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- 7-year-old Emma suffered pain and loss of appetite for a year and a half
- Diagnosed with reflux, the medication did nothing to relieve the symptoms
- Improvements began within 2 weeks
- Emma is doing 'phenomenally well'

7-year-old Emma suffered from ongoing stomach pains, loss of appetite and simply didn't enjoy eating, often crying when it came to sit down with her family at mealtimes. These issues continued for a year and a half and eventually Emma became reluctant to go to school; she dreaded lunchtime so much that her teachers struggled to get her to sit at the table.

Her parents were so concerned that they visited a doctor who diagnosed Emma with reflux. Emma's mother said: **'one doctor said it was anxiety which caused reflux. We gave her medication, but it didn't help much.'**

After exhausting all other avenues, Emma's parents turned to Lorisian food intolerance testing, to see if something in her diet could be causing the issues she was facing. Emma's results showed reactions to ingredients such as raspberries, almonds and milk – all of which were things which Emma enjoyed eating, and which her mother fed her as a last resort when Emma refused to eat regular meals. Her mother was totally surprised by the list of trigger foods.

Emma's parents opted for a nutritional consultation with a Lorisian Nutritional Therapist, to ensure that her trigger foods were removed safely from her diet, and to discuss healthy alternatives to her intolerances. Since starting her elimination diet, Emma has begun to enjoy eating again. **'Her attitude to school and her friends improved and she is doing phenomenally well. She is eating more and trying new things.'**

When asked how long it took for Emma to begin to see improvements, her mother said: **'within 2 weeks we saw an improvement and each day thereafter she continued to get better.'**

'Initially it was a little challenging trying to find foods that were suitable, but I found the more people I spoke to the more options I found, making it interesting and easy enough.' Emma's mum is now beginning to reintroduce some of the trigger foods back into her diet but says that Emma is quick to notice when something doesn't agree with her, and tells her when her tummy feels uncomfortable.

Emma's family can't believe the difference the new diet has made to their daughter. **'As parents it has been absolutely awesome to see our little girl eating with an appetite and actually asking for food. She is also happier and isn't in pain anymore – which is a huge relief!'**

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