



## Gabby Viljoen, 8: "At last she doesn't complain about stomach cramps and almost never cries in the mornings before going to school"

- Eight-year-old Gabby's parents were concerned about her as from the age of 3 she suffered from stomach cramps, tiredness, low energy and anxiety for FIVE years.
- Had a detrimental effect on family life as she felt too tired to take part in activities and tried to avoid school.
- Dad Francois tried to put his daughter on an elimination diet as he suspected that certain ingredients could be responsible.
- Gabby's GP prescribed medication for the cramps, but that made no difference.
- Food intolerance test revealed that the little girl had reactions to a total of SEVEN ingredients, including grapes and soya.

- After these were eliminated from her diet, Gabby's symptoms improved after just ten days.
- She is now an energetic, active little girl who loves playing with her friends.

Having to put up with painful symptoms can make life tough even for an adult, yet eight-year-old Gabby Viljoen endured daily stomach cramps, tiredness, tension, anxiety and low energy for five years - which started from the age of three.

unsurprisingly, this had an enormous impact on family life. Her dad Francois recalls: "She didn't want to go to school and cried every morning as she was so tired. She also tried to avoid physical activities."

Francois was aware that his daughter's symptoms were exacerbated after eating and despite trying a traditional elimination diet, where certain ingredients were cut out to see if there were improvements, the problem

foods could not be pinpointed, as the symptoms continued.

Another possible solution was child therapy - "we thought the stomach cramps were down to stress and tension" admits Francois. He also consulted Gabby's GP, who prescribed medication for the cramps. However, Gabby's symptoms persisted.

Having already taken a food intolerance test himself through recommendation from a Lorisian practitioner, in desperation, Francois started researching food intolerance testing for his daughter. Feeling he had nothing to lose, he ordered a kit for Gabby.

The process, which is straightforward and involves taking a few pinprick drops of blood, which is sent off to the company's laboratory to be analysed, revealed that Gabby had reactions to yeast, gluten, wheat, cow's milk, grapes, peanuts and soya.

These ingredients were immediately eliminated from Gabby's diet and after just ten days, there was an improvement.

However, it wasn't easy cutting so many items - "it was difficult as she has four of the five large group intolerances." However, following a consultation with the Lorisian Nutritional Therapist, who explained where to shop for healthy alternatives, and gave the family lots of ideas on

what to put in Gabby's lunchbox, Francois realised his daughter wasn't missing out on delicious, nutritious choices.



Even better, Gabby's energy levels have soared and her moods have improved drastically.

"At last she doesn't complain about stomach cramps and almost never cries in the mornings before going to school," says Francois. "She is an energetic, active little girl and loves playing with her friends, where before, she would be sulky and crying a lot."

Three months on, Gabby is still following her diet plan - if she does eat her trigger foods, she gets really tired and starts complaining of stomach cramps.

She is also less emotional, especially before school, and can finally enjoy her life without being held back by pain.

This is echoed by Gabby, who says: "I'm happy my tummy is better."

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!