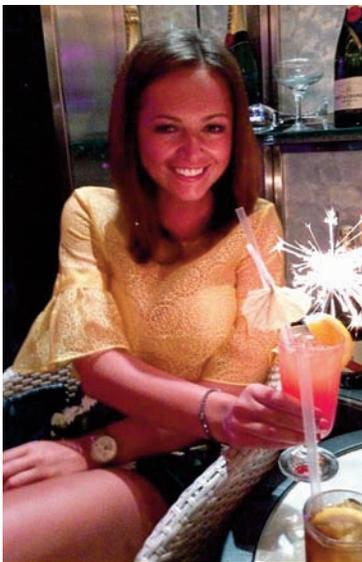


“I’m very pleased with the test and feel so much healthier with lots more energy.”



Laura  
HAPPY

Suffering with regular stomach upsets, bloating, fatigue and bouts of eczema, Laura felt that, unlike her other friends in their twenties, she wasn’t living her life to the full.

Wanting to get to the bottom of her health issues, Laura had a chat with her personal trainer who suggested a Lorisian Food Intolerance test might reveal whether something in her diet could be contributing to her poor health.

Receiving her results, Laura discovered she had been experiencing reactions to a number of ingredients, including egg white and yolk, cashew nut, lentils, gluten, cows’ milk, yeast, wheat and peanut.



Faced with such a large list of foods, Laura knew it would be tricky to adjust to such a big dietary change, but she set about replacing her trigger foods with nutritious alternatives to ensure she didn’t lose out on essential vitamins and minerals. It didn’t take long for Laura to notice a change:

“After 2 weeks, I felt a lot better have more energy, less bloated and my eczema has gone down.”

As she settled into a new way of eating, Laura would notice a return of her digestive issues if one of her trigger foods snuck back in to her diet, confirming the results of her test really did hold the key to understand how to optimise her health and wellbeing.

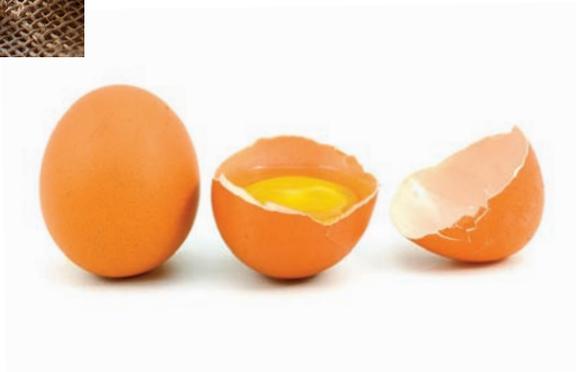




“ If I have a trigger food by mistake I notice because my upset stomach returns and I bloat. ”

Looking ahead to the future, Laura is pleased to have regained control of her health and confidence.

“ I’m very pleased with the test and feel so much healthier with lots more energy. I am more positive about food as I now know I can control my symptoms. ”



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 with you 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!

## Taking the Test

Taking the test is straight forward, with no need to visit Lorisian's laboratory. The results will be with within 7-10 days. The Lorisian 150plus 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

Could the bottom line read 'Contact the Lorisian team today for more information on 01904 428 550 or email [info@lorisian.com](mailto:info@lorisian.com)