might be a reaction he was having to certain food," she adds.

And so after this 'brush off' from her doctor, Carla, a 34-year-old office manager, set about finding out what really was wrong. It was when she was trawling the internet for inspiration that she stumbled upon, Food Detective, the food intolerance test from Cambridge Nutritional Sciences and in November she tested Billy with a home self-test kit. She heard back from CNS within a week of sending off for the results and she was relieved to discover that Billy's symptoms were after all likely to have been caused by a strong intolerance to dairy products and a less severe reaction to egg white and maize.

Immediately, Carla withdrew the offending food from Billy's diet and within two to three weeks his energy levels were up and he felt much happier in himself. "He used to have a short temper which was possibly down to the tiredness he was feeling," says Carla, "and instead of relaxing on the sofa he started to play more on his bike and the big trampoline we have in our garden", she adds. Six months down the line and his bloated stomach has gone and all of the playground teasing that came with it. At six stone, 13 pounds (Billy is four foot six inches in height), Billy has not lost weight, but many of his clothes are now loose on him. Added to this, he has had no diarrhoea under the new diet and has usually only passed motions twice a day.

"It all made complete sense why Billy had been the way he was," says Carla. "His diet had been loaded with dairy products, with yogurts and Cheese strings being among his favourites," she explains. She was delighted that her intuition had been right after all. "I was really pleased that my mother's instinct was right, but at the same time annoyed that I had to take it upon myself to do the test. I had had niggles in my mind about Billy's stomach since he was eight. From when he was a toddler, I had always told myself that he had puppy fat and that it would go when he got older, but it didn't and my first thought was that it must be something to do with a reaction to food," she says.

## Case Study No14

Billy Harvey  
Diarrhoea

The Harvey's have found it quite easy to adapt to the new diet, which the whole family follows. "It's easier to just have things in the house which we can all eat," says Carla. "At first we gave Billy his own cupboard of food to add a bit of fun to the new regime, but now apart from cow's milk we don't tend to have anything in the house that Billy can't eat." This has meant that the family, which already ate lots of vegetables and fruit, is eating even more healthily, opting for natural ingredients and cooking from scratch to avoid many ready-made products which have maize, egg white and dairy in them.

"The first time I went shopping after the results I must have spent around three hours in Tesco checking all the labels to see what Billy could still eat," says Carla. "But now that's all sorted it really is very straightforward. Billy takes packed lunches to school, tells his friends that he can only eat certain things when he goes around their houses to play and the only time it becomes an issue is when we go out for Sunday lunch. He can't have the Yorkshire puddings or desserts, which can be disappointing for him," she says.

Carla is delighted with the outcome. "Without the Food Detective test, Billy would still be feeling miserable now. There is no way that I could have identified which foods he was intolerant to myself," she says. Fortunately, the Harvey's two other sons, Joe aged 14 and Connor, aged four and a half, have no signs of having any food intolerance. However, Carla has now recommended the Food Detective test to her father, who she suspects may be suffering from food intolerance too.



## Case Study No15

Tina Holah  
Weight Loss

**Tina Holah, 41 year old Administration Controller from Forest Row, East Sussex, was told by her doctor that she would need a gastric band unless she lost weight. Less than a year on and at 10 stone 10 lbs, she's over 4 stone lighter. Tina owes her new body to a simple food intolerance test – Food Detective™.**

Mother-of-two Tina explains, “I was shopping for a dress to wear to a cousin’s wedding when I hit rock bottom. At just 5 ft 2 and a large size 18, I couldn’t find anything to wear. Every dress I tried on made me look even fatter and I couldn’t bear to look in the mirror. I hated myself.

“I was diagnosed with an under-active thyroid so I had always put my weight problems down to that. I was feeling sluggish with no energy and at my heaviest, 15 stone 1 pound, I was told by my doctor that my BMI was dangerously high. I felt so low and depressed that I knew something had to be done.

“I heard about a local nutritional therapist, Keren Milton, who runs a programme called Zest4Life. This is a programme created by the nutritionist Patrick Holford at the Institute of Optimum Nutrition and run locally by Keren. I started the programme in May 2009.

“After about 2 months, I had noticed the weight gradually dropping on the scales, but I could not see a change in my body shape and my face was still very puffy and bloated. Keren then suggested that I might be intolerant to some of the foods I eat and that could be inhibiting my weight loss. She gave me an at-home testing kit called Food Detective™ which was really easy to use and I got my results within 40 minutes. It was great that I didn’t have to wait weeks for the results, I could take action straight away!”

Food intolerance affects around 45 per cent of the population. An intolerance is a reaction to food which is slower than an allergic response, but which can cause symptoms such as bloating, fatigue, weight problems, joint pains, rashes, eczema, migraine and arthritis. Symptoms often develop several hours or even days after the problem food was eaten, so an intolerance can be difficult to diagnose. Food Detective™ tests 59 foods in just 40 minutes and can be done completely in the comfort of your own home.

“I tested positive to being intolerant to cow’s milk, citrus fruits and durum wheat. Initially I panicked wondering how I would cut these from my diet. I drink several cups of tea a day and love pasta, but most of all I didn’t want to turn into one of those ‘fussy eaters’ when I eat out with friends in a restaurant.

“I sought advice from Keren who suggested alternatives to the suspect foods and I cut them out of my diet immediately. I started using nut milk on cereal and in tea and stopped eating oranges and pasta. I was still attending the Zest4Life meetings where I could exchange tips and ideas with the group. This was really inspiring to speak to people who were in the same situation.

“Within weeks I noticed the difference, the weight just dropped off. My face and body changed shape, I no longer looked or felt bloated or puffy. I felt much more active and I just felt better in myself. People commented that my skin looked fantastic and could see the differences in so many ways.

## Case Study No15

Tina Holah  
Weight Loss

“The changes weren’t just to my body, I was suddenly brimming with confidence. Before, I came across shy and timid at work, but recently I have been putting myself forward to do presentations in front of a room full of clients – previously this would have been a nightmare of mine. I am much happier when I go out and love getting dressed up. I am happy to be seen!

“I now weigh 10 stone 10lbs and I’m a happy size 12. I would recommend taking a Food Detective™ test to everybody. It is so difficult to lose weight at the size I was and finding something that can help makes it so much easier. I never ate that much but people often see overweight people as ‘those who eat too much’. It was such a relief to find out that I wasn’t overeating; I was eating the wrong things. I really believe that this test kit can help others in the same situation.”

**TINA BEFORE**



**TINA AFTER**



## Case Study No16

Melanie Kite  
Weight Loss

### **‘Food detective test has transformed my life’**

***Graphic designer Melanie Kite has lost eight inches from her waist and dropped a dress size in time for her wedding this August after taking a food intolerance test.***

Melanie, 43, from Lamberhurst, Kent piled on over three stone after both her parents became terminally ill and died within two years of each other. Her weight shot up from 10 stone to 12 stone 13lbs and she felt permanently tired and suffered bloating and puffiness around her face.

Melanie says: “My father was diagnosed with early-onset Alzheimer’s and at the same time my mum was diagnosed with ovarian cancer so I moved back from Australia to care for both of them. It was an incredibly stressful time but I wanted so much to be there for them and I’m glad I spent that time with them both. Mum died in March 2003 just after her 60th birthday and then dad died in October 2005 aged 68.

“It was devastating losing both of them so close together and over the next five years. I put on nearly three stone and can only put it down to the amount of stress I was under – I didn’t really eat any more than before - just the wrong type of foods. Most of the extra weight seemed to be deposited around my middle and my face became almost moon-shaped with puffiness. I outgrew all my size 12s and was into a size 16. I lost confidence in the way I looked and wore baggy, shapeless, black clothes and generally tried not to draw any attention to myself. If anyone got a camera out I would hide. I would sleep in late and not go to bed until the early hours – always waking up tired. Looking back I think I was depressed but didn’t realise it at the time.

“I went on like this until January 2008 when I finally reached my tipping point – I was 12stone 13lbs – the heaviest I’d ever been. It never really bothered me that much though - my weight was almost like a comfort blanket and I was strangely okay with it. I knew I wasn’t healthy though and having lost both my parents at a young age I was worried that I was heading the same way unless I did something drastic.

“My sister recommended a programme called Zest4Life created by the nutritionist Patrick Holford at the Institute of Optimum Nutrition which was run locally by a nutritionist called Keren Milton at my gym and I decided to give it a try. The group provided a lot of support and advice about healthy eating – I ate foods like fish, salads, berries and nuts and within nine months without too much effort I’d lost a stone. I applied the 80:20 rule, following the programme 80 per cent of the time and being a bit

## Case Study No16

Melanie Kite  
Weight Loss

more relaxed about what I ate for the remainder. Unfortunately, I still felt quite bloated and lethargic and my weight lost appeared to have hit a plateau and I was left wondering if I'd ever get back to 10 stone – the weight I'd been for 15 years prior to my parents dying."

Melanie's nutritionist told her she suspected she was suffering from a food intolerance (around 45 per cent of the population has a food intolerance – a reaction to food which is slower than an allergic response, but which can cause symptoms such as bloating, fatigue, weight problems, joint pains, rashes, eczema, migraine and arthritis. Symptoms often develop several hours/days after the problem food was eaten so an intolerance can be difficult to diagnose). She recommended Melanie take the Food Detective™ test.

"The test revealed I had intolerances to tea, yeast, cashew nuts, freshwater fish including trout and salmon, soya, rice, eggs and strawberries– ironically many of the foods I'd been eating more of since I started the healthy eating plan! I had been drinking four of five cups of decaff tea a day and nibbling almonds as snacks - no wonder that I was still feeling tired and my weight wasn't shifting."

After eliminating or reducing most of the foods from her diet Melanie began to feel better and her facial puffiness and fluid retention problems seem to disappear within weeks.

"I seemed to get a lot of my energy back and suddenly lots of people were noticing how much weight I had lost. I'm now down to 11 stone 5lbs and losing more every week. Crucially, the weight is disappearing from my middle and my waist size has shrunk from 40 inches to 32 inches. I've packed away my dark, baggy clothes and am enjoying wearing bright colours and more fitted styles that show off my new waist-line. My face looks much thinner too and the puffiness on my legs and fingers has gone too.

"Taking a food intolerance test has really helped me look and feel better about myself. I don't regard this as a diet either – it's the way I'm going to be eating for the rest of my life. These days for protein I eat fish like haddock and cod, plus prawns, cottage cheese, pumpkin, sesame and linseeds, beans and houmous and I don't seem to crave the old foods I used to eat because I know they are bad for me. I've still got another stone and a half to lose but I know I'm going to get there and most importantly – stay there.

"My fiancé Gary and I have been together since January 2006 and are now getting married on 7 August. My wedding dress has a 32 inch waist and for the first time in years I'm not dreading having my photograph taken. Taking the Food Detective™ test really has transformed my life."

## Case Study No17

Sandra Johnson  
Irritable Bowel syndrome

# 'Food intolerance test cured my IBS'

Sandra Johnson 54 , from Crawley, west Sussex, was on the verge of having to give up her career as an air hostess because of agonising bouts of IBS, but a simple blood test solved her problems within days.

"My IBS symptoms started seven years ago after I suffered two bouts of the serious food poisoning bugs salmonella and campylobacter in quick succession. I started having terrible attacks of crippling pains in the right hand side of my stomach and chronic diarrhoea that would last for days. It left me feeling so weak I would be laid up in bed for days at a time. Then I'd get better for a while and it would start all over again. The worst thing was it left me feeling totally wiped out and fatigued with no energy for anything.

"I was about to get married for the second time and husband Rick was deeply worried about me. He joked that he would be promising to love me in "sickness and health" but so far he was only getting the sick bit. Later he told me he had been worried it was cancer.

"The diarrhoea attacks also started to affect my ability to carry on with my job as a cabin crew member. I just about coped by avoiding eating when I was on a flight, which was fine on short haul flights but on long haul trips I would feel weak with fatigue.

"Over an 18 month period I must have had every medical investigation going including a camera down my throat , an endoscopy and a CT scan – plus multiple blood tests . The whole time I was on tenterhooks waiting for the results – in one way I was desperate for them to find a cause for my symptoms , but on the other hand I dreaded it might be something more serious.

## Case Study No17

Sandra Johnson  
Irritable Bowel syndrome

“At the same time I was finding it increasingly difficult to go to work because I felt so tired I knew that if I didn’t get the right treatment soon I would have to give up my job.

“Eventually one doctor told me I had IBS and would just have to live with it. All he offered to prescribe me was peppermint based tablets.

“ I felt incredibly frustrated that no-one could diagnose what was wrong with me. I had my suspicions that certain foods were triggering my symptoms but had been unable to persuade my GP to refer me for food allergy tests.

“Eventually in desperation I went to see nutritionist Dr Zeeba Shariff at her private clinic to see if she could help. Zeeba suspected I was suffering from a food intolerance. Apparently around 45 per cent of the population has a food intolerance – a reaction to food which is slower than an allergic response, but which can cause symptoms such as bloating, fatigue, weight problems, joint pains, rashes, eczema, migraine and arthritis. Symptoms often develop several hours /days after the problem food was eaten so an intolerance can be difficult to diagnose.

“Zeeba carried out a pin-prick blood test for food intolerance called the Food Detective and within 40 minutes she was able to tell me that I had intolerances to apples, wheat, almonds, rice, brazil nuts, cashew nuts, kola nuts, cocoa beans, whole egg and shellfish.

“At first I felt quite daunted by the list of foods I would have to cut out – apples were one of my favourites and ironically I’d been eating them every day because I thought they were good for me. But my health was so poor I was prepared to give up anything to feel well again.

“After cutting out the foods she suggested I began to feel better within days and within a few weeks my IBS symptoms disappeared. It was such a relief to find out what was

## **Case Study No17**

Sandra Johnson  
Irritable Bowel syndrome

wrong with me and the added bonus was that I lost about three quarters of a stone – slimming down to a size 12.

“ I couldn’t believe what a difference it made to me – I got all my energy back and could eat at work again without having to worry about rushing to the loo.

“My diet these days consists mainly of meat, fish, fruit and vegetables, plus potatoes. I don’t eat processed foods like cake and biscuits and if I do accidentally eat one of the banned foods I develop stomach pains within minutes. I’d recommend anyone with IBS take this test – it could change your life like it has changed mine.”