

Case Study - Ian Nortje

Five-year-old Ian suffered from constant stomach ache and irregular bowel movements which resulted in constipation and haemorrhoids. His symptoms impacted severely on his life, preventing him from playing with friends and taking part in other activities; Ian was no longer the happy, playful boy he had been previously.

Ian's mother suspected that he was intolerant to gluten, so she removed it from his diet, and increased his intake of dairy products. However the symptoms continued, and, in fact, they became worse.

After about six months Ian's mother took him to see the family doctor who suggested he followed the paleo diet, which involves eating foods which were traditionally hunted or gathered, such as nuts, seeds, vegetables, fruit and meat. He also recommended that Ian take a food intolerance test, so his mother researched the options and discovered Lorisia Laboratories.

The Lorisia test involves sending a finger prick blood sample to the company's laboratory, to be analysed for an individual's IgG reactions to over 150 ingredients. Ian's results showed a reaction to cow's milk, sheep's milk and garlic. Ian's mother was supported by a nutritional therapy consultation to help her to understand the dietary changes and how to ensure Ian's diet remained nutritious, learning the difference between lactose and milk intolerance was

a crucial part of this. She immediately set about removing these ingredients from his diet, and saw an almost instant reduction in his stomach pain. Within a couple of weeks, Ian was back to his lively and playful self, joining in with friends at school again.

His mother says: **"the first month was a bit difficult but we have adapted and it is much easier now. Ian also understands and asks if the food has any milk in it before he eats it."**

Still following his diet plan, Ian has not yet begun to introduce his trigger foods back into his diet, but plans to do so in a few months' time.

When asked to sum up their experience, Ian's mum said: **"Ian is a happy, carefree, playful boy again!"**



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