

'Once I removed my trigger foods, I felt immediately better. Within the first week I was headache free and by the second week I had so much more energy.'

- Company Director, Kerry, was suffering from daily migraines
- Medication from her doctor had no effect
- Kerry heard about Lorisan from a friend, and decided to tackle her migraines at the source
- Once removing her trigger foods, Kerry felt better immediately

Kerry, a 46-year-old company director, suffered daily with debilitating migraines over a six month period. She was forced to take medication every day in an attempt to control the headaches, but it left her feeling moody and affected her concentration. She says: **'I suffered on a daily basis – who wants to do anything with a migraine?'**

Kerry had no energy left to do any of her normal activities and the migraines continued, which meant that her social life began to suffer. Being an active person with a young family, Kerry was missing out on family functions, parties with friends and couldn't take part in her favourite hobbies any more. On top of all this, the migraines were beginning to affect her work and she 'had no time to be suffering in silence'. Once Kerry realised that the medication she was taking was not going to be the cure she was hoping for, she decided to take matters into her own hands.

In desperation, Kerry began to try to find the source of her headaches and, after speaking to a friend about it, discovered Lorisan food intolerance testing. The process involves sending a finger-prick blood sample to the company's



laboratory to test IgG antibody reactions to up to 162 foods. The colour-coded results customers receive (red for reaction, amber for borderline and green meaning no reaction) outline the 'trigger' foods and degree of intolerance.

Kerry's results showed a reaction to yeast, egg white and cow's milk and she found the elimination diet challenging to begin with, because yeast and eggs were a large part of her diet. However, with a bit of planning and new recipe ideas, Kerry has settled into the new way of eating and is reaping the rewards.

'Once I removed my trigger foods, I felt immediately better. Within the first week I was headache free and by the second week I had so much more energy.' Kerry also found she lost weight, which she is very pleased about. **'I have lost a total of 10kg in a five month period, without having to diet!'**

Despite cheating a little bit now and then, Kerry's new diet has become a way of life. She says: **'It's not hard to eliminate the items I am not allowed and I feel wonderful!'**

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