

"Our daughter can finally participate in sports as the coughing has stopped"

Little Anja was diagnosed with infant coughing syndrome before she turned three. As well as a chronic cough, she suffered shortness of breath, felt constantly tired, had dark circles under her eyes and needed to sleep twice a day.

Her mother, Denise, explains: **"Her symptoms were mainly chest related and we were told it was infant coughing syndrome as there are no definitive tests to diagnose asthma in infants. However, even the medication failed to stop her cough."**

Unsurprisingly, this had a major impact on the family. Anja, who is now five, couldn't even enjoy tearing around burning off energy like most children, as it brought on fits of coughing, so she was restricted to sitting on a carpet to play with her toys. Denise recalls, **"She couldn't run because at one stage it was so bad we had to let her rest for about 15 minutes and she would get nauseous from all the coughing. She also couldn't participate in any sport, so outdoor activities were out of the question."**

Anja was prescribed antihistamines, a corticosteroid nasal spray, plus an inhaler to ease shortness of breath. Denise also decided to eliminate certain foodstuffs from her daughter's diet, and carefully read food labels to ensure they were free from food colourants and preservatives, but the symptoms continued.

"Our pulmonologist told us it was allergy-related asthma – so at least that clarified things for us. Her advice was chronic medication and blood and skin tests – however, nothing conclusive came from them and we couldn't get a clear answer from the paediatrician."

Feeling she had nothing to lose, Denise ordered a Lorisian food intolerance test for Anja and was surprised when results revealed an intolerance to egg white and egg yolk. The prospect of eliminating these ingredients from her child's diet initially seemed daunting. **"But practically, it wasn't as hard as we thought, after all – we realised we only had to avoid a handful of foods containing egg – we would just have to adapt."**

Within a week of removing the trigger foods from Anja's diet, there was an improvement. **"It was like nothing else we have tried before,"** says Denise. **"She now participates in sports and we no longer have to prevent her from running because of the coughing afterwards. She is slightly thinner, but that's probably because she's more active."**

If Anja eats her trigger ingredients, she starts coughing. Denise says: **"One evening she ate ice cream, as well as something else containing egg, and the next day she coughed non-stop."**

Since Anja's symptoms have improved and she is no longer ruled by her cough, Denise doesn't feel so anxious. **"Before, we didn't know if we were doing something that might make it worse – now by avoiding eggs, we can control it. As a family we can go for walks and not worry that Anja will have to stop and rest. It is nice for her to be treated like a normal, healthy child. Before, we cut lots of things out of her diet, but as we now know the trigger foods, it means Anja can eat more things. She feels empowered as a result."**

Lorisan advise that you consult with your GP first if you are experiencing the types of symptoms mentioned in this testimonial.

Taking the Test



Taking the test is straight forward, with no need to visit Lorisan's laboratory. The results will be within 7-10 days. The Lorisan 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 Lorisan Practitioner today for more details about the Lorisan 150 plus test!